

Addendum D

Food Intolerances and Allergies

Traveler's Name

City and State

Food intolerances and allergies can have the similar symptoms of nausea, diarrhea, and/or vomiting, but they are very different in severity.

Food Intolerances: are generally not life threatening. They involve the digestive system (except Celiac which also involves the immune system). Symptoms may be delayed.

Food Allergies: can be life threatening. They involve the immune system. They can cause anaphylaxis, which requires epinephrine for treatment. Symptoms appear rapidly.

Important Information for our Travelers with Food Issues:

Our meals are prepared at restaurants that cook with allergens present throughout their kitchen. The risk of direct or cross-contamination - in the air, on equipment, and in food – is always a possibility.

If you have food issues, you should assume that there will be limited menu choices and that, depending on the severity of your issues, Special Journeys will defer to the chef to select whatever is safest for you. For this reason, you will be served with the tour leaders, last in line.

It is important to select a trip in which your food issues can be accommodated. Please feel free to contact us to discuss which trips may best match your needs.

Notice of Risks:

The Special Journeys team makes every attempt to identify ingredients that may cause reactions for those with food intolerances and allergies. We make every effort to instruct restaurant managers and/or food production staff on the severity of the food issues of our travelers.

However, there is always the risk of contamination. There is also a possibility that manufacturers of the commercial foods used in restaurants could change their formulation at any time, without notice. Furthermore, US law only requires food labeling to identify eight food allergens, so commercial foods can contain other allergens that are not listed on the label. Travelers concerned about food intolerances and allergies must be aware of these risks.

Special Journeys does not assume any liability for adverse reactions to foods consumed or items one may come into contact with while travelling with Special Journeys.

Food Intolerances

Mark the foods/drinks to which you are intolerant:

Dairy: Fluid Milk Butter Yogurt
 Cheese or items with cheese listed as an ingredient
 Baked Goods with any dairy listed as an ingredient
 Items with dairy or dairy-derivative ingredient (whey, lactose, casein, etc.)

Egg: Whole eggs (such as scrambled or hard-boiled eggs)
 Baked goods with any egg listed as an ingredient
 Other items with any egg listed as an ingredient

Wheat / Gluten: Items with any wheat/gluten listed as an ingredient

Fish or Shellfish: Fish Shellfish (most likely to be encounter on cruises)

Nuts: Peanuts Tree Nuts

Corn: Whole corn such as corn kernels, tortilla chips, corn muffins
 Items with corn or corn products listed as an ingredient

Soy: Soy Lecithin Soy Protein (concentrate, hydrolyzed, isolate)
 Items with soy listed as an ingredient

Other: List any other food intolerances, and indicate if the symptoms occur when the food is cooked, or fresh, or both. US law only requires food labeling to identify eight food allergens, so commercial foods can contain other allergens that are not listed on the label.

(Combined) Intolerance and Allergy Questions

- 1) How has your food issue been diagnosed (doctor, agency nurse, nutritionist)? How long have you had this issue?

- 2) Describe in detail what happens when you are exposed to the food?

- 3) How long does it take for symptoms to appear after you have been exposed to the food?

- 4) On a scale of 1 to 10, with 10 being the worst, how severe is your reaction to the food item? _____
- 5) How often in a month (for intolerance) or year (for allergy) do you have issues with the food?

- 6) Have you ever been hospitalized due to a reaction to this food? ___ Yes ___ No
- 7) Do you feel safe eating at most restaurants? ___ Yes ___ No
If "No", what restaurants do you feel safe patronizing?

If/when you eat at restaurants, what do you normally eat?

If/when you eat at restaurants, how do you make sure the food you eat is safe for you?

- 8) Is there any other information you would like to share with us to meet your food needs?

Food Allergies

If your food issue is an allergy, indicate in which cases you are likely to have an allergic reaction:

- 1) You ingest the food: Yes No
2) You touch the food: Yes No
3) The food is in close proximity: Yes No
Do you have asthma: Yes No

If you answered “Yes” to question 2 or 3 above, unfortunately Special Journeys is unable to safely accommodate you on our vacations.

Mark all items to which you are allergic:

Soy Wheat Milk Egg
 Fish Peanut Tree Nut Shellfish

Other: _____

Note: If you have selected “Other” please contact our office to ensure we can accommodate you. US law only requires food labelling for the eight most common allergens, so commercial foods can contain other allergens that are not listed on the label.

Required Attachments to this Addendum:

Attach to this addendum your individual *Food Allergy & Anaphylaxis Emergency Care Plan*, and ensure that the plan includes a recent photo of you. We also require a plan for on-trip storage of any epinephrine injector, antihistamine pills, and inhaler. To ensure that these crucial items will be immediately available in case they are needed, Special Journeys CANNOT store them in travelers' medicine bags with the other medications

Selecting A Food-Allergy-Safe Vacation:

We cannot emphasize enough the importance of working with our office to ensure that you select a trip that best matches with your allergy needs. In addition to allowing us to provide you with an enjoyable trip, this also allows us, whenever possible, to contact restaurants beforehand to pre-arrange allergy friendly meals. However, there are certain trips where this is difficult or impossible to arrange, so it is essential for you to consult with us before choosing a trip. Disney-related trips are a very good choice for travelers with food issues because Disney tracks the food carefully.