

Traveling

September 2009

We had some good tips on traveling, including using containers a member brought in that she purchases from Gordon Food Service. These are small, clear plastic dishes w/lids that would hold a one-serving size of a meal. Then the dish can be thrown away after use. Many times hotels have a microwave and/or refrigerator that can be used to store & heat up the gluten-free food you bring along. There are toaster inserts that come in a package of 2: place your piece of bread inside, put in a toaster to toast your bread - for those times you must use a toaster that has gluten crumbs in it. These can be found at kitchen stores, perhaps larger retail outlets also.

Traveling to Indiana or Ohio? A member mentioned that there is a pizza chain in those states called Donato's that will prepare gluten-free pizzas!

June 2009 Italy

And Emily just returned from a trip to Italy and told us about the great time eating gluten free there! Gluten free foods are sold in pharmacies there, and there was no problem finding lots of choices there. She brought some samples to show us ~ even gnocchi! Restaurants were also no problem she said and recommends Italy as a great place to vacation if you can!