



Traveling with Food Restrictions or Allergies

Storm & Harmony Wellness • Rebalance • Restore • Resilience

1. Plan Ahead (2–4 Weeks Before Travel)

- Research restaurants, grocery stores, and markets (Whole Foods, local co-ops, natural grocers).
- Locate 2–3 safe restaurant options near your lodging using HappyCow or FindMeGlutenFree.
- Check airline meal options and request special meals 48+ hours in advance.
- Ask your lodging about kitchen, fridge, or microwave availability.
- Map local stores for quick access to fresh produce and whole-food staples.
- Pack medications, antihistamines, or EpiPen if applicable.

2. Pack Whole-Food Travel Staples

- Fresh fruit: apples, oranges, dates.
- Raw or roasted nuts and seeds (almonds, pumpkin seeds, walnuts).
- Single-serve nut butter packets and small olive oil containers.
- Pre-cooked oats or overnight oats kits for easy breakfasts.
- Fresh sliced veggies (carrots, cucumbers, bell peppers).
- Herbal teas, greens powder, or electrolyte mixes without additives.
- Collapsible travel kettle, utensils, napkins, and small cutting board.

3. Communicate Clearly (During the Trip)

- Download or print allergy translation cards ([SelectWisely.com](https://www.selectwisely.com), [AllergyTranslation.com](https://www.allergytranslation.com)).
- Learn key allergy-related phrases in the local language.
- Keep digital and printed versions of dietary info cards in wallet and phone.
- Ask to speak with restaurant managers or chefs for ingredient details.
- Confirm food preparation to prevent cross-contamination.

4. Stay Nourished Mindfully (While Traveling)

- Begin each day with water and stretch before meals.
- Prepare one balanced meal daily using whole, fresh ingredients.
- Choose grilled or steamed meals with vegetables and lean proteins.
- Balance indulgent meals with lighter options and extra hydration.
- Use grounding practices (deep breathing, walking, journaling) to reduce stress.

5. Return and Reflect (Post-Trip)

- Note which foods or snacks worked best for future trips.
- Hydrate and eat lightly to help your body reset.
- Check expiration dates on leftover travel items.
- Reflect on how you maintained Rebalance • Restore • Resilience during your journey.

6. Helpful Resources for Language and Allergy Awareness

- Visit [SelectWisely.com](https://www.selectwisely.com) or [AllergyTranslation.com](https://www.allergytranslation.com) for printable allergy translation cards.
- Practice using apps like Duolingo, Google Translate, or TripLingo to learn food-related phrases.
- Save screenshots or offline translations in case of limited internet access.

- Practice saying key phrases aloud, such as 'Does this contain [allergen]?' or 'I have a severe allergy.'
- Create a small laminated card with your allergy information for quick access during travel.
- Pair your preparation with patience and positivity—kindness goes a long way in communication.

Travel well, stay mindful, and remember — balance and preparation allow you to enjoy the journey while honoring your health.