

## How to Plan for SCD & Summer Activities

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BBQs & Camping Trips	Birthdays/Parties	Beach/Pool	Amusement Parks	Celebrations & Other Events
<ul style="list-style-type: none"> <li>• <b>Use different plates</b> for raw and cooked meat.</li> <li>• <b>Bring a food thermometer</b> to ensure meat is cooked to safe internal temperature (click <a href="#">here</a> for a free printable chart from the U.S. Department of Health &amp; Human Services).</li> <li>• <b>Don't thaw frozen</b> meat in the sun. Instead, the <a href="#">USDA</a> recommends thawing meat in one of three safe ways: refrigerator, microwave, or in cold water.</li> <li>• <b>Bring your own dressings, sauces, and a dish to share</b> in addition to what is offered. This way, you know you or your child can eat something they enjoy and so can everyone else!</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sweet Treat Ideas:</b> Offer to bring your family favorite, homemade nut and fruit bars, or other SCD-legal non-perishable snacks to share.</li> <li>• <b>Bring something that is similar</b> or complementary to what is planned on the menu (call ahead).</li> <li>• <b>Offer to make enough for all</b> so that everyone feels included.</li> <li>• <b>Consider asking</b> a trusted friend or relative to make an SCD friendly dish. You can provide the recipe.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Bring favorite, nutritious snacks</b> with you since beachside eateries aren't a great option. You'll also save money which is another plus.</li> <li>• <b>Don't forget</b> to pack plenty of water.</li> <li>• <b>Bring hand sanitizer</b>, to use before eating</li> <li>• <b>Bring some empty bags</b> to dispose of garbage properly.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Keep your eyes open</b> for more nutritious options as you walk around the park.</li> <li>• <b>Look for options</b> like fresh fruit cups or carrot sticks.</li> <li>• <b>Bring your own snacks.</b> It also helps to carry a signed doctor's note so that you have it on hand. This is especially helpful if outside food is not allowed in the park. <b>Look online beforehand or ask once you've arrived</b> if there are resources available for health conditions. For example, many maps and menus now contain symbols indicating where and which dining options are gluten and dairy free.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Ask about plans</b> for the menu.</li> <li>• <b>Offer to prepare an item to share</b> with guests to ensure you/your child have an opportunity to enjoy the food as well.</li> <li>• <b>Give friends and relatives a heads-up</b> about offering food to your children so they are aware of your reasoning and concerns.</li> <li>• <b>Consider eating before gatherings</b> so that you aren't hungry while attending</li> <li>• <b>Homemade baked goods</b> usually freeze relatively well this makes them an excellent option for last minute or sporting events.</li> </ul>

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### REFERENCES

1. Wolfram T. Sand, Surf and Great Eats. Academy of Nutrition and Dietetics. 2019. Accessed at <https://www.eatright.org/health/lifestyle/seasonal/sand-surf-and-great-eats>.
2. Ansel K. Healthy Eats at the Amusement Park. Academy of Nutrition and Dietetics. 2019. Accessed at <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/healthy-eats-at-the-amusement-park>.
3. Weisenberger J. Food Tips for Summer Travel with Kids. Academy of Nutrition and Dietetics. 2019. Accessed at <https://www.eatright.org/health/lifestyle/travel/food-tips-for-summer-travel-with-kids>