



Ontario Home Economics Association

## *Ask a Professional Home Economist*

*For Immediate Release*

# **Travel and Eat Safely with Gluten-Free**

**By Donna Washburn, P.H.Ec. and Heather Butt, P.H.Ec.**

More and more Celiac patients and their families carry food from home when they travel due to convenient, car-friendly, gluten-free foods, the elimination of gluten-free meals on many airlines, and the uncertain availability of gluten-free foods along the way.

According to a survey by the American Dietetic Association and ConAgra Foods Foundation, 97% of car travelers take food along. Of these, 67% pack sandwiches, 6% take chips and dip, 65% carry fresh fruits and vegetables, and 28% pack meat and/or cheese in prepared lunches. Surprisingly, 30% leave food unrefrigerated for 3 to 4 hours, and 15% leave food at room temperature for more than 4 hours, which is an unsafe practice. \*

At home, it is easier to be conscious of food safety and to avoid cross-contamination. The same safety rules you practice at home must be followed when you're on the road:

- Wash hands with soap and water for 20 seconds before preparing foods and when switching tasks, such as from handling raw meat, fish or poultry to cutting raw vegetables or from working with wheat products to handling those that are gluten-free.
- Make sure food preparation areas are clean. Wipe counters frequently, rinsing and changing cloths between each task to prevent cross-contamination. It is safest to prepare gluten-free foods in an area that is exclusively for gluten-free. You might keep a special cutting board for this purpose.
- Pack moist wipes and hand sanitizer so you can wash your hands before eating.

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- Carry perishable food in a cooler containing ice or ice packs. Stow the cooler in the back seat of an air-conditioned car, not in the trunk. Include a refrigerator thermometer, and check periodically to make sure the temperature stays below 40°F (4°C). Perishable food left at room temperature for more than an hour is a food safety hazard. If you travel frequently, purchase a cooler that plugs into the cigarette lighter of the car.
- If stopping along the roadside to grill, use a meat thermometer to check final cooked temperatures. Hamburgers should reach 160°F (71°C), chicken 185°F (85° C), pork 160°F (71°C), and fish 155°F (68°C). Pack raw meats in the cooler in a well-sealed container separate from other foods.
- When flying, pack gluten-free foods in a small travel cooler that fits under an airplane seat. Freeze juice boxes to keep individual insulated lunch bags cool. Freeze bottles of water and drink them as they melt. Carry non-perishable nutritious snacks such as Carrot Apple Energy Bars (recipe below), Banana Cranberry Muffins or Pumpkin Date Bars.
- Carry-out or fast food is also susceptible to food poisoning. If you don't eat or refrigerate it within 2 hours, throw it out.
- Use the mini-bar refrigerator in your hotel room, or ask for an efficiency unit. Request the use of the hotel kitchen refrigerator if necessary.

\* *"Beware the En Route Smorgasbord"*, American Dietetic Association and ConAgra Foods Foundation, March 2004.

For a nutritious, on-the-move breakfast or snack, choose Carrot Apple Energy Bars. Carrots provide great color, flavor, texture and a guarantee that the bars are even moister the next day.

### **Carrot Apple Energy Bars**

From *"The Best Gluten-Free Family Cookbook"*, Robert Rose Inc., 2005.

1-1/4 cups	sorghum flour	300 mL
1/2 cup	amaranth flour	125 mL
1/3 cup	rice bran	75 mL
1/4 cup	ground flaxseed	50 mL
1/2 cup	skim milk powder	125 mL
1-1/2 tsp	xanthan gum	7 mL
1 tbsp	gluten-free baking powder	15 mL
1/4 tsp	salt	1 mL
2 tsp	ground cinnamon	10 mL
2	eggs	2
1 cup	unsweetened applesauce	250 mL
1/3 cup	packed brown sugar	75 mL
1-1/2 cups	grated carrots	375 mL
3/4 cup	dried fruit mix (see below)	175 mL
1/2 cup	chopped walnuts	125 mL

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1. In a large bowl or plastic bag, combine sorghum flour, amaranth flour, milk powder, rice bran, flaxseed, baking powder, xanthan gum, cinnamon and salt. Mix well and set aside.
2. In a separate bowl, using an electric mixer, beat eggs, applesauce and brown sugar until combined.
3. Add flour mixture and mix just until combined. Stir in carrots, dried fruit and nuts. Spoon into 13 by 9 inch (3 L) baking pan lined with foil and lightly greased and allow to stand for 30 minutes.
4. Bake in preheated 325°F (160°C) oven 30 to 35 minutes, or until a cake tester inserted in the centre comes out clean. Let cool in pan on a cooling rack and cut into 18 bars. Store in an airtight container at room temperature for up to 1 week or individually wrapped and frozen for up to 1 month.

Nutritional analysis by **Lorraine Vinette, RD**, Kingston General Hospital: When cut into eighteen 3 by 2 inch (7.5 by 5 cm) bars, each contains 172 calories, 7 grams of protein, 31 grams of carbohydrates, 4.4 grams of fat and 3.6 grams of fiber.

- For the dried fruit mix, use 1/4 cup (50 mL) dried cranberries, 1/4 cup (50 mL) raisins, 2 tbsp (25 mL) dried mangoes, 1 tbsp (15 mL) dried blueberries and 1 tbsp (15 mL) dried apricots.
- Check that gluten is not listed as an ingredient if you purchase the fruit as a prepared mix. For a lactose-free bar, omit the milk powder.

**Donna Washburn and Heather Butt** are Professional Home Economists and co-authors of “The Best Gluten-Free Family Cookbook” and “125 Best Gluten-Free Recipes”. Their other cookbooks include “250 Best Canadian Bread Machine Baking Recipes”, “125 Best Quick Bread Recipes”, “Canada's Best Bread Machine Baking Recipes” and “More of Canada's Best Bread Machine Baking Recipes” (Robert Rose Inc.). Acknowledged experts in the field of gluten-free and bread machine baking, Donna and Heather have extensive recipe development expertise working with many bread machine manufacturers and yeast companies. For more information about their books, visit [www.bestbreadrecipes.com](http://www.bestbreadrecipes.com) or email them at [bread@ripnet.com](mailto:bread@ripnet.com).

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***The Ontario Home Economics Association**, a self-regulated body of Professional Home Economists, promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life.*

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