GOING OUT TO EAT CHECKLIST

Use this checklist when people we support go out to eat **WITH STAFF.**

As you head out to restaurants, here's a checklist of things to consider to help ensure you have everything you need for a safe and enjoyable outing for both you and those you support.

Preparation
- ☐ Review dining guidelines
- ☐ Check menu to find safe food options
- ☐ Call restaurant to see if they can meet dining guidelines
- ☐ Tell servers/staff of any food restrictions

Health & Medical
- ☐ Medication (following MAP, if applicable)
- ☐ Emergency medications (e.g., seizure rescue meds, EpiPen if prescribed)
- ☐ Allergy list and medical history summary
- ☐ Emergency Fact Sheet
- ☐ First Aid Kit

Personal Care & Hygiene
- ☐ Toileting supplies (briefs, wipes)
- ☐ Extra clothing if needed
- ☐ Hand sanitizer/gloves
- ☐ Feminine hygiene products (if applicable)

Dining Guidelines
- ☐ If needed/appropriate, food consistent with dietary guidelines (texture-modified, allergies, etc.). Make sure any food stays the correct temperature
- ☐ Thickening agent for liquids and equipment to safely thicken liquids, if required
- ☐ Adaptive utensils and feeding equipment
- ☐ Equipment to allow food to be prepared to correct consistency (like a food processor)

Personal Necessities
- ☐ Personal assistive devices (Hearing aids, Glasses, Dentures, etc.)
- ☐ Positioning aids
- ☐ Mobility support (wheelchair, walker, gait belt if needed)

Communication & Safety
- ☐ Fully charged cell phone
- ☐ Communication devices
- ☐ Emergency contact list
- ☐ Portable charger

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