

The Dye-Free Disney Guide



Prepare Contact
Disney's
Special Diets
Team:
Special.diets
(at)
DisneyWorld
(dot) com

Pack Keep yourself
in control of
your food
whenever
possible.
Disney allows
outside food
for those with
allergies.

Interact Every
restaurant,
quick service
food counter,
and snack kiosk
is ready to help
you. Ask for
ingredients if
you're not sure.

Preparing for your Visit

1

Make reservations at table service restaurants in advance. Quick service may or may not be able to accommodate your needs.

2

Whenever you correspond with a Disney representative about dining options, make sure to mention your allergy needs so they'll be noted with your reservations.

3

Plan to get a few groceries for your stay. Check out wegoshop.com to have items from Whole Foods delivered to your Disney accommodations.

Packing Food for the Parks

Don't forget to pack a few sweet treats in case of an "I Want That!" meltdown where there are no safe options available

Perishables (need ice packs)

Meats, Cheeses,
Hard boiled eggs,
Yogurt, Individual
Hummus Cups

Pre-Cut Fruits
and Vegetables,
Pasta Salads

Non- perishables

Nut/seed butters,
roasted
chickpeas, jerky,
granola bars

Whole fruits and
vegetables,
breads, crackers,
fruit leathers

Bottled water, milk, and fruit are available at most of the parks, so you can supplement as needed

Interacting with Cast Members

Table Service

Let staff know when you arrive that you have an allergy concern

Make sure you speak with the chef directly to get a list of safe menu options

Quick Service

Ask for a manager when you arrive and explain that you have an allergy concern

Ask to see an ingredients list or labels for questionable items

Snack Vendors

Look for vendors that serve fresh fruits and glazed or roasted nuts for easy dye-free snacks

Ask to see an ingredients list for other items -- every vendor has this information ready

Good To Know



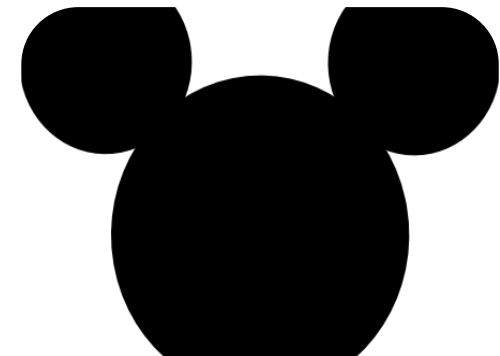
Disney dessert menus tend not to have a lot of dye-free choices, so plan accordingly!



Look for "fresh Angus burgers" on quick service menus to avoid burgers with additives.



Surf Sweets and Enjoy Life products are available throughout Disney, so ask around!



Mickey ice cream bars are currently dye-free, but may contain other ingredients your sensitive child reacts to.



Helpful Links

- Disney World Special Diets:
<https://disneyworld.disney.go.com/guest-services/special-dietary-requests/>
- Whole Foods items delivered to Disney properties:
<http://www.wegoshop.com/location15.html>
- List of Disney locations carrying Surf Sweets and Enjoy Life foods:
<http://www.allergyfreemouse.com/dining/pre-packaged-items/>