

No Dipping Please!

Let's just say the **Baltimore Ravens** are going to win, I am a Maryland girl you know, purple prevails is my prediction. With the super bowl tomorrow there are going to be a lot of parties where dips will be served! People usually get grossed out when you see someone double dipping at a party and then avoid that food.

Other people's germs, saliva, and slobber are not the same as your own children's and are not ingredients that are usually sought after in a dish. However, there is an even more important reason for not double dipping or directly dipping into a dish at a party, food allergies and food intolerances. The dip may be allergen free, but the items being dipped in may not be safe thus contaminating the dip and potentially causing an allergic reaction. I see this all the time. A veggie and dip tray is a safe option for me, but then someone takes a pretzel and dips it directly in the dip and now it is not safe. See pretzels have not only gluten, but some brands are made in a factory with peanuts and I can only have certain brands. Most people who don't have a peanut allergy are not aware of this. There are many more examples, but hopefully you get my point!



Eating outside of the home is the biggest risk factor for allergic reactions. There are some tips and precautions that can be taken by all to help prevent unnecessary allergic reactions. As always, have your emergency plan and medications with you.

Tips:

1. If you are the host- ask ahead of time if anyone had food allergies or food intolerances and if so discuss menu and ingredients with affected guest
2. If you are the guest with food allergies or food intolerances – offer to host or inform the host of your dietary restrictions ahead of time and bring safe foods to the party
3. If there is a dip- portion out some of the dip ahead of time for the guest with food allergies or portion out servings for all guests in baking cups
4. Make sure there are several spoons or serving utensils in a dip to encourage guests to use them to serve themselves and make a sign to please use utensils
5. Use food name tags with ingredients and save food labels
6. If you can afford it, hire staff trained in food safety and dietary restrictions to pass out food and serve guests

I will be hosting the super bowl party tomorrow night and therefore I can use all safe ingredients. Since the Baltimore Ravens are playing, I will be making a hot crab dip and will serve with celery and tortilla chips (check labels some with peanut contamination) or Fritos. I am going to try a [new crab dip recipe, either this one](#) influenced by Riordan's of Annapolis (no longer in business) or this [other Maryland crab dip recipe](#), still deciding.

