

## Safe at Home Plate in Maryland

My older sister recently had her high school reunion, I won't say how many years ... It was the same weekend as the awesome [Expo East Natural Products](#) show in Baltimore. We grew up in Severna Park, Maryland. We went to [Severna Park High School](#), go falcons! My sister lives in Cary, NC and I live outside of Philadelphia, PA. So, when Lisa told me she was coming home I was excited to join her after Expo East!

That Saturday we meet up with some lifelong friends in [downtown Annapolis](#) for a great lunch at [Phillips Crab Deck](#) right next to the harbor with a great view! Our waitress was awesome at helping me find peanut free and gluten free options. I have eaten at many Phillips restaurants before, but it had been a while at this location which does not have a gluten free menu unlike some other locations. They were able to accommodate my food restrictions with ease! My sister and I decide to crab it up something not easily done where we each live now, ordering crabs and crab dip. The waitress substituted the bread for a gluten free option. Eating out in a large group it is always a little nerve wracking hoping that my order is kept safe.

Later in the day my sister kept eyeing several ice cream shops on Main Street. There was one, [Annapolis Ice Cream Company](#), that had a sign that they had won an award for Best Ice Cream. As we walked in I reminded my sister that I usually can't eat safely at ice cream shops. Right away I told one of the employees that I have a deadly peanut allergy. Their reaction was amazing and made me feel comfortable from the start. "Oh, we will open up a new container of ice cream for you and sanitize a fresh scoop." Then another employee chimes in, "We are like the CDC and the WHO when it comes to allergies around here." Music to my ears. I have honestly never had a better reaction or felt as safe in an ice cream store before.

I took a while to choose what to get and at first I was going to get a small, you know watching the portion size. I thought when can I really enjoy good safe ice cream out, so I ordered a medium and enjoyed every bite! Not only were the employees friendly and helpful, the ice cream was delicious.

Annapolis is historic and many stores are not ADA accessible, however the Annapolis Ice Cream Company had an accessible ramp and bathroom! We love that they really cater to their customers needs. My sister and I always notice this since her two boys, my nephews, have [Duchenne Muscular Dystrophy](#).



Lisa & I  
Sisters



Phillips Crab Deck  
Downtown Annapolis

The reunion was later Saturday night and held at the [Severna Park Tap House](#). I called the restaurant before we arrived inquiring about my dietary restrictions and was happy to learn that they could accommodate my needs. I also communicated my restrictions when ordering dinner. My good friend April came too! The night went too fast.

The next morning we met our mom for an early birthday brunch at [The Grill at Quarterfield Station](#) before my sister had to get her flight back to North Carolina! This restaurant has great food and many peanut free options, but they could work on their gluten free options. I spoke with the manager who said he tried gluten free bread but it didn't taste good. I gave him a few suggestions before we left.

This is where my business comes in, [Eat Fit Health](#) can help restaurants by providing ingredient, recipe, and menu suggestions to increase their bottom line while safely serving delicious food for those with dietary restrictions!

So glad I was safe at home plate for my sister's reunion weekend!

**Be Well,**

**Lori**

