

SOCIAL WORKSHEET

..... *Eating Gaps Food With Others*

Eating food that is different from those around you can be a challenge in social situations. This worksheet is meant to make it organized and fun -- to be a cheat sheet of ideas to fall back on.

For each different setting or function, list three or more ideas for your own family.

1. BIRTHDAY PARTY THAT YOU HOST

- List three or more standby birthday foods, such as cake/cupcakes, appetizers, drinks.
- See <http://www.honestbody.com/grain-free-gaps-birthday/> for ideas.

1. _____
2. _____
3. _____
4. _____

2. BIRTHDAY PARTY YOU ATTEND

- This is different because you are not in control of the whole menu. Have respectful communication about your family's dietary needs, and celebrate! List a few foods that you might contribute and still feel well eating. See <http://www.honestbody.com/grain-free-gaps-birthday/> for ideas.

1. _____
2. _____
3. _____
4. _____

- List some go-to cooler foods for a road trip. These will vary depending on if you will have access to a kitchen...and if you will be gone for just a few days (for example you might decide to skip broth if only for a couple of days) or if it will be more extended.

1. _____
2. _____
3. _____
4. _____

4. TRAVEL - AIRPLANE

- Slightly adjusted for the requirements of airline travel...list some go-to foods to pack

1. _____
2. _____
3. _____
4. _____

5. DINNER PARTY/HOLIDAY GATHERING

- A little more fancy, a little more effort, but still nourishing to the belly and body. This list can be for the potluck style family gathering, in which you bring just enough food that you can enjoy the turkey, skip the rolls, and have GAPS legal treats, etc. Or it could be a complete GAPS feast that you host. GAPSters eat yummy food! See <http://www.honestbody.com/gaps-thanksgiving/> for ideas.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

6. SCHOOL LUNCHES

- Jot down a few variations of a GAPS school lunch menu. See <http://www.honestbody.com/3-grain-free-school-lunch-menus/> for school lunch ideas.

1. _____
2. _____
3. _____
4. _____
5. _____

7. BAKE SALE & “TREATS TO HAVE ON HAND AT SCHOOL”

- When there is a birthday party or all school celebration, our school is good about serving our kids treats they can have...clear communication is key. It's also helpful for the kitchen staff if you have a treat that can stay in the freezer or fridge in an airtight container. See <http://www.honestbody.com/recipes-grain-free-baked-goods/> for ideas.

1. _____
2. _____
3. _____
4. _____
5. _____