

# NEW ZEALAND TRAVEL GUIDE

Travelling to a foreign country whether for business or pleasure should be an enjoyable time. However we are very aware that travelling when you have coeliac disease can cause a great deal of concern.

This local food guide aims to identify where to find gluten free products and venues (should they be available), to help you maintain a healthy gluten free diet throughout your visit.

## Retail outlets

Large supermarkets in the main cities include Commonsense, Fresh Choice, New World, Greenlane, Pak n' Save, Woolworths Supermarkets, Glen Innes, Huckleberry Farms, Epsom.

## Gluten free brands

Elocin Speciality Foods, Marx Bakery, Organic Bakeworks, Purebread, Spoilt for Choice and Venerdi Bakery.

## Online and mail ordering

IE Produce, Takapuna: [www.ieproduce.com](http://www.ieproduce.com)

Ntolerance Ltd, Pukekohe: [www.ntolerance.co.nz](http://www.ntolerance.co.nz)

## Local food

New Zealand cuisine is generally international so apply the same cautions that you would when eating out in the UK.

## Hotels and restaurants

Please contact the New Zealand coeliac organisation. They are very helpful and have a venue guide on their website.

## Allergen labelling

Look for 'gluten free' or the New Zealand Crossed Grain symbol which both mean no detectable gluten (under 3 ppm), and 'low gluten' which means 20 ppm or less.

## Coeliac organisation

The Coeliac Society of New Zealand  
P O Box 35 724, Browns Bay, North Shore City 0753,  
New Zealand

**Web:** [www.coeliac.co.nz](http://www.coeliac.co.nz)

**Email:** [coeliac@xtra.co.nz](mailto:coeliac@xtra.co.nz)

**Phone:** 0064 9 820 5157





### Awareness

New Zealand is well informed about coeliac disease and it should be relatively straight forward finding gluten free products and meal choices. However ensure that you are well prepared with snacks if you are venturing off the beaten track.

Strict laws apply to food being brought into New Zealand. No fresh meat, vegetables or fruit may be imported and sniffer dogs are employed with stiff fines being incurred for any contraventions. Only dried goods such as sealed packs of pasta or bread may be imported but these must be declared at customs.

Visit [www.coeliac.org.uk](http://www.coeliac.org.uk)  
or call us on **0333 332 2033**  
for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



**Disclaimer:** This travel leaflet has been produced in good faith. Coeliac UK is not a medical or professional body and the information in this guide should not be treated as a substitute for medical advice. Every endeavour has been made to ensure that the information in this guide is accurate and up to date at the time of printing. However, Coeliac UK is not in a position to guarantee the accuracy or currency of such information and does not accept responsibility for its use or misuse. If relying on the information contained in this guide when you are overseas, we recommend that you first make contact with the relevant foreign coeliac organisation, contact details for which are listed where available.

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