Problem

Individuals struggling with uncommon gastrointestinal diseases struggle to find safe foods. Companies are required to mark common allergens on their products but many people suffer with diseases that have highly individual triggers that vary among individuals with the same condition. These trigger foods may vary from person to person, and are overlooked in “allergen free” products. Additionally, these food restrictions make eating at restaurants stressful events. Staff is often unaware of ingredients in their dishes outside of common allergens. All of these problems lead to unintentional exclusion of these individuals from the allergen and special diet community.

Solution

The Safe Foods app lets users input their specific trigger foods and scan barcodes or search restaurants to make sure that what they are eating is safe. If a product has a trigger, the app will alert them and will give them alternatives. Safe Foods also suggests safe recipes based on an individual’s restrictions and their favorited safe foods. This is different from other allergy and diet apps available because it has recipe recommendations, as well as a detailed level of customization. For example, some individuals with Gastroesophageal Reflux Disease (GERD) are able to tolerate cooked onions but not raw onions. Safe Foods is able to make this distinction. The app also has a restaurant menu search feature that lets a user find out if a restaurant has dishes that are safe for them. Safe Foods makes individuals suffering with uncommon allergies or chronic conditions feel included and safe whenever they buy or consume food products.