

FOOD ALLERGY COLLEGE CHECKLIST

Visiting and Before Arriving on Campus

- ♥ Ask questions, and lots of them:
 - How much training does staff receive on food allergies and avoiding cross-contact?
 - Is ingredient and allergen information readily available in the dining hall and online?
 - Is there a dedicated area in the kitchen for allergy orders, complete with separate prep area and utensils or mechanisms to wash the prep area and utensils?
 - Are customized meals available.

- ♥ Arrange to meet with the disabilities office and the dietitian and/or food services director. Ask if it is possible to have a meal at the same time - this way the school's allergy practice can be seen in action.

- ♥ When choosing a new location, consider the availability and distance to hospitals and emergency services.

- ♥ Transfer all current prescriptions to a convenient new pharmacy that is easy to access. Track dates for medication refills and expiration.

- ♥ Refer to "Find an Allergist" on ACCAI.org or AAAAI.org to locate a board-certified allergist in your new location.

- ♥ Review/update your anaphylaxis emergency action plan with your allergist before you leave for college.

- ♥ Consider reviewing available off campus restaurants to know who is experienced with serving people with food allergies.



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