

# **PLANNING** *for* **POST-SECONDARY**

*with*

# **FOOD ALLERGY**



Going to university or college , or already in first year? Check  these tips  to help you manage your food allergy on campus! 



**Many campuses offer services and supports for students with food allergy.** Find out more: check their websites, look and learn during orientation tours, call the various departments at the school, or ask in person.



**Your campus may also have a food allergy club** where you can speak to students on how they manage on campus!



**CHECK IT**  
**USEFUL TIPS ON**  
**THE NEXT PAGE**

# TO HELP YOU GET STARTED *check out* THESE TIPS



## SCHOOL POLICIES

### Ask the school's admission office:

- What are the school's policies around managing food allergy and anaphylaxis?
- What accommodations can I expect? Do I need a doctor's note to share with the school?
- How are allergic reactions handled on campus?
- What happens in case of an emergency?
- Are staff trained on how to use an epinephrine auto-injector?



## HEALTH & WELLNESS

### Ask campus health services:

- Is there a hospital or medical clinic on campus or nearby?
- Is there an allergist on or near campus?
- What other services and supports are there to help me manage my food allergy on campus?



## EATING ON CAMPUS

### Ask campus dining services:

- How do I request dining-related accommodations?
- Can I meet with the dietitian or nutrition manager or foodservice rep?
- Are there safe options for me for meal plans and snacks?
- How is food handled, how is the risk of cross-contamination managed?



## LIVING IN RES

### Ask campus housing services:

- How can I request a housing accommodation?
- Can I be assigned a single room?
- If not, how are roommates assigned?
- Can I have a roommate with the same food allergy as mine?
- Can I have a room with a kitchen?
- If not, is the kitchen in a common area?

**Remember to tell your residence/ community advisor or don about your food allergy.**

## YOU GOT THIS!

**Now is the time to take control.** Get all the answers you need and remember we're here for you.

**FOODALLERGYCANADA.CA/  
CAMPUSLIFE**

