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
YOU GOT THIS!
Now is the time to take control.
Get all the answers you need and remember we’re here for you.

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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.

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