Email subject line: **Support the Food Allergy Canada and CSACI 2021 pre-budget submission**

To: Email address of your Member of Parliament

Cc: Hon. Chrystia Freeland, Minister of Finance - [Chrystia.Freeland@parl.gc.ca](mailto:Chrystia.Freeland@parl.gc.ca)

Cc: Hon. Wayne Easter, Chair of Finance Committee - [Wayne.Easter@parl.gc.ca](mailto:Wayne.Easter@parl.gc.ca)

Cc: Hon. Patty Hajdu, Minister of Health – Patty.Hajdu@parl.gc.ca

Cc: Food Allergy Canada - [nationalplan@foodallergycanada.ca](mailto:nationalplan@foodallergycanada.ca)

Dear <Mr./Mrs./Ms./Miss last name of MP>,

My name is \_\_\_\_ and I am one of the many constituents in your riding impacted by food allergy. There are more than 3 million Canadians – of which 500,000 are children – living with food allergy, including (me, my child, my family member, etc.).

**I am writing to ask you to support the** [**2021 pre-budget submission**](https://foodallergycanada.ca/wp-content/uploads/2021-Budget-Submission-Food-Allergy-Canada-and-CSACI.pdf) **by Food Allergy Canada and the Canadian Society of Allergy and Clinical Immunology (CSACI). They are asking for a modest funding commitment from the federal government.**

How food allergy impacts my life

<Insert your food allergy story – please limit to three sentences. The more personal you can make the letter, the greater impact it will make. Consider writing about who has food allergy in your family, what it is like when they were diagnosed, how does food allergy impact the family, etc.>

For families like mine dealing with this issue every day, there are real concerns in being able to successfully manage this condition, like \_\_\_\_ (some examples could be, the unpredictability of allergic reactions, the absence of a cure, the reliance on others to stay safe, lack of access to accurate ingredient information, lack of therapies, lack of mental health support, etc.)

Why food allergy should be a federal priority

Food allergy affects every aspect of life, every day, for the millions of Canadians living with this medical condition. It impacts 1-in-2 Canadians – family members, friends, teachers, health professionals, daycare workers, waiters, soccer coaches, human resources managers. It costs our public health system millions of dollars, and it intersects with health, agri-food, drug, consumer, and education policies.

It takes only a small amount of an allergen, if ingested, to provoke a potentially life-threatening allergic reaction. Staying safe requires personal vigilance and community awareness. At times, this can be overwhelming. There is no cure for food allergy and avoiding the allergenic food is the only way to prevent a reaction.

Please take a moment to go through this [**Food Allergy Facts page**](https://foodallergycanada.ca/wp-content/uploads/Food-allergy-facts-2020.pdf) for additional quick facts.

This has been a challenging time for everyone, yet Food Allergy Canada sees important, parallel, public health lessons that can be applied to food allergy. In brief, the same focus on prevention and evidence-based policies that policy makers have taken with regards to COVID-19 can be effectively deployed to help people with food allergy stay safe and live well with this medical condition.

**It is time that the federal government made food allergy a priority. Please support the** [**2021 pre-budget submission**](https://foodallergycanada.ca/wp-content/uploads/2021-Budget-Submission-Food-Allergy-Canada-and-CSACI.pdf)**.**

Thank you for considering this important issue, I look forward to hearing from you.

Sincerely,

Your first and last name