Date

Dear <insert name of MP>,

**RE: Support the National Food Allergy Action Plan**

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 2.6 million Canadians – of which 500,000 are children – living with food allergy, including (me, my child, my family member, etc.).

<insert your food allergy story, the more personal you can make the letter, the greater impact it will make. Consider writing about who had food allergy in your family, what was it like when they were diagnosed, how has it impacted the family, what has been the most challenging about having a food allergy, 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, etc.)

**I am writing to ask you to support the** [**National Food Allergy Action Plan**](https://foodallergycanada.ca/wp-content/uploads/FAC-NationalStrategy-ENG-Online-July2019.pdf)**, launched by Food Allergy Canada and the Canadian Society of Allergy and Clinical Immunology (CSACI), and the** [**2020 pre-budget submission**](https://www.foodallergycanada.ca/wp-content/uploads/2020-Budget-Submission-Food-Allergy-Canada-and-CSACI.pdf.)**.**

Why food allergy should be a federal priority

Food allergy is a condition that our families live with daily, often managing quietly, with most of us voicing our concerns only when a specific issue has taken place, like the ongoing EpiPen® supply constraints. Yet, food allergy impacts the life and wellbeing of millions of Canadians. 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 untold millions of dollars. Food allergy intersects with health, agri-food, drug, consumer, and education policy.

It only 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.

I have attached a Food Allergy Facts page that provides additional quick facts. Please take a moment to go through it.

**It’s time that the federal government made food allergy a priority.**

**Food allergy has been overlooked as a serious medical condition for far too long, it’s time my voice is heard and for this medical condition to receive the federal attention it deserves. Lives are at stake.**

Support the National Food Allergy Action Plan

Food Allergy Canada and the CSACI recently released the [National Food Allergy Action Plan](https://foodallergycanada.ca/wp-content/uploads/FAC-NationalStrategy-ENG-Online-July2019.pdf), which outlines a comprehensive approach to dealing with this medical condition, including:

* + Building public awareness
  + Ensuring greater access to allergists and life-saving medication, epinephrine auto-injectors
  + Implementing guidance for preventing food allergy
  + Ensuring access to accurate ingredient information
  + Investing in research to prevent, treat, and cure food allergy

I believe it is a real path forward for making life better for families affected by food allergy and strengthening our public health system.

**Please support the National Food Allergy Action Plan and the 2020 pre-budget submission. Learn more about the plan at** [**foodallergycanada.ca/nationalplan**](https://foodallergycanada.ca/our-impact-advocacy-and-services/advocacy-and-impact/what-we-do-current-advocacy-initiatives/advocacy-in-action/)**.**

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

Sincerely,

Your first and last name