**Talking tips for speaking with candidates**

* 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.).
* <insert your food allergy story, the more personal you can make it, the greater impact it will make. Consider talking about who has 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 getting access to accurate ingredient information and the reliance on others to stay safe.
* I do not have access to accurate ingredient information in every instance I am buying food, this takes away my ability to make informed decisions on which foods are safe for me and my family. one-third of anaphylactic reactions in children are attributed to food labelling-related issues, and COVID-19 further highlighted gaps in access to accurate ingredient information when ingredient statements on online pre-packaged food did not consistently match the package received, making it difficult for the food allergy community to remain safe and avoid allergens. **Everyone has the right to know what is in their food.**
* I am also concerned about the lack of understanding the broader community has on managing food allergy, which impacts my ability to keep myself/my children safe. For example, childcare settings require employee training and protocols to ensure a safe environment. A child may be experiencing their first serious reaction at childcare. I would like to see national standards to ensure children with food allergy are safe in childcare settings**.**
* The[**National Food Allergy Action Plan**](https://foodallergycanada.ca/wp-content/uploads/FAC-NationalStrategy-ENG-Online-July2019.pdf), created by Food Allergy Canada and the Canadian Society of Allergy and Clinical Immunology (CSACI), includes a comprehensive strategy to manage these two issues and more. If COVID-19 has taught us anything, it is the importance of evidence-based policy and shared responsibility. Please support the National Food Allergy Action Plan.I believe it is a real path forward for making life better for families affected by food allergy and strengthening our public health system.
* 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.