



It can feel intimidating, but it is necessary to talk with all your professors about food allergies. While food is not a norm in college classrooms, many students will bring snacks – potentially the professor as well! Making them aware of your food allergies before the semester begins is crucial.

Helpful Tips:

- Email your professor(s) once you get their contact(s) before the semester starts.
- Stay after class on the first day or visit your professor during office hours to explain your food allergies in person.
- DON'T try to talk to them before class on the first day.

Sample Email to Professors BEFORE School Starts

Dear Professor [insert name here].

My name is [insert name]. I will be in your [insert subject and section number] class this semester! I am so excited for class to begin. I am sure there is going to be a lot to learn. Before the semester begins, I did want to let you know that I have severe food allergies. I am allergic to [insert allergens]. I have already connected with Disability Services but wanted to reach out to you in advance as well to keep you informed. Please let me know if you have any questions or concerns. I look forward to meeting you.

Sincerely,
[Your Name]

Sample Email for Lab Situations

Dear Professor [insert name here].

My name is, [insert name]. I will be in your [insert subject and section number] lab this semester! I am excited for the lab to begin. I am sure there is going to be a lot to learn. Before the semester begins, I did want to let you know that I have severe food allergies. I am allergic to [insert allergens]. I have already connected with Disability Services, but wanted to reach out to you in advance, as well, in case this affects any of the lab activities we are doing. I am open to any alternative assignments and protocols you think may be reasonable. Please let me know if we can schedule a time to speak. I look forward to meeting you.

All the best,
[Your Name]

If you want to have a conversation in person, that is great as well. Hang out after class and talk to your professor.

Sample Conversation:

"Hi, Professor! My name is [name]. Class was great today. I wanted to let you know that I have food allergies. I am allergic to [allergens]. I have already connected with Disability Services, but wanted to make you aware, as well."

Your professor will thank you for letting them know. Be sure to follow up that conversation with an email outlining what you discussed if this is your first contact with the professor. However, if you are asking for specific accommodations in the classroom, do not wait until the first day of class to do so.

TIP: In college there may not be assigned seats, but everyone will usually gravitate to a certain area. Once you pick your seat, you should also alert the people who sit near you about your food allergies.