Off to College with Food Allergies Checklist
(Customize this checklist to meet your personal and health needs)

Disability Office

Contact the school’s Disability Office to inquire about establishing food allergy accommodations?

- Secure a meeting AS SOON AS POSSIBLE – do not wait for the last minute
- Name of Contact:
- Email & Telephone Number:

Areas to Address with Disabilities office

Dining Services

Is there established food allergy management protocol?

- If so, will the protocol meet your needs?
  - Ask to speak to the director of Dining Services to discuss what a typical day looks like?
- Establish what the school’s responsibilities will be
- Confirm your daily responsibilities
- Will the current meal plan options meet your needs? What are your options?
- What is the school’s label reading policy? Who calls manufacturers to confirm cross contact risk
  - Dining hall
  - Food service outlets (pizza, sandwiches)
  - Student Kitchens
  - Reciprocal local eateries on and off campus
  - Dorm rooms or suites with cooking options (microwave, refrigerator, kitchenette)
  - Extra food storage (refrigerator, lockers, etc) on campus

Housing

Is there established protocol for managing food allergic student living arrangements?

- Medical singles, shared roommate or shared bathroom situations, including off campus living options
- Requirements to qualify for medical singles – what information is needed from your physician?
- What is the process for requesting a medical single?
- What kitchen appliances are allowed in your room, such as a microwave, refrigerator, a hot water kettle, etc.
- Is the school able to identify potential roommates who are willing and able to support food allergic student needs and refrain from personal care and food items containing allergens

www.FoodAllergyAwareness.org
Off to College with Food Allergies Checklist
(Customize this checklist to meet your personal and health needs)

Emergency Services and Medical Care

Inquire about protocol for managing emergency situations, such as Anaphylaxis

- What steps should you take in an emergency? Call Campus security? Who are the first responders?
- Who will assist you during an emergency in the dorm, on campus, in the dining halls, etc?
- Administration of epinephrine
  - Who will help administer epinephrine? Peers, professors, campus security, coaches, dining staff, Resident Assistants, etc.
- Does the state of your future school have state Entity Law, which generally allows a business, such as a college, to maintain and administer epinephrine
- Establish Location of your rescue medications and on campus if school maintains stock epinephrine
  - On student
  - Dorm room
  - Dorm (RA)
  - Library
  - Sport Facilities
  - On campus
- Student Health Clinic
  - Ability to treat Anaphylaxis
  - Ability to manage medication prescriptions
- Location of local Hospital
- Access to Emergency Medical Services when off campus

Move-in Day

- Preplan meals for arriving for Move-in Day (which can be quite exciting and stressful)
- Bring safe foods and research local stores and restaurants that sell safe food
- Pack all emergency action plans and carriers to help manage rescue medications and information
- Plan extra time to discuss your allergies with your RA
- If you have roommates, discuss your allergies before Move-in day

www.FoodAllergyAwareness.org