

# 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

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## 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