

Food Allergy *College* Checklist

- Epinephrine auto-injectors and cases
- Medical alert gear and app
- Mini-fridge and safe food for your dorm 😊
- Permanent marker to label your food
- Favorite dishes and utensils
- Identify support resources – Office of Disability Services
- Discuss safe foods with dining hall chefs and managers
- Other medications (e.g. albuterol, etc.)

Tips!

- Identify a core group of close friends with whom you can share that you have a food allergy, and teach those friends how to recognize an allergic reaction and how to use your epinephrine auto-injector
- Identify on-campus and off-campus eateries that are safe for your diet
- Avoid alcohol as it lowers your threshold to make poor choices and lowers your threshold to have an allergic reaction
- **If at any time you think you or someone else is having a medical issues, immediately call 911**

Check out the app – developed by a college student like you! – that will help you navigate college with food allergies! EpiCenter-App.com