Northwestern

The Wildcat Food Allergy and Special Diets Toolkit
Disclaimer:

This toolkit was created by the CAFAE club for educational purposes only. Please consult your physician for any medical advice surrounding your food condition (e.g. emergency medications, emergency action plans, etc.).
Join Northwestern's CAFAE Club Today!

A campus club committed to increasing awareness, education, and support for college students with food-related conditions (e.g. food allergy, celiac disease, etc.) across the nation!

**Support**
- Help each other navigate campus life with food conditions
- Lead discussions surrounding dining on/off campus, social situations, sports, and more!

**Educate**
- Meet with allergy experts in the field
- Learn signs and symptoms of allergic reactions and how to respond in an emergency

**Advocate**
- Brainstorm ideas to improve the quality of life for students with food conditions
- Advocate together to create a safer, more inclusive campus for all!

Interested in Starting a CAFAE Chapter?
Drop a pin on your campus today!

Contact: kethanbajaj2025@u.northwestern.edu

Join Northwestern's CAFAE Club Today!
Welcome to Campus!

The transition from high school to college can be a challenging experience, especially for someone with a food-related condition such as food allergy, celiac disease, or EoE. **We created this toolkit to help all students with food conditions feel supported and excited to navigate this transition with confidence!**

We hope these tools help you feel safe and prepared on Northwestern's campus so you can focus on your studies and enjoy the college experience!

Watch the video below to hear from other students with food conditions and learn about steps Northwestern has taken to support students on campus!
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## ABOUT CFAAR

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PRIOR TO OR UPON ARRIVAL
Steps for success

1. **Make introductions!** Contact NU's registered dietitian (pg. 12) to set up an appointment and meet your dining hall chefs.

2. **Inform your Resident Advisor (RA)** about your needs and what to do in the event of a reaction.

3. **Download the 'Dine on Campus at Northwestern' app and explore the Pure Eats station** to check out menus and ingredients available in all dining commons. Pure Eats avoids gluten and the top nine allergens.

4. **Set boundaries with your roommates.** Consider establishing an agreement about your allergens with your roommate. (pg. 10)

5. **Reach out to Accessible NU** (pg. 45) if you have any questions about the dining plan and/or accommodations.
PACKING & PREPPING

What to bring in case of an emergency

1. Epinephrine auto-injector (E.g.: EpiPen® or Auvi-Q®)
2. Benadryl or other antihistamines
   a. *Please note that this should NOT be your first line of defense if you are having an allergic reaction, only take antihistamines with your doctor's advice.*
3. Food Allergy Emergency Healthcare Plan
4. Allergy-friendly snacks (pg. 23)
5. Medical ID Bracelet or Allergy Card
   a. Chef card: *Carrying a "chef card" that outlines the foods you must avoid is a great way to communicate your food allergies to a chef or manager at a restaurant.* Download

Please consult your allergist for any specific medication and prescriptions.
TALKING WITH YOUR ROOMMATE

Be open and communicate your needs.

1. **Reach out to your roommate** prior to move-in and let them know about your dietary needs!

2. **Set rules that clearly outline what you need** from your roommate. Consider discussing keeping allergens out of the dorm or keeping all food separated in designated containers.

3. **Educate them about the signs and symptoms** of a reaction and how to use an epinephrine auto-injector.

4. **Designate an easy to find location to store epinephrine auto-injectors** for use during an emergency.
"JUST IN CASE" REMINDERS

Here's a list of things to help you prepare in case a situation arises:

- **Share your emergency contact info/emergency action plan with your friends!**
- **Let friends know what your symptoms look like**
- **Carry two epinephrine auto-injectors**
- **Let your friends know where you keep your epinephrine and how to use it**
- **If you're having a reaction, use epinephrine **immediately**, call 911, and go to the emergency room**
- **Follow up with your doctor!**
DINING ON-CAMPUS
IMPORTANT CONTACTS

Advocate for yourself.

Madeline McDonough MS, RD, LDN
Registered Dietitian Nutritionist
dining@northwestern.edu

Juan Aguayo
Sr. Director of Dining Services
juan.aguayo@compass-usa.com

Northwestern Health Services
847.491.2204

AccessibleNU
847-467-5530

Want to connect with a peer who has allergies or a similar dietary condition? Email Madeline McDonough at dietitian@northwestern.edu
APPS TO DOWNLOAD

Let your phone guide you to the right spot.

- Dine on Campus at Northwestern
- Allergy Eats
- Allergy Force
- Find me gluten-free
- Fig: Food Scanner & Discovery
- Spokin'
MEETING DINING REPRESENTATIVES

Align yourself with on-campus resources

1. **Introduce yourself to dining hall staff** at the beginning of the quarter and let them know about your dietary needs.

2. **Locate safe zones in the cafeteria** with ingredients you can trust. NU Dining halls have gluten-free and allergy-friendly stations for students with cross-contact sensitivity.

3. **Ask each dining hall's "Allergy Expert" to detail specific ingredients** in dishes you are uncertain about.

*Located at various dining halls across campus, Northwestern's Pure Eats stations serve food without the top nine allergens.*
Elder Dining Commons
contains Kosher, Gluten-free, and Pure Eats Stations
2400 Sheridan Rd

PureEats
Stations on-campus that are prepared and avoid gluten as well as the nine most prevalent food allergens: peanuts, tree nuts, fish, shellfish, wheat, soy, eggs, dairy and sesame.

Seabury Hall
Campus Dietitian office: Madeleine McDonough
2122 Sheridan Rd

Sargent Dining Commons
contains Pure Eats and Gluten-free Station
2245 Sheridan Rd

Tech Express
market containing allergen labeled snacks
2145 Sheridan Rd

On-campus dining in the Evanston campus.
SOUTH CAMPUS DINING
On-campus dining in the Evanston campus.

Foster-Walker West & East Dining Commons
Pure Eats (Allergen Friendly Zone)
1927 Orrington Ave

Starbucks
alternate milk options

Mod Pizza
build your own

Buen Dia
gluten-free Mexican cuisine

Market at Norris
to-go meals with detailed ingredients

Allison Dining Commons
contains Kosher, Gluten-free, and Pure Eats Stations
1820 Chicago Ave

Norris University Center
1999 Campus Dr
ON-CAMPUS RESTAURANT GUIDE

Don't let your allergy stop you from enjoying cafes on-campus.

*Please be aware that this is solely a list of restaurants on-campus and is not all-inclusive and is subject to change at any time. You should always call ahead and do your own research before eating out.

On-campus eateries listed on the map (dining dollars and meal swipes)

Protein Bar
Cuisine: Health food restaurant
Address: 2311 Campus Dr
Notes: Nutrient-packed shakes containing fresh ingredients
Contact: (847) 467-2147

Cafe Coralie
Cuisine: Coffee Shop
Address: 2200 Campus Dr, Floor 2
Notes: alternate milk options

Fran's Cafe
Cuisine: American-style late-night meals
Address: 1865 Sherman Ave
Contact: (847) 467-2729

Lisa's Cafe
Cuisine: Day & Late night eatery with
Address: 2332 Campus Dr
Notes: market containing allergen-labeled snacks, open till late
Contact: (847) 467-2729

Kresge Cafe
Cuisine: Coffee & grab and go
Address: 1880 Campus Dr
Notes: alternate milk options
DINING OFF-CAMPUS/ SOCIAL EVENTS
EATING OUT + SOCIAL EVENTS

Let's get social!

1. **Work with friends** to select a restaurant that can accommodate your food allergies

2. **Call ahead** to ensure accommodations can be made

3. **Upon arrival, identify yourself** to the server and/or chef to ensure a safe meal can be prepared

4. **Consider carrying a chef's card outlining your allergens** that you can give to restaurant staff

**Attending an event with food?**
Think about...

- Asking the host what is being served; share your food allergies or dietary restrictions
- BYOASF (bring your own allergy-safe food)!
- Pack an Ozzie to-go container from the dining hall

Reminder! My epinephrine is in my purse!
RESTAURANT GUIDE

Don't let your allergy stop you from enjoying the food scene.

*Please be aware that this list is not all-inclusive and is subject to change at any time. You should always call ahead and do your own research before eating out.

Evanston eateries with food accommodations:

**Chipotle**
Cuisine: Mexican
Address: 711 Church St, Evanston, IL 60201
Cost: $ (free drink with Wildcard)
Notes:
- Chipotle states they do not use eggs (except at locations that serve breakfast), mustard, peanuts, tree nuts, sesame, shellfish, or fish in their food
- A helpful chart can be found online showing which of their items contain gluten, dairy, and soy (https://www.chipotle.com/allergens)
- Due to the assembly line service, cross-contamination with possible allergens poses a risk
Contact: (847) 425-3959

**Blind Faith Cafe**
Cuisine: American Cafe
Address: 525 Dempster St, Evanston, IL 60201
Cost: $$
Notes:
- Gluten free
- Vegan options
Contact: (847) 328-6875
Koko Table
Cuisine: Korean
Address: 720 1/2 Clark St, Evanston, IL 60201
Cost: $
Notes:
- All dishes are nut-free
- Separate cookware used upon request for allergen safe prep
Contact: (847) 866-7055

Fridas Breakfast and Lunch
Cuisine: Mexican inspired breakfast and lunch
Address: 618 Church St, Evanston, IL 60201
Cost: $
Notes:
- Food allergy accommodations upon request
Contact: (847) 859-6342

La Principal
Cuisine: Mexican
Address: 700 Main St, Evanston, IL 60202
Cost: $$$
Notes:
- Peanut and Tree nut-free
- Gluten-free and vegan free options
- Food allergy accommodations upon request
Contact: (224) 307-2444

Sweet Green
Cuisine: American
Address: 1601 Sherman Ave, Evanston, IL 60201
Cost: $$$
Notes:
- Gluten-free, vegan options available
- Ingredient list found on website
Contact: (847) 892-1700
**Lou Malnati’s Pizzeria**  
Cuisine: Italian  
Address: 1850 Sherman Ave, Evanston, IL 60201  
Cost: $$  
Notes:  
- Gluten free crusts available  
- Crustless pizza available  
Contact: (847) 328-5400

**Lucky Platter**  
Cuisine: American  
Address: 514 Main St, Evanston, IL 60202  
Cost: $$  
Notes:  
- Gluten free  
- Vegan options available  
Contact: (847) 869-4064

**Tomate Fresh Kitchen**  
Cuisine: Mexican  
Address: 914 Noyes St, Evanston, IL 60201  
Cost: $  
Note:  
- Corn shells available for gluten free guests  
Contact: (847) 512-3460

**Trattoria Demi**  
Cuisine: Italian  
Address: 1571 Sherman Ave Ste 1, Evanston, IL 60201  
Cost: $$. 10% off with Wildcard  
Notes regarding food allergies:  
- Gluten free  
- Vegan  
- Vegetarian options available  
Contact: (847) 869-4064
Each dorm building has a communal kitchen if you need to cook safe meals. Here are a few stores to get some snacks and easy-made meals if you have food allergies.

Note: Make sure you use your own pans and utensils for cooking.

**Trader Joe's**  
Address: 1211 Chicago Ave, Evanston, IL 60202  
Cost: $$  
Hours: 8am-9pm every day  
Contact: (847) 733-0690

**Target**  
Address: 1616 Sherman Ave, Evanston, IL 60201  
Cost: $$  
Hours: 8am-9pm every day  
Contact: (847) 448-1816

**Jewel-Osco**  
Address: 1128 Chicago Ave, Evanston, IL 60202  
Cost: $$  
Hours: 6am-12pm every day  
Contact: (847) 869-7950

**Whole Foods**  
Address: 1640 Chicago Ave, Evanston, IL 60201  
Cost: $$$  
Hours: 8am-10pm every day  
Contact: (847) 733-1600

The following list of stores is arranged in ascending order of affordability, with cheapest options listed first.
SAFE SNACKS

These are a few brands that provide allergy-friendly alternatives for snacks.

1. MadeGood
2. Enjoy Life
3. Superseedz
4. Daiya (Dairy and Egg-free)
5. So Delicious (Dairy-free)
6. Earth Balance (Soy, Dairy, Egg, and Gluten-free)
7. Kite Hill (Soy, Dairy, Egg, and Gluten-free)
8. SkinnyPop (Soy, Egg, Nut, and Gluten-free)
9. GoRaw (Gluten and Dairy-free)
10. Safe & Fair

To ensure the brand is allergen safe, call companies or check their packaging to ensure they don't have a risk for cross-contact.

Please read the ingredient labels before consumption
## My Food Condition Fact Sheet

<table>
<thead>
<tr>
<th>Foods to Avoid</th>
<th>Favorite Safe Foods</th>
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<th>Essential Medications and Their Location</th>
<th>Signs and Symptoms of a Reaction</th>
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<tr>
<th>Emergency Plan</th>
<th>Emergency Contacts</th>
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<th>Additional Information</th>
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Friends, roommates, and peers could play a critical role in responding to and supporting you through an allergic reaction.

Share this guide to help inform your support system on how to best prepare for food allergy scenarios.
SUPPORTING FOOD ALLERGIC FRIENDS

Be an advocate.

1. **Know** where your friend’s epinephrine auto-injector is kept and how to use it! Encourage your food-allergic friends to carry their medications with them at all times.

2. **Educate** yourself on how to read a food ingredient label and identify a food allergy.

3. **Ask** the right questions and be open to learning more about food allergies!

4. **Learn** about the dangers of cross-contact.

5. **Be** kind and supportive to ensure your friend feels safe in all food situations!

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In the event of an allergic reaction, administer epinephrine and call 911!...Be sure to reach out to your friend's emergency contacts.

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FOOD CONDITIONS
101
FOOD ALLERGY

A food allergy is an immune system reaction that occurs soon after eating a certain food.

- Reactions can range from mild to severe and potentially life-threatening, called "anaphylaxis"
Celiac Disease

If you or your friends have Celiac Disease, please consider these tips to keep each other safe!

Celiac Disease is another very common food-condition impacting college students. Although it is not considered an IgE-mediated food allergy or food intolerance, it also involves the immune system and can result in a variety of negative and severe symptoms. (shown below)

Celiac Disease is an autoimmune disorder characterized by damage to the small intestine upon gluten ingestion; the gluten triggers an immune-based reaction that attacks the small intestine's lining and prevents it from absorbing nutrients.

Celiac Disease can develop at any point in one's life and is currently incurable. **The only treatment is a strict gluten-free diet.**

If you or your friends have Celiac Disease, please consider these tips to keep each other safe!

**Symptoms:**
- Diarrhea
- Fatigue
- Weight loss
- Bloating and gas
- Abdominal pain
- Nausea and vomiting
- Constipation
- Skin rash

**Tips to help protect your friends with Celiac:**
- Keep two separate labeled toasters to avoid cross-contact
- Consider using separate sponges, pans, and cooking utensils
- Ask before you put your hand in their snack
- Keep your space clean after eating

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**CELIAC DISEASE**

Gluten = protein composite found in the grains wheat, barley, oats, and rye.

Gluten = protein composite found in the grains wheat, barley, oats, and rye.

GLUTEN FREE
FOOD INTOLERANCES

It is when someone's body has difficulty digesting certain foods. Unlike allergies, which trigger the immune system, food intolerances typically involve digestive issues. Eating these foods may cause discomfort, bloating, gas, or other digestive symptoms. It's essential to be mindful and supportive of our friends with food intolerance, as avoiding these specific foods can help them feel much better and enjoy their time together.

**Some Common Symptoms:**
- Bloating and gas
- Diarrhea
- Rashes
- Headaches
- Nausea
- Fatigue
- Runny nose
- Abdominal pain and cramping
- Flushing of skin

**Common Intolerances include:**
- Lactose (Milk and dairy)
- Gluten (Wheat, barley, rye)
- FODMAPs (food low in fermentable carbs)
- Caffeine
- Soy
- Corn
- Yeast
EoE

Eosinophilic Esophagitis (EoE) is a chronic condition that affects the esophagus, the tube connecting the mouth to the stomach. For individuals with EoE, certain foods can trigger an allergic reaction in their esophagus, leading to inflammation and discomfort. This may cause difficulty swallowing, chest pain, or even food getting stuck in their throat.

Some Common Symptoms:
- difficulty swallowing (dysphagia)
- food stuck in the esophagus
- stomach pain
- weight loss
- malnutrition
- nausea
- vomiting
- lack of appetite

Steps to Help your friend:
- Call for help and dial 911
RECOGNIZING/ MANAGING a REACTION
"JUST IN CASE" REMINDERS

To help your friends in an emergency situation

- Check their emergency action plan
- Learn how their symptoms present
- Know where they keep their epinephrine and how to use it
- If they are having a reaction, use epinephrine immediately, call 911, and go to the emergency room
- Inform their emergency contacts
SIGNS AND SYMPTOMS

Be prepared to respond to an allergic reaction.

**Allergic reactions can range from mild to severe.** A severe reaction is known as anaphylaxis. This is when someone is having symptoms from more than one body system or if they are having trouble breathing or swallowing, have a weak pulse, or have fainted. If this is the case, administer their epinephrine auto-injector and call 911!

### Mouth/Throat
- Lip/tongue swelling
- Difficulty swallowing
- Hoarse voice
- Itchy mouth
- Throat tightening
- Mouth or throat tingling

### Lungs
- Chest tightening
- Nasal congestion
- Repetitive cough
- Trouble breathing
- Wheezing

### Skin
- Hives
- Itching
- Rash
- Swelling

### Neurological
- Anxiety
- Feeling of impending doom
- Headache

### Cardiovascular/Heart
- Chest pain
- Rapid heart rate
- Fainting, dizziness, or feeling lightheaded
- Low blood pressure

### Gastrointestinal (GI)
- Belly pain
- Cramps
- Diarrhea
- Nausea
- Vomiting
HOW TO USE EPINEPHRINE

The epinephrine auto-injector can save a life.

How to use: EpiPen® and generic epinephrine autoinjectors
follow device instructions here

1. Remove the Safety Cap
2. Place orange end on mid outer thigh (with or without clothing)
3. Push down HARD until a click is heard and HOLD IN PLACE for 3 seconds (read instructions on the box as timings can differ)

4. Call 911 and GET EMERGENCY CARE
While waiting for care, if not improving, give 2nd dose of epinephrine

How to use: Auvi-Q follow device instructions or audio/video walkthrough here

1. Remove from the case
2. Remove the safety cap
3. Push down HARD until a click is heard and HOLD IN PLACE for 3 seconds (read instructions on the box as timings can differ)

4. Call 911 and GET EMERGENCY CARE
While waiting for care, if not improving, give 2nd dose of epinephrine
READING LABELS/AVOIDING CROSS-CONTACT
Allergens/Labels to Look Out for!

<table>
<thead>
<tr>
<th>Allergen</th>
<th>Examples</th>
</tr>
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<tbody>
<tr>
<td>Peanut</td>
<td>e.g., found in baked goods, ice creams, candy, cereals, trail mix, etc.</td>
</tr>
<tr>
<td>Tree Nuts</td>
<td>e.g., Cashews, Almonds, Walnuts, Hazelnuts, Macadamia Nuts, Brazil Nuts, Pistachio, etc.</td>
</tr>
<tr>
<td>Milk</td>
<td>e.g., sometimes labeled as casein, whey, lactose, etc.</td>
</tr>
<tr>
<td>Egg</td>
<td>e.g., sometimes labeled as albumin, ovalbumin, lysozyme, etc.</td>
</tr>
<tr>
<td>Shellfish</td>
<td>e.g., Lobster, Crab, Shrimp, etc.</td>
</tr>
<tr>
<td>Fin Fish</td>
<td>e.g., Salmon, Cod, Tuna, Tilapia, etc.</td>
</tr>
<tr>
<td>Wheat</td>
<td>e.g., found in Bread, Bulgur, Cereal, Couscous, Flour, Gluten, Noodles, etc.</td>
</tr>
<tr>
<td>Soy</td>
<td>e.g. found in Tofu, Edamame, Tempeh, Miso, Shoyu Sauce, soy cheeses/milks, etc.</td>
</tr>
<tr>
<td>Sesame</td>
<td>e.g., found in Hummus, Tahini, Falafel, Burger Buns, Bakery items, etc.</td>
</tr>
</tbody>
</table>

These are the top 9 most common allergens, but you can develop an allergy to any food! Be mindful when sharing foods and remember to check the label for your friends' allergens!
This statement alerts customers which of the top 9 allergens are in this product.

Precautionary allergen labels often say 'may contain' or 'produced in a facility' regarding specific allergens. They are determined by manufacturer recommendation in relation to possible cross-contact and are not required by law.

THE TOP NINE ALLERGENS

MUST be included on food labels if the product contains it.

However... be mindful of "may contain" statements!


ALLERGEN STATEMENT: CONTAINS SOY. MAY CONTAIN PEANUTS, TREE NUTS, MILK, AND WHEAT.

Contains 48mg of caffeine. Consume caffeine responsibly. Not recommended for pregnant or nursing women, children under 18 years old, or people sensitive to caffeine. **Rainforest Alliance Certified**

NUTRITION FACTS

Serving Size 1 Bar (68g)

Calories 250

Calories from Fat 45

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
WHAT IS CROSS-CONTACT?

When an allergen is transferred from a food containing an allergen to a food that does not contain the allergen.

Pro Tips to Avoid Cross-Contact

If cooking with allergens, use separate cooking utensils, pots/pans, measuring cups, cutting boards, etc. and wash your prep space thoroughly after each use!

• E.g. if you're baking cookies, use separate mixing bowls, baking trays, and utensils if you plan to make allergen-free options!
HELPFUL RESOURCES
The Center for Food Allergy & Asthma Research (CFAAR) is a joint research center at Northwestern University Feinberg School of Medicine and Ann & Robert H. Lurie Children's Hospital of Chicago.

CFAAR aims to find answers and shape policies surrounding food allergy and related atopic conditions. Through their epidemiological, clinical, and community/school-facing work, they are driven to improve the daily lives of anyone impacted by a food-related condition.

The CFAAR team oversees the CAFAE Club and is passionate about supporting students with food conditions through every phase of their academic journeys. They are here to conduct research and support students in any way they can!

To learn more about CFAAR and how to become involved, please visit cfaar.northwestern.edu
CAFAE Partners
National Organizations committed to supporting students with food conditions!

Red Sneakers for Oakley
RSFO utilizes two programs to further its mission to provide life saving resources and education.

Links:
- College Student Allergy Info Guide
- Virtual Allergist to understand your symptoms

Allison Rose Foundation
ARF is dedicated to changing the lives of food allergy families through education, awareness, research and advocacy.

Links:
- College Prep Visiting Campus
- Food Allergy College Checklist
Helpful Resources

National Organizations committed to supporting students with food conditions!

### AAAAI

**American Academy of Allergy, Asthma & Immunology:**
a non-profit organization dedicated to food allergy awareness, research, education, and advocacy

Links:
- [College Student Allergy Info Guide](#)
- [Virtual Allergist to understand your symptoms](#)

### AAFA

**Asthma & Allergy Foundation of America:**
a non-profit organization dedicated to finding a cure for and controlling asthma, food allergies, nasal allergies, and other allergic diseases.

Links:
- [How Can I Prevent Allergic Reaction and Manage Allergies?](#)

### AAN

**Allergy & Asthma Network:**
An organization that unites and advocates on behalf of 60 million Americans with asthma, food allergy, and related conditions.

Links:
- [A Complete Guide to Allergies](#)
- [Understanding Allergies: Free Digital Download](#)
Helpful Resources

National Organizations committed to supporting students with food conditions!

**ACAAI**

*American College of Allergy Asthma and Immunology*: a professional medical organization with trained physicians to diagnose allergies and asthma, administer immunotherapy, and provide patients with the best treatment outcomes.

Links:
- [How to Prepare for College](#)
- [Find an Allergist in your Area](#)

**FAACT**

*Food Allergy & Anaphylaxis Connection Team*: a leading patient organization for people with food allergies

Links:
- [College Resource Center](#)

**FARE**

*Food Allergy Research & Education*: a non-profit organization dedicated to food allergy awareness, research, education, and advocacy

Links:
- [Preparing for College Resources](#)