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THE WILDCAT

FOOD ALLERGIES

AND SPECIAL DIETS

TOOLKIT



SUCCESSFUL TRANSITIONS

The transition from high school to college can be a daunting experience, especially for someone with a food allergy or food-related medical condition, such as celiac disease. **This toolkit is meant to serve as your welcome packet and guiding resource to help you navigate this transition with confidence** by knowing you will be safe and supported on Northwestern University's (NU) campus.

New environments can cause anxieties in those who live with a food allergy, and NU is here to give you the tools to ease common anxieties so you can focus on your studies and enjoying the college experience!

What you'll find inside:

- First steps upon arrival 2
- Talking to your roommates 3
- Social events + eating out 4
- Celiac Disease 101 5
- Apps to download 6
- Important contacts 7

Bonus content:

Resources for your friends

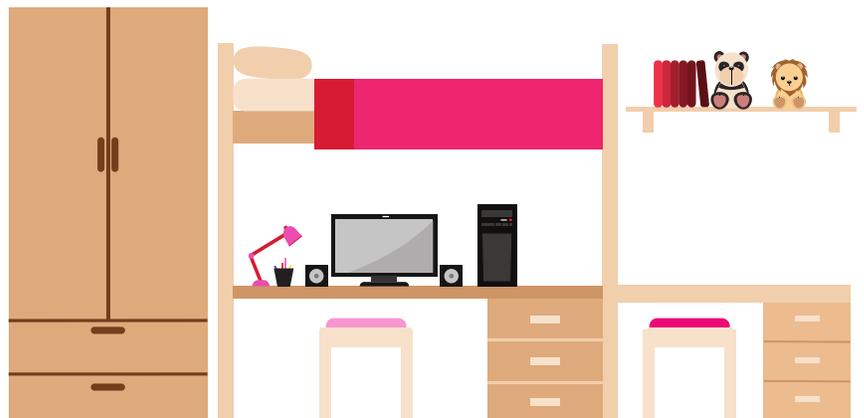
PRIOR TO OR UPON ARRIVAL



Scan for NU-specific
dining information

Steps for success

- 1 Make introductions!** Contact NU's registered dietitian (pg. 10) to set up an appointment and meet your dining hall chefs.
- 2 Remind 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 your allergens in your roommate agreement.
- 5 Reach out to Accessible NU** (pg. 10) if you have any questions about the dining plan and/or accommodations.



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



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!

CELIAC DISEASE 101

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

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:

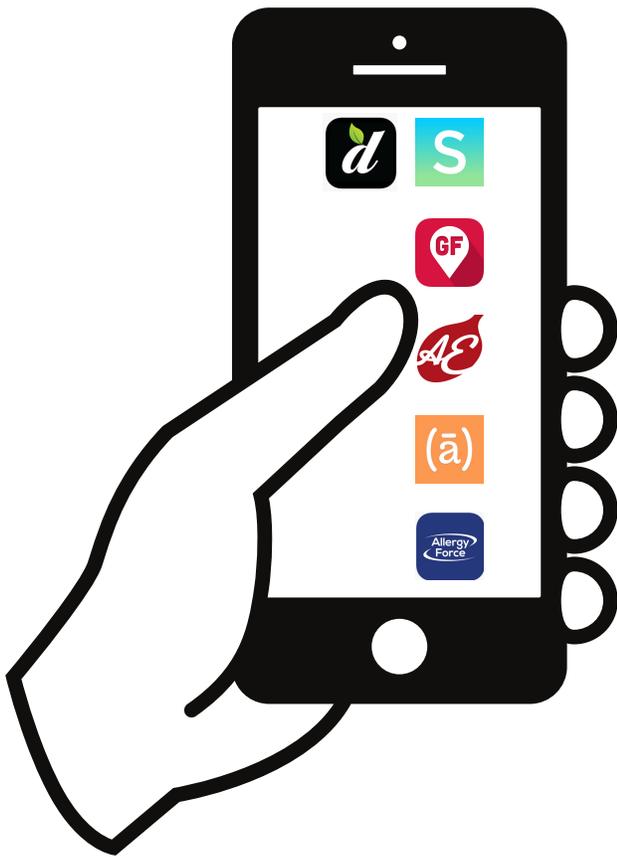
- Keep two separate labeled toasters to avoid cross-contact
- Consider using separate sponges, pans, and cooking utensils
- Ask before you put your hand in their snack
- Keep your space clean after eating



GLUTEN
FREE

APPS TO DOWNLOAD

Let your phone guide you to the right spot.



- Dine on Campus at Northwestern
- Spokin
- Find me gluten free
- Allergy Eats
- Alerje
- Allergy Force

IMPORTANT CONTACTS

Advocate for yourself.

✉ **Lisa Carlson MS, RDN, LDN**
Registered Dietitian Nutritionist
dietitian@northwestern.edu

✉ **Stacey L. Brown**
Director of Dining
Dining@northwestern.edu

✉ **Center for Food Allergy + Asthma Research**
Feinberg School of Medicine
cfaar@northwestern.edu

☎ **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 Lisa Carlson at
dietitian@northwestern.edu



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FRIENDS OF

FOOD CONDITIONS

TOOLKIT

Friends, roommates, and peers could play a critical role in responding to and supporting you through a reaction. Share this guide to help inform your support system on how to best prepare for these scenarios.



SUPPORTING FOOD ALLERGY 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 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!

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



INGREDIENT LABELS

Understand and interpret labels.

TOP NINE ALLERGENS

Peanuts Milk Egg
Tree nuts Wheat Fish
Shellfish Soy
Sesame



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 Bar (68g)		Total Fat 5g	8%	Cholesterol 0mg	0%	Insoluble Fiber 3g	
Calories 250		Saturated Fat 1g	5%	Sodium 160mg	7%	Sugars 20g	
Calories from Fat 45		Trans Fat 0g		Potassium 230mg	6%	Other Carbohydrate 20g	
		Polyunsaturated Fat 1g		Total Carbohydrate 44g	15%	Protein 10g	18%
		Monounsaturated Fat 2.5g		Dietary Fiber 4g	16%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 10% • Vitamin C 10% • Calcium 20% • Iron 15% • Vitamin D 15% • Vitamin E 10% • Thiamin (B1) 10% Riboflavin (B2) 10% • Niacin (B3) 10% • Vitamin B6 10% • Vitamin B12 10% • Phosphorus 25% • Magnesium 25%					

INGREDIENTS: Organic Brown Rice Syrup, Organic Rolled Oats, Soy Protein Isolate, Organic Cane Syrup, Organic Roasted Soybeans, Rice Flour, Cocoa[†], Organic Soy Flour, Organic High Oleic Sunflower Oil, Organic Cane Sugar, Organic Oat Flour, Organic Oat Fiber, Natural Flavors, Alkalized Cocoa[†], Organic Cocoa Butter[†], Sunflower Oil, Salt, Barley Malt Extract, Green Tea Extract (Contains Caffeine), Unsweetened Chocolate[†], Soy Lecithin, Baking Soda. **VITAMINS & MINERALS:** Dicalcium Phosphate, Magnesium Oxide, Ascorbic Acid (Vit. C), DL-Alpha Tocopheryl Acetate (Vit. E), Beta Carotene (Vit. A), Niacinamide (Vit. B3), Ergocalciferol (Vit. D2), Thiamine Mononitrate (Vit. B1), Pyridoxine Hydrochloride (Vit. B6), Riboflavin (Vit. B2), Cyanocobalamin (Vit. B12).

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™



This statement alerts customers which of the top 8* 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.

*In 2023, it will be required by law to include sesame on allergen statements, updating the top allergens list to a total of 9.

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 Symptoms

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

Breathing Symptoms

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

Skin Symptoms

- Hives
- Itching
- Rash
- Swelling



Additional Symptoms

- Anxiety
- Feeling of impending doom
- Headache

Cardiovascular/Heart Symptoms

- Chest pain
- Rapid heart rate
- Fainting, dizziness, or feeling lightheaded
- Low blood pressure

Gastrointestinal (GI) Symptoms

- Belly pain
- Cramps
- Diarrhea
- Nausea
- Vomiting

HOW TO USE EPINEPHRINE

The Epinephrine Auto-injector can save a life.

1. Remove Cap



or

Remove Case & Cap



then



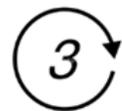
2. Place on THIGH and PUSH HARD. Hold for 3 seconds.



or

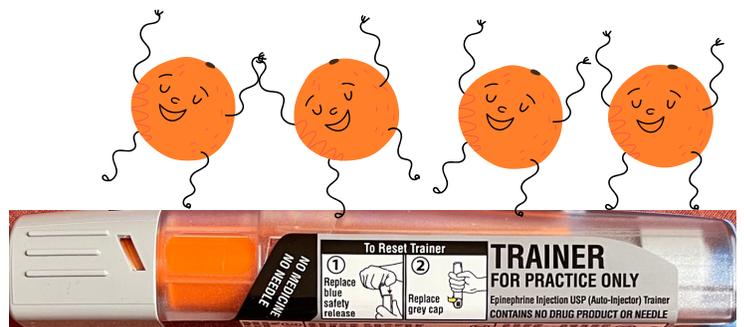


then HOLD



3. Call 9-1-1 and GET EMERGENCY CARE.

Feel confident administering epinephrine! Practice on an orange with an auto-injector trainer.





MY FOOD CONDITION CHEAT SHEET

FOODS TO AVOID

--

FAVORITE SAFE FOODS

--

**ESSENTIAL MEDICATIONS AND
THEIR LOCATION**

--

**SIGNS AND SYMPTOMS OF A
REACTION**

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EMERGENCY PLAN

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EMERGENCY CONTACTS

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ADDITIONAL INFORMATION

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