



Talking to the staff at your dining hall is a CRITICAL part of your college choice. It is your time to shine and have these conversations on your own behalf. (Your parents/guardians will be there to back you up.)

**Here are some example questions to ask:**

- Is there an allergen-friendly station in the dining hall?

NOTE: \_\_\_\_\_

- Can meals be chosen ahead of time to ensure an allergen-free entree is available ?

NOTE: \_\_\_\_\_

- Can I meet with the college registered dietitian to get allergen-free alternatives ordered?

NOTE: \_\_\_\_\_

- Is the dining hall staff trained in epinephrine administration, and is an epinephrine auto-injector kept in the dining hall area?

NOTE: \_\_\_\_\_

- How are ingredients labeled in the dining hall? How will I know what safe food choices are available?

NOTE: \_\_\_\_\_

- Are there dedicated pots and pans at food stations to be used for students with food allergies to ensure no risk of cross-contact (e.g., at the omelet station or stir fry station)?

NOTE: \_\_\_\_\_

- When the university has events at which food is served, will allergen-friendly options be made available so I can safely participate?

NOTE: \_\_\_\_\_

- Do ALL dining halls on campus offer allergen-free meals for me or only certain ones?

NOTE: \_\_\_\_\_

- Can I get a tour of the dining facility/facilities when I visit?

NOTE: \_\_\_\_\_

### Example Conversation Starters

**When calling the Dining Services main office:**

“Good morning! My name is [name]. I will be a freshman this fall at [college/university]. I have severe food allergies to [allergen(s)]. I am hoping to connect with someone that I can speak to about your dining facilities.”

**When emailing the school dietitian:**

Dear [School Dietitian Name],  
 My name is [name]. I will be a freshman this fall at [college/university]. I have severe food allergies to [allergen(s)]. I am hoping to connect with someone to speak to about your dining facilities. If possible, I would love to see the dining facilities before move-in day. Thank you in advance.

Sincerely,  
 [Name]