



UNIVERSITY of CALIFORNIA

Agriculture & Natural Resources

COOPERATIVE EXTENSION • SAN JOAQUIN COUNTY

420 South Wilson Way, Stockton CA 95205-6299 Telephone: (209) 468-2085
Fax: (209) 462-5181 Web: <http://cesanjoaquin.ucdavis.edu>



NEWS RELEASE

By Anna Martin

Nutrition, Family and Consumer Sciences Advisor

UCCE San Joaquin County

October 2003

WHEN BACK TO SCHOOL MEANS OFF TO COLLEGE

If you have a teen with food allergy that will be going to college this fall, you're likely to be feeling a blend of very different emotions: pride, joy, excitement, and even fear.

While, you're no doubt happy that your young adult will be embarking on a new chapter of life, you may be worried about the potential pitfalls he or she might encounter while managing food allergy in a new environment.

Letting go is not easy, but it is a natural phase of parenthood. Through the years, you've been preparing your child to make smart choices about managing his or her food allergies. Now is the time to trust your child to put all of the lessons learned to use.

You'll always be a parent. However, your role is changing from caretaker to one of advisor. Talk to your teen about new situations the college setting may bring, as well as how to:

- Meet with the health care professionals at the college's medical services facility/health unit.
- Build a relationship with food service personnel.
- Establish house rules about preparing, cooking, and eating foods in the dorm room, suite, or apartment.
- Teach friends about his or her food allergy, how to recognize the symptoms of a reaction, and how they can help in general, and during an emergency.
- Avoid an accidental ingestion when dining out.

Show confidences in your teen's ability to problem solve and manage food allergies. It will be empowering and increase his or her sense of confidence.

Additional Resources

A College Guide for the Student with Food Allergies: It's Not All Pizza and Ice Cream is a helpful resource for the high school student or rising college freshman who has food allergies. This booklet provides a timeline and questions to ask when looking at colleges, hard-learned lessons from those who have been there, tips for handling an allergic reaction, and strategies for dining out \$5. Order at: <http://www.foodallergy.org> or The Food Allergy & Anaphylaxis Network, 10400 Eaton Place, Suite 107, Fairfax, VA 22030, (800) 929-4040.

Source: <http://www.foodallergy.org>