

# MANAGING FOOD ALLERGIES AT FURMAN UNIVERSITY

It is important to start early as you prepare to handle your food allergies at Furman.  
Students are encouraged to take the following steps:

## BEFORE ARRIVING ON CAMPUS

- **Contact the Student Office for Accessibility Resources** (soar@furman.edu). SOAR will meet with you to determine any necessary accommodations. SOAR will also facilitate a meeting with you and the Dining Hall staff to discuss meal plan options.
- Make sure your food allergy documentation is on file at the **Earle Student Health Center** (864.294.2180).
- Develop your **care plan** (see below).
- It is a good idea to share food allergy information with your roommate before coming to campus. You should explain what types of foods are unsafe for them to bring into the room.

## ONCE YOU ARRIVE ON CAMPUS

- Meet with your roommate and Residential Assistant (RA) to develop a **Roommate Agreement**. It is important to be honest with everyone about your specific needs. Share your care plan with them. Be sure to include a list of all the foods your roommate should not bring into the room.
- Share this same information with others that need to know: professors, coaches, student groups, advisors, friends you dine with, hall-mates, suite-mates, etc. Please note that the individuals with whom you choose to share information will depend in part on the nature/severity of your allergies.

## ONGOING

- Contact **Furman University Police** if there is an emergency (864.294.2111).
- If there is a problem in your room, talk to your roommate and/or your RA.
- If there is a concern about the Dining Hall, please promptly communicate this with the Student Office for Accessibility Resources so they can ensure the proper Dining Hall staff are notified.
- It is important that you report to the appropriate person any issues you encounter (whether in the Dining Hall, with roommates, etc.), so we can address them.
- If there is a need to discuss further accommodations, contact the Student Office for Accessibility Resources.

## FOOD ALLERGY CARE PLAN

Food allergy(ies): \_\_\_\_\_

Severity of allergy(ies) (i.e. touch, air, ingestion, etc.): \_\_\_\_\_

Signs and symptoms of exposure/contamination: \_\_\_\_\_

Medications you take in the event of contamination: \_\_\_\_\_

Where do you store this medication: \_\_\_\_\_