

Food Allergy Sufferer Checklist

1. Learn about food allergies, link to [Food Allergies 101](#).
2. Find a list of all of the bi-products for the particular allergen you are allergic, to link to => [Food Ingredients & Derivatives](#).
3. Consult a dietitian/ nutritionist to see what other options are available.
4. Find local societies / associations for people with similar allergies or reactions, link to => [Support Services](#).
5. Look for natural and health food stores that carry food alternatives. Link to => [Food Alternatives](#).
6. Register for the Medic Alert foundation – with ID, link to => [Emergency Protocol](#).
7. Find out what medications you need to treat your allergies (from physician) and keep a first aid kit with you at all times, link to => [Treatment Options](#).
8. Consult your Human Resources or School counselor on how/ who needs to know about your allergies and where your medications can be stored, link to => [Information for non-allergy sufferers/ Workplace & Schools](#).