

As the parent of a university aged child with peanuts/all nuts/eggs/sesame (4 of the top 8 allergens), these are my recommendations for travelling with food allergies.

1. Make it mandatory to include training on food allergies in catering for the travel industry & crew on planes, trains & cruises.
2. Make allergen-free food options available on trains, planes, cruises. My student can never have anything to eat on Via Rail or planes & must carry own food always.
3. Ban the serving of peanuts/nuts especially as snack on planes. Offer other safe alternatives.
4. Allow food allergy families to priority board, to disinfect & wipe down seats & arm-rests.
4. Carry at least 2 EpiPens on all passenger transportation modes.
5. Train staff on board planes/trains/ships to recognize symptoms of anaphylaxis & on the use of EpiPens.
6. Have information posters in food galleys on planes/ trains/ cruise ships on recognition of symptoms & how to use EpiPen.
7. Mandate that airlines have an inclusive food allergy policy that allows families to travel safely & without the fear of being denied boarding which a few carriers have been known to do.

Food allergy is an invisible condition & therefore does not receive the serious attention it deserves , especially while travelling.

Educating people in the travel industry is an immediate need as the food allergic population continues to grow & reach epidemic levels.

Thank you for taking this initiative to seek feedback from families of people with food allergies.

Sincerely

Mrs Gita Kumar