

Hello,

Travelling by air with a member of the family that has life-threatening food allergies to peanuts and tree-nuts is very stressful. Some Canadian airlines will do an in-flight announcement or ask people sitting 2-3 rows ahead or behind us to refrain from consuming anything with nuts, but there is no guarantee they will comply. This is not enough. Please consider the concerns about cross-contamination from others consuming nut products and leaving trace allergens on airplane surfaces (arm rests, tray tables, tv monitors, seats and even door handles to washroom facilities). Prior to take off, we board ahead of time to wipe down all surfaces in our row to minimize risk. In addition, there is little or no food that is allergen free for us to purchase in-flight or offered on long-haul flights. In fact, food provided either contains, or may contain nuts/tree nuts or when there are options that happen to be free of these allergens they are not available (sold out/didn't get any more etc.). Furthermore, I was on one flight where a pretzel mix was given out to all passengers with a "peanut free" symbol which is not regulated by the Canadian Food Inspection Agency, when reading the tiny food label it contained tree nuts. This is very misleading and could cause concerns for those who do not speak/read English and simply go by the peanut free symbol. We must ensure we have food that in our carry-on baggage but with limits in size of bags allowed and numbers we are further limited. In addition we have been stopped during security for bringing food/ ice packs for food (example: apple sauce in a 110 ml portion pack is bigger than the 100 ml max fluid allowed – although this is not even a fluid). In addition, very little options for healthy, fresh and tasty options in airports that are safe to purchase.

CTA should consider:

- No tree nut, peanuts offered on all flights,
- All foods sourced for sale of snacks/ small meals should be tree nut/peanut free.
- Meal options should be available for long-haul flights (much like gluten free/ kosher meals)
- Airports need to enforce policy for food service providers to have available some tree nut/peanut free options besides some back of potato chips, chocolate bars and candy

Thank you for allowing input during this consultation process.

Martina Gornik-Marion, RD