SAFETABLE SOLUTIONS

FOR FAMILIES OF COLLEGE-BOUND STUDENTS

Make Informed College Decisions with Food Allergies and Special Diets

KNOW BEFORE YOU GO

We research the colleges on your student's list and explain the range of dining accommodations each one offers, so your family can decide where to visit, apply, and accept an offer of admission.

Why It Matters

A growing population

7–11% of college-aged students in the U.S. have food allergies, and the number is rising.

A higher-risk moment

College-aged students are most at risk for anaphylaxis, often while managing their diet alone for the first time.

Protected by law

Severe food allergies are covered under the Americans with Disabilities Act.

No two campuses alike

Colleges vary widely in how safely and inclusively they accommodate students with special diets.

Our Packages

Sophomore and junior year

Campus Visit Package

Starting at $1,495

Profile review and a 60-minute meeting with your student and you, confidential reports for four or more colleges to prepare for visits, and an optional 30-minute follow-up.

Best value

First visit through first semester

Combined Package

Starting at $2,395

Everything in the Campus Visit and Matriculation packages at a discounted rate, from campus visits through evaluating offers and seeking accommodations.

Senior year, after admission

Matriculation Package

Starting at $1,195

Confidential reports for two or more colleges before you commit, guidance on first-year preparation, and coaching through the accommodations process.

Also available: hourly strategy coaching ($225/hour) for families doing their own research · self-paced Online Lessons · custom solutions

> *Christina Keller provided invaluable support as we navigated the complex process of sending our son with severe food allergies to college. Her thorough assessment, deep knowledge of legal and dietary resources, and strategic guidance helped us make informed decisions with confidence.*
>
> — M.M., parent



Christina Mingle Keller, JD, M.Ed. · Founder

A food allergy parent and trusted voice on food allergy management in higher education. Christina consults for FARE (Food Allergy Research & Education) on its college resources and served on the Advisory Council for FARE's *Best Practices for Food Allergy Management in Higher Education* (2025).

Book a free consultation.
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