SAFETABLE SOLUTIONS

FOR COLLEGES, UNIVERSITIES & EDUCATIONAL CONSULTANTS

Helping Campuses and Consultants Support Students with Food Allergies

We work with higher education institutions and college advisors to support safe, inclusive dining for students with food allergies, celiac disease, alpha-gal syndrome, and other medically necessary diets.

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.

A factor in enrollment

Families increasingly weigh dining accommodations when choosing where to enroll.

For Colleges & Universities

We help bring dining, disability services, student health, residence life, and admissions together into one clear approach.

Program assessment. A review of dining practices, accommodation policies, training, and emergency protocols against best practices and peer institutions, plus tailored recommendations.

Accommodations process review. A clear, timely, coordinated process, so students aren't bounced between offices.

Communicating with families. How to present accommodations on your website, at admissions events, and on tours.

For Educational Consultants

Dining can quietly become a dealbreaker on a student's college list. We help you fill that gap.

Online lessons for consultants. Self-paced lessons on how colleges accommodate special diets, what strong programs look like, and building student self-advocacy.

Refer a family. Individualized research on the schools on a student's list, confidential campus visit reports, and coaching through accommodations. We work alongside you, not in place of you.

Speaking & workshops. Presentations for consultant groups, parent groups, and professional associations.



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 guides families through the college search, giving her a firsthand view of what families ask, what worries them, and what may make them choose one school over another.

- Advisory Council, FARE *Best Practices for Food Allergy Management in Higher Education* (2025)
- Presenter to AHEAD (Association on Higher Education and Disability) members
- Presenter at two FARE conferences and on several FARE webinar panels
- Associate member and webinar presenter, IECA

Every student deserves safe and inclusive college dining.

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