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Abstract Title

Evaluating Educational Resources for Dietitians and Families with Food Allergies

Authors

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Background

Rising food prices and food insecurity can make managing food allergy increasingly challenging for families. With limited practical resources available, educational materials were developed for families managing food allergy and healthcare providers who support them.

Objective

This study aimed to evaluate the usefulness and relevance of these resources and identify areas for improvement.

Methods

Between April 2025 – May 2026, dietitians and parents of children with food allergy were recruited through Dietitians of Canada, the Canadian Society of Allergy and Clinical Immunology, and social media, respectively. Participants reviewed two resources developed by our lab, on food allergy budgeting and food insecurity (both groups); psychological impact of food allergy (dietitians) and allergen label reading (parents). Thereafter, participants evaluated the resources via an online questionnaire with 1–5 Likert-scale items, where lower scores indicate more favourable evaluations, and open-text questions. Data were analyzed using descriptive statistics and content analysis.

Results

Overall, 12 dietitians and 35 parents participated. Among dietitians, the food allergy and food insecurity resource scored, on average, 1.94 ± 0.51 , and 92% found it relevant to practice, beneficial to share with

patients, and helpful. Corresponding numbers for the psychological impacts of food allergy resource were 1.74 ± 0.62 and 92%. Moreover, 100% found the latter resource increased their understanding of the topic. Among parents, the budgeting resource scored, on average, 2.00 ± 0.54 , with 97% and 77% finding it easy to understand and helpful, respectively, while 54% gained new ideas for managing food allergy on a tight budget. Corresponding scores for the allergen label reading were 1.65 ± 0.50 , 94%, and 100%, respectively. Across both groups, open-text feedback suggested shorter content, enhanced visual design, and more practical guidance.

Conclusion

Overall, the resources were positively received, with findings informing resource revisions and providing direction for continued development of practical resources for dietitians and for families managing pediatric food allergy.