**Sports & Snacks Template:**

Following are templates of a text plus an email that food allergy blogger Megan Lavin uses to communicate allergy needs with the coaches of her sons’ teams. She first asks the coach whether a text or email is preferred. She shares these templates with Allergic Living readers to help them with their own team communications. Don't miss her **Soccer and Snacks video** [here](https://youtu.be/H7QPi-7DGoc).

**Template 1: Text to Coach**

Hi Coach XX,

My son XX has severe food allergies to: X, Y, Z. Would you be willing to let the other parents know that if they bring snacks to please bring them from this safe list, so my son can be safe and included? Or, if you’d rather, let me know how you’d like me to send it out and I can do that.

Thank you for coaching, we appreciate your time. If you have any questions, please let me know.

[INSERT SAFE SNACK LIST HERE - 5 OR 6 OPTIONS]

**Template 2: Email for Coach**(The following email informs the coach and would also be the basis of the coach's email to team parents.)

Dear Coach XX,

My son XX has severe food allergies to: X, Y, Z. Would you be willing to let the other parents know that if they bring snacks to please bring them from this safe list, so my son can be safe and included? Or, if you’d rather, let me know how you’d like me to send it out and I can do that.

[INSERT SAFE SNACK LIST HERE - 5 OR 6 OPTIONS]

Please respond back and confirm that you received this email.

We appreciate you coaching this year! Please let me know if you have any questions.

Sincerely,

Megan & Claudy Lavin

(And then be sure to add your phone numbers as well, so they can reach you both ways.)

**Related Reading:**[Allergy Mom: Oral Food Challenges, Why Worth the Stress](https://www.allergicliving.com/2021/03/10/allergy-moms-take-oral-food-challenges-are-worth-the-stress/)[Can Food Residue Stay on Sports Equipment?](https://www.allergicliving.com/experts/can-nut-residue-stay-on-sports-equipment/)[Free-From Chocolate Chunk Cookies](https://www.allergicliving.com/recipes/big-chocolate-chunk-cookies/)