

Supplement S1. Select search terms

Complete list of search terms for MEDLINE

Database: Ovid MEDLINE(R) and Epub Ahead of Print, In-Process, In-Data-Review & Other Non-Indexed Citations and Daily <1946 to July 10, 2023>

Search Strategy:

1 food allergy.mp or exp food hypersensitivity/

2 costs.mp or "Costs and Cost analysis/"

3 limit 2 to (English language and full text and humans)

4 time/ or time perception/ or time management/ or time factors/

5 1 and 2 and 3

6 1 and 3 and 4

Supplement S2. Fictitious vignette 1 – Holiday shopping

Taylor is a parent to a 6 year old with known food allergies to milk and sesame seeds, both of which are required by law in Canada,³⁴ the United States,³⁵ the United Kingdom,³⁶ the European Union³⁷ and Australia,³⁸ to be declared on pre-packaged foods. Taylor's child is also allergic to sunflower seeds and shea butter, neither of which fall under such laws.

Taylor begins trying to source Easter candy two months prior to the holiday. Despite spending several hours searching online for safe products, no such products were identified. Taylor then decides to order chocolate wafers known to be free of these allergens, as well as several Easter-themed chocolate moulds and craft supplies in which to package these chocolates. Taylor spends three evenings making and packaging Easter-themed chocolates.

In contrast, Taylor's friend, whose child has no known food allergies, purchases Easter chocolate while doing a weekly grocery shop.

Supplement S3. Fictitious vignette 2 – The weekly shop

Alex is planning the family's weekly shopping trip. The family includes Alex and Charlie (the parents), and three children. The family manages 4 food allergies, including milk, eggs, wheat and peanuts. Alex budgets for the needed items, which will involve stopping at 3 different major grocery chains, and one specialty health food store.

While at each store, Alex reads the ingredient lists of all pre-packaged foods. While the foods purchased are regular brands for the family, Alex knows that ingredient formulations can change, and thus knows that label reading prior to each purchase is critical. Alex also notices that the prices of food have increased, and has to make the difficult decision to not purchase some items as they exceed the family's budget.

After spending 4 hours driving to the various stores and shopping, Alex returns home. Prior to putting the food on the shelves or in the refrigerator, Alex once again reads the labels of all the pre-packaged food. Alex involves the older children in this process, as they are emerging readers who are in the early stages of their journey towards food allergy self-management. The process of storing these foods and label reading takes an additional hour.

Alex will also take time prior to opening any pre-packaged food that the family will eat. While time consuming, the triple checking of ingredient lists is an appropriate behaviour as part of the adaptive anxiety of food allergy.

Supplement S4. Fictitious vignette 3 – Summer camp

Jean's child is going to camp for three days. Two weeks before camp, Jean takes a half day off work to speak about food allergy management and epinephrine autoinjector use with the camp staff, as well as the head cook at camp, who is responsible for planning menus and preparing food.

Jean then spends two evenings planning a suitable menu that is allergy-friendly and shelf-stable, as the head cook indicated that refrigeration while at camp could not be guaranteed to be free of the risk of cross-contact. Jean then spends another three evenings sourcing, preparing and packaging the food, and communicating the various meals to the child, camp staff and head cook.

Supplement S5. Fictitious vignette 4 – Dating

Jordan is a first-year college student with allergies to milk and tree nuts and is excited to begin dating. For the first date, Jordan suggests going for a walk as a casual yet food-free activity. For the second date, Jordan suggests a coffee shop and orders cold brew that comes straight out of the tap, avoiding contact with any potential allergens. For the third date, Jordan's date suggests getting dinner and ice cream.

Jordan really likes this person, desires to appear "normal," and is determined to find a restaurant and ice cream parlor that can safely accommodate their severe allergies. Thus, for the next week, Jordan spends several hours each day browsing restaurant menus, investigating websites, and searching through social media groups geared towards individuals with food allergies. Once Jordan has finally found several potential options, they spend a few more hours making phone calls to inquire about precautions that establishments may take for customers with food allergies. Many of these phone calls are unanswered, and voicemails are often not returned.

Jordan eventually finds a few restaurant options but cannot find any ice cream shop with suitable options and measures to prevent cross-contact. The amount of time spent on searching for safe establishments significantly cuts into Jordan's studies, and they subsequently fall behind on coursework and underperform on an exam. Additionally, Jordan has difficulty concentrating in class due to frustration with their allergy-induced lack of spontaneity and worries of disappointing their date.

Supplement S6. Fictitious vignette 5 – Work-related travel

Robin, a young professional with multiple life-threatening food allergies, is looking forward to attending an important national conference. Because Robin cannot eat the standard buffet-style meals provided at the meeting, they reach out to the conference hotel one month before to inquire about accommodations. It takes several phone calls for Robin to get in touch with a chef; all of these calls must be completed during business hours, further cutting into Robin's work productivity.

After going back-and-forth with the chef, Robin is relieved that they have come up with a plan for safe meals. Once at the conference, however, nothing goes according to plan. The chef is nowhere to be found, and Robin must take a taxi to the nearest grocery store to procure safe food. Robin subsequently misses several meetings, as well as valuable networking meals and other opportunities.

Robin feels disappointed to miss these opportunities, especially after having proactively dedicated great time and effort into planning and feels their attention at the conference is divided. While other young professionals are bonding over the free food, Robin is worrying about simply procuring safe sustenance. Furthermore, Robin wonders how they will successfully navigate their next conference, an international meeting which will be further complicated by a language barrier. On the flight home, Robin swiftly begins using this time not to work or rest, but to create allergy translation cards.