

DINING WITH FOOD ALLERGIES

We understand the importance of providing balanced, nutritious and safe choices across campus to meet your dietary needs. Together, we can create a safe and exceptional dining experience for you!



SimpleZone is located in the Dining Commons in the Residence Hall, East Building. The designated area offers products that are free from tree nuts, peanuts and gluten. We also provide separate equipment to ensure those with celiac disease, food allergies or intolerances have a safe space to prepare their meals. The pantry houses breads, cereals, condiments, and individually wrapped desserts with precautions and procedures in place to prevent contamination by cross contact.



Simple Servings, located in the Dining Commons in the Residence Hall, East Building provides safe and appetizing food choices for guests with food allergies or a gluten intolerance. The station will offer foods made without gluten and 8 of the FDA's most common allergens: peanuts, tree nuts, shellfish, wheat, soy, sesame, milk products, and eggs. Although we take precautions, the possibility of cross-contact with other foods does exist.

WHAT YOU CAN DO

Self-advocacy is an essential element in order to make the most of your dining experience. Here are some steps you can take to advocate on behalf of yourself:

1. Meet with our Registered Dietitian to discuss your food allergy and learn what additional accommodations we can provide. To set up a meeting please contact **gabrielle.mele@sodexo.com**
2. Let your server know if you have any food allergies before placing your order—we're here to help! If you're unsure about an ingredient, just ask. Our team has detailed information, and our managers, supervisors, and Simple Servings chefs are AllerTrain U™ certified to safely handle allergies and prevent cross-contact.
3. Download the Everyday App to view allergen information for meals at our retail locations.
4. If you have any immediate questions while dining with us, please ask for a supervisor.
5. Be sure to read the list of allergens on the menu signs at each station inside the Dining Commons
6. Consider wearing a medic alert bracelet. Many may be unaware of your allergies.
7. Always carry your medications with you, including an EpiPen if you require one.

The only way your food server will know of your allergies is if you tell them! We want to create an exceptional dining experience for you and knowing about your food allergies or intolerances will help us do just that!



Stay connected.

    **UMB DINING**
umb.sodexomyway.com