

Guide to Managing Food Allergies, Celiac Disease And Intolerances



Our Philosophy

Transitioning from home to college can be traumatic for students with allergens and other medical conditions requiring diet restrictions. Our goal is to make this transition as smooth as possible. We support students by providing information that is necessary to make informed food choices in our dining locations. We provide reasonable arrangements so that students may participate in the college dining experience as much as possible.

Mason Dining believes that good nutrition is essential to good health. That's why we are committed to nourishing each and every student by providing them with healthy, nutritious foods every day.

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Your Management

Student responsibilities when managing a food allergy/ dietary restrictions in the residential dining locations:

- 1** Schedule a meeting with Mason Dining Registered Dietitian to develop a plan to navigate the dining restaurants.
- 2** If you need additional accommodations, register with Disability Services. Go to <http://ods.gmu.edu/>, click on forms, then "Medical Determination Form" and "Intake Form". Complete forms and return to Disability Services. FAX: 703-993-4306 or email, ods.gmu.edu. Please give them a call for further details or to answer questions 703-993-2474. Complete and return document as quickly as possible. The process may take several weeks.
- 3** Be proficient in the self-management of your food allergy(ies) including:
 - Avoidance of foods to which you are allergic
 - Recognition of symptoms of allergic reactions
 - How and when to tell someone you might be having an allergy-related problem
 - Knowledge of proper use of medications to treat an allergic reaction
 - Carry emergency contact information with you
 - Register with Student Health Services as appropriate.
- 4** Read the menus and ingredient information that are made available to you, online (gmusodexomyway.com) and at the stations in the dining halls, in order to be better informed.
- 5** When in doubt regarding ingredients in a particular food, direct your questions to Mason Dining Registered Dietitian, Executive Chef, or ask a manager on duty. If you do not know who these individuals are, please ask a cashier or a Mason Dining employee.
- 6** Due to the self-serve nature in the dining halls, if you have been prescribed an Epi-pen, carry it with you at all times. Ask if you would like food (such as a salad) from behind a station.
- 7** If you notice something that is problematic for your allergy, please notify Mason Dining Registered Dietitian, Executive Chef or manager on duty so that they can address your concern.
- 8** If you have a question, please ask the Mason Dining Registered Dietitian, Executive Chef or manager on duty. If we do not hear from you, we believe that you are successfully navigating the dining locations.

Avoiding Cross-Contact

Cross-contact occurs when food comes into contact with another food and their proteins mix, creating the potential for an allergic reaction. Since about half of the food in the dining facilities is self-serve, cross-contact is possible. Mason Dining Services provides separate service utensils for each item and frequently changes utensils in attempt to mitigate customer cross-contact. Mason Dining also works to educate employees involved in the production process to change gloves/wash hands and clean utensils between recipes in order to reduce cross-contact concerns.

Each cook/front line associate is also instructed to follow standardized recipes as written as to not introduce any item to the recipe that is not on the recipe card.

In Case of a Reaction

1. Administer your Epi-pen or take an antihistamine as prescribed by your physician.
2. Get help immediately—call 911 or indicate to someone around you to call 911.
3. Notify Mason Dining staff when appropriate about your experience so that they can address your concerns.

Avoiding Cross-Contact

1 You may ask dining employees to change their gloves.

2 You may ask a dining employee to use a new utensil, or a fresh pan at made to order stations

3 Take caution with deep-fried foods. Frying oil is reused before being changed; this can lead to cross contact because food fried in oil releases some of its protein, which is then absorbed by other foods fried in the same oil.

Examples include: fried chicken, fried fish, mozzarella sticks, nuggets, onion rings and French fries.

4 Take caution with bakery items. Many of our bakery items are prepared onsite by our pastry chefs and have the potential to have come in contact with other ingredients in the kitchen.

5 At the salad bar and deli station students may request produce or meats that are stored behind the counter from the employee working at those stations.

6 You may ask a dining employee to wash and sanitize tables to remove trace amounts of food that are left behind.

We make every effort to provide you with the information you need to make decisions about which foods to eat in the residential dining facilities. However, the possibility for a reaction exists in a community dining, largely self-serve setting. If you have been prescribed an Epi-pen, you should carry it at all times.

Your Resources

The following services are available to help you manage your food allergies or food intolerances.

- 1 An individual meeting with Mason Dining Registered Dietitian to receive information and develop an individual plan to help you navigate the dining facilities.
- 2 The Executive Chef, managers and supervisors on duty are available in the dining halls and retail restaurants to address questions and concerns.
- 3 Access to our Registered Dietitian for ingredient consultation.
- 4 Introduction to the dining management team to give you direct access to individuals responsible for food preparation.
- 5 Resident dining menus for Southside and Ike's and The Globe are available online at gmu.sodexomyway.com as well as Myfitness Pal and Bite App.
- 6 Online menus with general ingredient lists organized by residential dining locations. The 8 most common allergens are listed at: gmu.sodexomyway.com
- 7 Menus located at each food station in our dining halls locations outline nutrient facts and flag the top 8 food allergens.
- 8 Nutrition and allergen information for several retail dining restaurants available online, gmu.sodexomyway.com

Specific Allergy Information



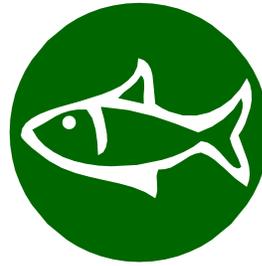
Peanut Allergies

We use peanuts in meal preparation. Students with a peanut allergy are advised to take caution when dining on campus. Read posted signs in all dining areas and ask to speak with a manager, supervisor or registered dietitian if you have questions. Students with peanut allergies are encouraged to select meals from Simple Servings located in Southside dining.



Tree Nut Allergies

We use tree nuts in meal preparation. Students with a tree nut allergy are advised to take caution with any menu items that contain pesto, coconut or coconut milk. Students with tree nut allergies are encouraged to select meals from Simple Servings located in Southside dining.



Fish Allergies

Entrées with fish as an ingredient are on the menu. Some dishes may also contain fish sauce, Worcestershire sauce, curry paste or Caesar dressing. Students with fish allergies are asked to check the menus. Ask to speak with a manager as appropriate.



Shellfish Allergies

Entrées with shellfish as an ingredient are on the menu. Students with shellfish allergies are asked to check the menus.

Refer to the menus and ingredient information that are made available to you. We use manufacturer – provided information and we do not confirm the presence or lack of an allergen.

Mason Dining periodically reviews ingredients to verify ingredient labeling is consistent with what is provided by the manufacturer. Ingredients listed may be subject to change without notification.



Soy Allergies

Mason Dining uses soy, canola, olive and corn containing vegetable oil for frying foods and students with soy allergies are asked to refrain from eating fried foods in the dining facilities. For all other menu items, students with soy allergies are asked to check the ingredients before consuming or check with the Registered Dietitian.



Milk Allergies

Soy and rice milk are available in Southside. Soy milk is available in Ike's and The Globe. Lactose free milk is available in Southside, but is only appropriate for students with lactose intolerance. It is real milk and dangerous for milk allergies.



Egg Allergies

Eggs are present in baked goods, mayonnaise and other dishes. Students are asked to take caution with baked goods and are encouraged to check ingredient labels of items they wish to eat.



Wheat Allergies

Gluten-free cereal, bread, muffins, cold cereal and oatmeals are available daily in Southside and Ike's.

Look for "My Zone", a gluten free, peanut and tree nut free area for people with allergies and other special diet needs.



We encourage you to visit our Simple Servings Station located in Southside for a meal without ingredients containing soy, wheat, eggs, peanut, tree nut, milk, gluten and shellfish, and prepared and served with precautions against cross contact.

****Even foods commonly prepared without gluten containing ingredients may not be 'gluten-free'. Our recipes are prepared in open kitchens where cross-contact is possible and where ingredient substitutions are sometimes made. if you have celiac disease or a gluten sensitivity please feel free to reach out to our Registered Dietitian for more information and guidance.***

Communication Disclaimer

Mason Dining makes every effort to ensure that all allergens by recipe are listed accurately. However, please be advised that we prepare our foods in commercial kitchens where cross-contact with food allergens is possible, and where ingredient substitutions and recipe revisions are sometimes made. Accordingly, actual ingredients and nutritional content may vary and we cannot guarantee that any food item will be completely free of food allergens. To the extent you have any questions regarding ingredients or nutritional content of a particular food item, please consult with the dining manager on duty.

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Additional resources on campus:

Housing Office- 703-993-2720

Disability Services- 703-993-2474

Student Health Services- 703-993-2831

