

Your Guide to Allergy Management

Your Management

Student responsibilities when managing food allergies

1 If you have a food allergy or intolerance please register with Campus Dining by filling out the Specialty Diet Request form at GVSUFood.com. You may also want to submit medical documents to the GVSU Disability Support Resources at dsrgvsu@gvsu.edu (or call 616.331.2490) to register your food allergy or dietary needs.

Once appropriate documents have been received, please attend a scheduled meeting with the GVSU Campus Dining Registered Dietitian Nutritionist (RDN), Mary Cummings. The RDN will review your allergies and learn how you were managing your food allergy before college in order to develop a personalized allergy management plan. The RDN will also introduce you to the location management team, who can serve as a resource when you have questions. Contact Mary at 616.331.8989 or mary_cummings@gvsu.edu.

Ongoing communication and follow-up will occur after the initial meeting. If you are unsure of the ingredients in a menu item, direct your questions to the Campus Dining RDN or ask the manager on duty. If you need help locating these individuals, please ask a Campus Dining employee to assist you.

While we make every effort to provide you the information you need to make decisions about foods to eat, the possibility for a reaction does exist in community dining facilities that are partially self-serve. If you have been prescribed an EpiPen®, be sure to carry it with you at all times.

Be proficient in the self-management of your food allergy(ies) or dietary needs including:

- Avoidance of foods to which you are allergic or cause illness
- Recognize your symptoms of an allergic reaction

- How and when to tell someone you might be having an allergy-related problem

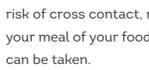
- Knowledge of proper use of medications to treat allergic reactions

- Carry emergency contact information and, if prescribed, your EpiPen® with you at all times

If you have further questions or concerns, please contact your Campus Dining Registered Dietitian Nutritionist, Mary Cummings. We encourage students with allergies or dietary needs to correspond with the RDN as much as possible in order to successfully navigate Campus Dining Restaurants.

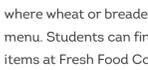
Common Allergies

Shellfish



Shellfish, including shrimp and imitation crab, are occasionally available on our menu. While separate utensils are used for each food item to reduce the risk of cross contact, notify the employee preparing your meal of your food allergy so extra precautions can be taken.

Wheat



Wheat is the nation's predominate grain product, and therefore is found in many aspects of our dining locations. Students are advised to use caution or avoid restaurants where wheat or breaded foods are predominant on the menu. Students can find made-without-gluten menu items at Fresh Food Company, The Market inside Kleiner, and Engrained at the Connection.

Tree Nuts



Tree nuts may be present in select bakery items. Students with a tree nut allergy are advised to take caution with bakery items as well as items that contain coconut, coconut milk, or pesto.

Peanuts



Peanut butter is served in some dining locations and peanuts are found in some bakery selections. Students with a peanut allergy are advised to take caution with bakery items as well as other areas within restaurants.

Eggs



Eggs are present in bakery items, mayonnaise, and some salad dressings. Students with an egg allergy are advised to avoid mayonnaise and use caution with baked goods, salad dressings, meatloaf or meatballs, and pasta.

Milk



Soy milk is available every day at Fresh Food Company. If you are unsure whether or not an item contains milk, butter, or cheese, please ask the manager on duty for verification of the ingredients within the menu items in question.

Soy



Tofu, soy sauce, and other soy-containing ingredients can be found in menu items. Campus Dining also uses soy-containing vegetable oil for frying, in cooking spray, sautéing, and grilling. Students with a soy allergy are advised to avoid eating fried foods on campus.

Fish



Our restaurants occasionally feature fish entrées. Students with a fish allergy should avoid these entrées. Some dishes may also contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing.

Above are the most common food allergens. If you have been diagnosed with one or more food allergens, please know that we're here to help. The Campus Dining RDN is willing to meet with you to discuss menu ingredients and preparation to allow for the best possible experience within Campus Dining venues.

Our Environment

Reducing the risk of cross contact.

Cross contact occurs when food comes in contact with another food and their proteins mix, creating the potential for an allergic reaction. Since some foods in on-campus restaurants are self-serve, cross contact is possible. Campus Dining provides separate serving utensils for each item in an effort to minimize cross contact. Campus Dining also trains and educates employees about the importance of changing gloves and utensils frequently in order to reduce the risk of cross contact.

To Assist in Reducing the Risk of Cross Contact:

1. Notify the employee serving you of your allergy, ask that they change their gloves, and use a new utensil or a fresh pan at a made-to-order station.
2. Use caution with deep-fried foods. Frying oil is used for multiple types of food which can lead to cross-contact (Examples include: French fries, fried chicken, and onion rings).

3. Use caution with bakery items. Most of our bakery items are prepared on-site by and have the potential to come in contact with other ingredients in the kitchen.

4. Request to be served food from the back of the house that have not been placed on the serving line next to foods with common allergies. If you are concerned about a certain item or need assistance, ask the cashier or another employee to find the manager on duty in order to assist you.

Emergency Procedures

If you are experiencing anaphylaxis:

1. Call 911 or indicate for someone to call 911.
2. If you are prescribed, administer your EpiPen®.
3. Notify a Campus Dining employee of your condition.
4. Contact Campus Dining about your experience so the situation can be addressed.

If you are experiencing an allergic reaction, but not anaphylaxis:

1. Follow instructions as directed by your physician.
2. Notify a Campus Dining employee of your condition.
3. Contact Campus Dining about your experience so the situation can be addressed.

Made Without Gluten Offerings

Kleiner MarketPlace:

- Made without Gluten hamburger buns at Grille Works
- Made without Gluten hoagie buns at Montague's Deli

Connection:

- Made without Gluten hamburger buns at Engrained
- Made without Gluten hoagie buns at 42nd St. Deli

Pew Campus:

- Made without Gluten hamburger buns at Grille Works
- Made without Gluten wraps at Seidman Café

Also find a selection of pre-packaged gluten-free offerings in P.O.D. C-store locations.

In addition to these offerings, Fresh Food Company offers many other items that are Made without Gluten such as:

The omelet station features freshly made omelets with a variety of fresh veggies. Inform the employee of your allergy, and ask that they change gloves and use a fresh pan to complete your order.

The salad station offers many fruits and vegetables that are naturally gluten-free. This station is self-serve.

The pizza station offers made without gluten pizza crust for a customizable pie.

The sauté station offers made-to-order stir fry or pasta (made without gluten noodles available upon request) with a large selection of fresh veggies.

"Made without Gluten" - These products are prepared in an open kitchen that is not gluten-free. If you have questions or concerns, please notify the location manager or the Registered Dietitian Nutritionist.

We strive to offer guests a variety of Made without Gluten* options at Fresh Food Company. We offer a variety of naturally gluten free foods, as well as specialty items such as: Made without Gluten Bread, hamburger buns, muffins and cookies. Find a selection of pre packaged gluten free products in C-stores.

Your Resources

Services from Campus Dining that can help with your allergy management

The Campus Dining Dietitian is available for meetings and ingredient consultation.

Campus Dining Dietitian
Mary K Cummings, MS, RDN, LDN
616.331.8989
mary_cummings@gvsu.edu

Campus Dining Main Office
100 Commons
616.331.3399
gvsufood@gvsu.edu

The Manager on Duty is available to address dining questions or concerns in our on-campus restaurants. Please ask any Campus Dining employee to locate these people. Online menus and nutrition information are available at gvsufood.com. Manufacturer-provided ingredient lists are provided upon request

Important Note

GVSU Campus Dining uses manufacturer-provided ingredient information and does not confirm the presence of lack of an allergen. We periodically review ingredients to verify ingredient labeling is consistent with what is provided by the manufacturer. However, please be advised that ingredients listed may be subject to change without notification and that products prepared in our kitchens may have come in contact with common food allergens.

25 DINING LOCATIONS

- 1. Lubbers Stadium Concessions**
Hot dogs, candy, & more
- 2. Kleiner Odeja**
Mexican eats
- 3. MarketPlace Starbucks**
Gourmet coffee & pastries
- 4. The Meadows Clubhouse Grille**
Golf Course restaurant
- 5. Mackinac POD**
Convenience store
- 6. Holton-Hooker Einstein Bros.**
Bagels, sandwiches, & coffee
- 7. Commons Jump**
Asian cuisine
- 8. Librari Argo Tea**
Tea, coffee, & snacks
- 9. Kirkhof Panda Express**
Chinese Kitchen
- 10. Au Sable Corner Store**
Convenience store
- 11. Connection Papa John's**
Pizza & breadsticks
- 12. Grille Works**
Burgers & more
- 13. Cio**
Custom Italian
- 14. Croutons**
Custom salads
- 15. Zaca**
Fresh Mexican
- 16. Lobby Shop**
Comfort foods & soup
- 17. 42nd Street Deli**
Sandwiches & wraps
- 18. Croutons**
Custom salads
- 19. POD**
Convenience store
- 20. Late Night**
Snacks and desserts
- 21. Erbert & Gerbert's**
Burgers & more
- 22. Starbucks**
Gourmet coffee & pastries
- 23. Seidman**
Salads, wraps & snacks
- 24. Erbert & Gerbert's**
Burgers & more
- 25. Starbucks**
Gourmet coffee & pastries

ALLENDALE CAMPUS



With dining locations across both campuses, you have many convenient choices no matter where your GVSU studies, extracurriculars or social life take you. Increase your convenience by choosing a Meal Plan to keep up with you.

