



Allergy Management Guide

Allergy Protocol



Grand Valley
State University



Our Commitment

We will...

- Offer an array of choices and reasonable arrangements
- Help you make informed choices
- Wash hands and change gloves
- Use fresh, sanitized utensils and cooking equipment
- Wipe down the station and surrounding area



Your Management

Student responsibilities when managing food allergies

1. If you have a food allergy or intolerance, please **share details with the Laker Food Co. Registered Dietitian Nutritionist by completing our online contact form.** The RDN will review your dietary restrictions and provide appropriate resources to help develop a personalized allergy management plan. The RDN can provide specific information about dining on campus with your dietary restriction, individual meetings, tours of dining locations, and introduction to location management who can serve as a resource when you have questions on site.

Submit medical documents to GVSU Student Accessibility Resources at access@gvsu.edu (or call 616-331-2490).

2. While Laker Food Co. works to provide you with the information you need to make decisions about food to eat, the possibility for a reaction does exist within community dining facilities. **If you have been prescribed epinephrine, be sure to carry it with you at all times.**
3. **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 allergic reaction symptoms
 - 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 epinephrine with you at all times
 - If you have further questions or concerns, please contact the Laker Food Co. RDN.
4. If you are unsure of the ingredients in a menu item, **direct your questions to a manager on site or the dietitian.** If you need help locating the manager, please ask a Laker Food Co. employee to assist you.



true balance
everything you want nothing you can't

Monday-Friday
11am-8pm


FREE FROM

NO NO NO NO NO NO NO NO

DELICIOUS ALLERGY FRIENDLY SNACKS

MADE IN A DEDICATED BAKERY

1



FREE FROM



Top 9 Food Allergens

Below are the most common food allergens. If you have been diagnosed with any food allergies, the Laker Food Co. RDN is here to help.

Tabor Gleason, Registered Dietitian Nutritionist
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Grand Valley is not an allergen free facility. At all Laker Food Co. locations, it's the responsibility of manufacturers and processors to provide accurate ingredient and allergen information. Laker Food Co. is able to accommodate students with allergies and take precautions to avoid cross contact; however, it's the student's responsibility to ask for a chef or manager to assess the meal they wish to consume.

✳ FDA no longer classifies coconut or mollusks (like clams, mussels, and oysters) as major allergens. That means manufacturers don't have to list them as allergens, and our menus may not display coconut as a tree nut or mollusks as shellfish. These ingredients may still be used in some dishes, please ask if you have concerns.



Wheat

Use caution or avoid restaurants where wheat or breaded foods are used on the menu. Refer to the Made Without Gluten guide online.



Egg

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



Peanut

Peanut butter is served in some dining locations and found in some bakery selections. Take caution with bakery items and other areas within restaurants that may be serving peanuts. Fresh Food Co. does not include peanuts in menu items.



Tree Nut *

Tree nuts may be present in select bakery items. Take caution with bakery items that contain almonds, pecans, or hazelnut, and dishes containing pesto.



Shellfish *

Shellfish, including shrimp and imitation crab, are occasionally on the menu, most often on Fridays. Notify the employee preparing your meal of your food allergy so extra precautions can be taken.



Fish

Restaurants occasionally feature fish entrées, most often on Fridays. Students with this allergy should avoid these and other dishes which may contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing.



Milk

Alternative milks are available at Fresh Food Co., The Dish, POD stores, and coffee shops. If you are unsure if an item contains milk products, please ask the manager for verification.



Soy

Tofu, soy sauce, and other soy-containing ingredients can be found in menu items. Soybean oil is present in the cooking and frying oil that Laker Food Co. uses. Studies have shown highly refined soy oil is safe to consume with a soy allergy, but if a medical professional has indicated a severe allergy, consider alternate options.



Sesame

Sesame may be used as a topping or for flavor and spice. Take caution with crackers, breads, burger buns, salads, cereal bars, and avoid items such as tahini and hummus.

Our Environment

Reducing the risk of cross contact

Laker Food Co. dining locations take steps to reduce the risk of cross contact, including using separate serving utensils for each item and training our employees how to mitigate risk—from regularly changing gloves to cleaning between recipes.

Tips To Assist in Reducing the Risk of Cross Contact:

- Notify the employees serving you of your allergy and ask that they change their gloves and use a new utensil or fresh pan at a made-to-order location.
- Request to be served food that has not yet been placed on the serving line next to foods with common allergens.
- 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.
- Use caution with deep-fried foods like fries, fried chicken and tater tots. Frying oil is reused before being changed, which can lead to cross contact by other foods fried in the same oil.
- Use caution with bakery items. Bakery items prepared on and off-site have the potential to come in contact with common allergens like dairy, eggs, peanuts, tree nuts, wheat/gluten, sesame and soy.

Check national brand websites for their allergen and ingredient info.





Emergency procedures

If you are experiencing **anaphylaxis:**

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

True Balance & MyFreshPantry

Laker Food Co. strives to offer a variety of made without gluten (MWOGL) and made without dairy (MWOD) products.

More information on these offerings can be found on the following pages. For more details, please see the Vegan/Vegetarian guide and/or Made without Gluten guide located on gvsufood.com.

We rely on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where cross-contact with allergens is possible, we cannot guarantee that any food item will be completely free of allergens.



My Fresh Pantry

My Fresh Pantry is located inside Fresh Food Co. in Upper Level Commons. This self-served allergen station is stocked with specialty products including separate utensils, cutting boards, microwave, toaster, and a waffle iron. There are individually packaged food products to reduce cross-contact.



True Balance

True Balance is located inside The Dish and is an all-you-care-to-eat station that serves food without the top 9 allergens. This station has separate prep space, cooking equipment, sinks, and utensils to reduce the risk of cross contact.

True Balance also prepares and distributes grab and go products across campus that are made without the top 9 allergens. Find them at POD stores, Engrained and Seidman.

If you are looking for a True Balance meal after hours, find a chef or manager on site.

Other options around campus

Deli stations (Connection, Fresh, Dish) and Erbert & Gerbert's

MWOG bread, veggies, and MWOD dressings like mayo and mustard.

Salad stations (Connection, Fresh, Dish, Seidman)

Grain Bowls with rice, veggies, and MWOD dressings.

Pizza stations (Fresh, Dish, Ciao in Kirkhof)

Ask for MWOG crust and MWOD cheese.



Grill stations (Fresh, Dish, Laker Grill in Kirkhof)

Ask for a MWOG bun and vegan burger.

Bars at Fresh

Rotating bars including Stir Fry, Pasta, and more. Customize your dish with a MWOG base, veggies, and MWOD sauces.

Soup (Connection, Fresh, Dish, Seidman)

Check online menu for daily soup offerings and allergen information.

Customizable Mexican Eats & Mediterranean Bowls

Tacos (Zoca) or Rice Bowls (Zoca & Qdoba) with veggies and MWOD salsa. Mediterranean Rice Bowls at Feta with Chicken Shawarma, Hummus, Toun, veggies, and MWOD dressing.

POD C-Stores

Find a selection of pre-packaged gluten-free offerings in P.O.D. C-Stores.

Coffee

Ask for milk alternatives at Java City, Starbucks, GV Brew, and Einstein.

Dessert stations (Fresh, Dish)

Rotating MWOG and vegan desserts (check online menu).

Remember, if you don't know,

ASK!

**Connect with the Laker Food Co.
Registered Dietitian Nutritionist**



Contact GVSU's RDN
at gvsufood.com. Click
Nutrition then Dietitian
to fill out the contact
form and view our
resources for dietary
restrictions on campus.

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