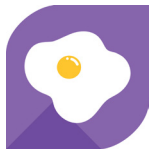


# Allergy Management Guide

Allergy Protocol



*Laker*  
**FOOD**co



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# YOUR MANAGEMENT

Student responsibilities when  
managing food allergies

## 1.

If you have a food allergy or intolerance, please register with Laker Food Co. by filling out the Special Dietary Needs form at [gvsufood.com](http://gvsufood.com).

You may also want to submit medical documents to GVSU Disability Support Resources at [dsrgvsu@gvsu.edu](mailto:dsrgvsu@gvsu.edu) (or call 616-331-2490).

## 2.

Once appropriate documents have been received, please attend a scheduled meeting with the GVSU Laker Food Co. Registered Dietitian Nutritionist (RDN). The RDN will review your allergies and learn how you were managing your food allergy before college 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 GVSU's RDN at [gvsufood.com](http://gvsufood.com). Click Nutrition then Dietitian and make an appointment.

### 3.

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 an EpiPen® or AUVI-Q®, be sure to carry it with you at all times.

### 4.

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 EpiPen® or AUVI-Q® with you at all times

If you have further questions or concerns, please contact the Laker Food Co. RDN. Students with allergies or dietary needs are encouraged to correspond with the RDN to successfully navigate Laker Food Co. restaurants.

### 5.

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 Laker Food Co. RDN or ask the manager. If you need help locating the manager, please ask a Laker Food Co. employee to assist you.

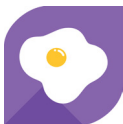
# COMMON ALLERGENS

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. The RDN is willing to meet with you to discuss menu ingredients and preparation to give you the best possible experience in Laker Food Co. venues.



## Wheat

Wheat is the nation's predominate grain product, and therefore found in many aspects of dining locations. Students are advised to use caution or avoid restaurants where wheat or breaded foods are used on the menu. Students can find made-without-gluten menu items at Fresh Food Company, The Dish, Fusion, Connection, POD Stores & Pew Campus Locations.



## 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. Students with a peanut allergy are advised to take caution with bakery items and other areas within restaurants that may be serving peanuts.

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 students responsibility to ask for a chef or manager to assess the meal they wish to consume.



## Tree Nut

Tree nuts may be present in select bakery items. Students with this allergy are advised to take caution with bakery items that contain coconut, coconut milk, or hazelnut, and dishes containing pesto.



## Shellfish

Shellfish, including shrimp and imitation crab, are occasionally on the 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.



## Fish

Restaurants occasionally feature fish entrées. 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 Company, The Dish, the convenience stores, and coffee shops. If you are unsure if an item contains milk, butter, or cheese, 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. Students with a sesame allergy are advised to take caution with crackers, breads, burger buns, salads, cereal bars, and avoid items such as tahini and hummus.



Pork



Beef



Gluten



High FODMAP

# OUR ENVIRONMENT

## Reducing the risk of cross contact

Cross contact occurs when food comes in contact with another food and the proteins mix, creating the potential for an allergic reaction. Since some foods in on-campus restaurants are self-serve, cross contact is possible. Laker Food Co. provides separate serving utensils for each item. Employees are educated 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, breaded chicken, and mozzarella sticks.)
- 3.** Use caution with bakery items. Most bakery items are prepared on-site 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 has 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 to assist you.

**Check national brand websites for their allergen and ingredient information.**



# EMERGENCY PROCEDURES



## **If you are experiencing anaphylaxis:**

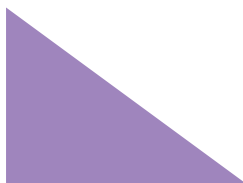
- 1.** Call 911 or indicate for someone to call 911.
- 2.** If you are prescribed, administer your EpiPen® or AUVI-Q®.
- 3.** Notify a Laker Food Co. employee of your condition.
- 4.** Contact Laker Food Co. about your experience so the situation can be addressed.



## **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.

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



Laker Food Co. offers a variety of naturally gluten free and dairy free foods as well as specialty items, in stores and restaurants. More information on these offerings can be found on the following pages. For more detailed offerings, please see the Vegan/Vegetarian guide and/or Made without Gluten guide located on [gvsufood.com](http://gvsufood.com).

### **My Fresh Pantry**

My Fresh Pantry is located inside The Fresh Food Company on 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 is allergen friendly and does not have any of the top 8 allergens. This station has separate prep space, cooking equipment, dishwasher, and utensils to reduce the risk of cross contact.

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.

# MADE WITHOUT GLUTEN OPTIONS\*

## \*Available upon request

### Kleiner: The Dish

- Made without gluten hamburger buns at Under the Hood
- Made without gluten hoagie buns at Savory Stack
- Made without gluten pasta at True Balance
- Made without gluten grain bowls at Greens & Grains
- Made without gluten crust at Ignition
- True Balance meals

### Fresh Food Company

- MyFreshPantry options
- Made without gluten sub bun at sandwich station
- Made without gluten pasta at pasta station
- Made without gluten crust at pizza station
- Salad bar with variety of toppings

### Fusion

- Made without gluten pasta at Ciao
- Made without gluten pizza crust at Ciao
- Made without gluten corn tortilla option at Zoca
- Made without gluten burrito bowl at Zoca
- Made without gluten buns at Laker Grill

### The Blue Connection

- Made without gluten hoagie buns at Savory Stack
- Prepared made without gluten salads
- Made without gluten green & grain bowls at Simple Greens

### Pew Campus

- Made without gluten grain bowls at Seidman Cafe
- Made without gluten bread at Erbert & Gerberts

*Find a selection of made without gluten soups at all locations.*

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

Laker Food Co. strives to offer a variety of made without gluten options at Fresh Food Company. We offer a variety of naturally gluten free food, as well as specialty items such as; made without gluten bread, hamburger buns, muffins and cookies.

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

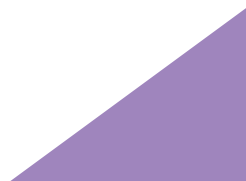


The **omelet station** features freshly made omelets with a variety of fresh veggies.

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 DAIRY OPTIONS



Ask for alternative milks at all coffee locations.

At **Savory Stack and Upper Crust**, create your own sandwich or wrap without the cheese, and choose naturally dairy free sauces like mustard or mayo.

At **Greens & Grains, Simple Greens and other salad locations**, create your own dish without cheese, choose dressings like Balsamic, Italian, or Raspberry.

At **Under the Hood or Laker Grill**, ask for sandwiches without cheese. Let the server know about your allergy so precautions can be taken to reduce cross-contact.

At **Zoca** create your own entrée without cheese or queso.

At **Ciao** create your own pasta dish with no cheese or have a vegan cheese pizza.

At **Fresh Food Co. & The Dish** check out the vegan station for a made without dairy meal & dessert. Create your own salad, grill sandwich, or custom meal at the sauté station.

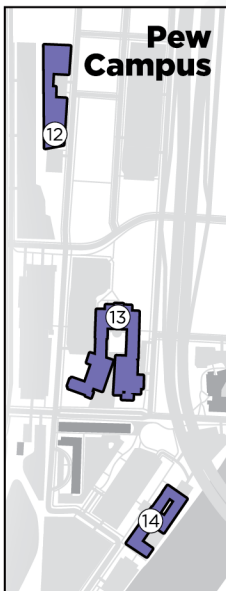
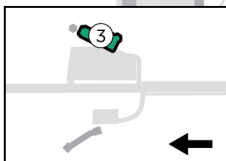
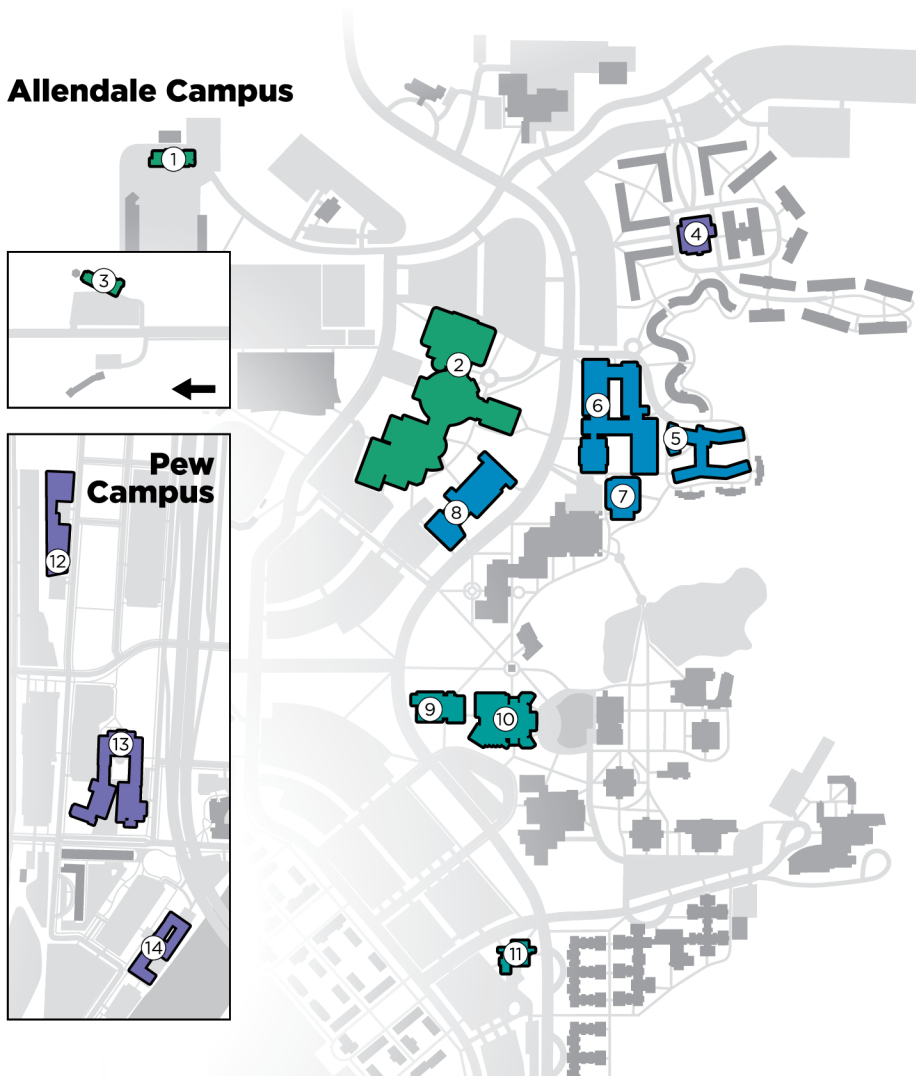
Almond & soy milk available at all times / you can ask for an entrée without cheese or sauce (if dairy is suspected).



























Be sure to check out **My Fresh Pantry or True Balance** for non-dairy yogurts and other specialty allergen products.

Also see our online menu for **Seedwell** to see rotating vegan options.

# DINING LOCATIONS

## Allendale Campus



- ① **LUBBERS STADIUM**  
 **Concessions**  
 Beverages, popcorn, pretzels & more
- ② **ARENA**  
 **Concessions**  
 Beverages, popcorn, pretzels & more
- ③ **THE MEADOWS**  
 **Clubhouse Grille**  
 Golf Course restaurant
- ④ **KLEINER**  
 **The Dish**  
 All-you-care-to-eat dining
-  **POD/Java City**  
 Convenience store, specialty beverages
- ⑤ **HOLTON-HOOKER**  
 **Einstein Bros.**  
**Bagels**  
 Bagels, sandwiches & coffee
- ⑥ **MACKINAC**  
 **POD Express**  
 Convenience store
- ⑦ **COMMONS**  
 **Fresh Food Co.**  
 All-you-care-to-eat dining
- ⑧ **MARKETPLACE**  
 **Starbucks**  
 Gourmet coffee & pastries
-  **Bento**  
 Rice & noodle bowls, sushi
- ⑨ **LIBRARY**  
 **GV Brew**  
 Coffee, tea & snacks
- ⑩ **KIRKHOFF**  
 **Panda Express**  
 Chinese kitchen
-  **Subway**  
 Subs & salads
-  **Ciao**  
 Pizza & pasta
-  **Zoca**  
 Fresh Mexican food
-  **Laker Grill**  
 Burgers & more
-  **Lobby Shop**  
 Convenience store, Freshen's Smoothies & Java City Coffee
- ⑪ **CONNECTION**  
 **Hearth**  
 Rotating homestyle menu items
-  **Savory Stack**  
 Sandwiches & wraps
-  **Simple Greens**  
 Green & grain bowls
-  **Seedwell**  
 Plant-Forward meals
-  **POD/Java City**  
 Convenience store, specialty beverages
-  **Late Night**  
 Apps & desserts
- ⑫ **INNOVATION DESIGN CENTER**  
 **Starbucks**  
 Gourmet coffee & pastries
- ⑬ **DEVOS CENTER**  
 **Erbert & Gerbert's**  
 Sandwiches & soup
- ⑭ **SEIDMAN**  
 **Seidman Café**  
 Salads, paninis & snacks



*For more information contact*

Laker Food Co. Registered Dietitian

616.331.8989

Laker Food Co. Main Office

100 Commons

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