

DINING WITH FOOD ALLERGIES AT NOTRE DAME

A Guide for Students without Nutritional Accommodations

Allergen Information Cards



List of allergens contained in dish

QR Code Linking to updated Net Nutrition

NAVIGATING THE DINING HALLS

- Use the allergen cards (see left) to find information about the allergens in each prepared dish.
- You are able to:
 - Ask staff to change their gloves when serving your meal.
 - Ask staff to use a new serving utensil to serve your meal.
 - Ask staff to serve your portion of food from the hotboxes.
 - Talk to managers if you have any concerns about any food being prepared.

ALTERNATIVES TO SPECIALLY PREPARED MEALS

- Meet with campus nutritionist Jocie Antonelli as soon as possible to learn about safe dining on campus and have access to allergen sections of the dining halls.
- Access Net Nutrition (nutrition.nd.edu) before going to the Dining Hall to know what food options are available for you.

- Request specific food items to be available in the Dining Hall.
- Be cautious of cross contamination and ask a Dining Hall manager if you are concerned that something may be contaminated.
- Access the Food Allergy Research & Education for more information about your allergies and strategies to eating in a college Dining Hall.

OTHER RESOURCES:

- Food Allergy Research and Education: Preparing for College
<https://www.foodallergy.org/resources/preparing-college>
- Managing Food Allergies in College
<https://www.foodallergyawareness.org/government-relations/college-university-food-services/>

STUDENT RESPONSIBILITIES

- Know your allergy and be proficient in the management of your medical needs.
- Be your own advocate. If you need help, ask!
- Keep your Epi-Pen with you at all times if you have been prescribed one.
- Pre-screen your menu choices, if not specially prepared, for allergens.

CONTACT [JANTONEL@ND.EDU](mailto:jantonel@nd.edu) FOR MORE INFORMATION ON THE ALLERGENS ACCOMODATION PROCESS