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.

**Other Resources:**

- Food Allergy Research and Education: Preparing for College https://www.foodallergy.org/resources/preparing-college

**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 for more information on the Allergens Accommodation Process**