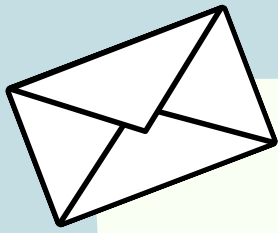


# GETTING STARTED: NUTRITIONAL COUNSELING AT NOTRE DAME

## A STEP-BY-STEP GUIDE TO THE ALLERGY AND DIETARY RESTRICTION ACCOMMODATION PROCESS



### REACH OUT

Before arriving on campus, reach out to Notre Dame's registered dietician and nutritional counselor, Jocie Antonelli. Jocie is highly adept at developing nutritional strategies and forming relationships with her students. Jocie's role is to guide you through the accommodations process, create a personalized action plan for your time at Notre Dame, and help you to identify the ways in which you make healthful choices. You can find Jocie at [jantonel@nd.edu](mailto:jantonel@nd.edu).

### REVIEW THE "FOOD ALLERGY AND MEDICAL CONDITION ACTION PLAN"

This plan includes a description of how Notre Dame is equipped to help meet your dietary restrictions, includes the necessary paperwork for your medical provider to fill out, and provides a list of your individual responsibilities in communicating your needs to Campus Dining. It also contains a proposed contract with Notre Dame that indicates you authorize Campus Dining to specially prepare allergen-free meals if you desire.



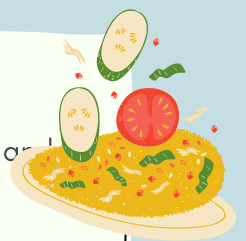
### PROVIDE MEDICAL DOCUMENTATION

Your physician should fill out the dietary needs for on page 3 of the Food Allergy and Medical Condition action plan, which provides the necessary information to Notre Dame about any allergies or dietary restrictions you may have, and how your medical provider feels your needs can best be met during your time at Notre Dame.

### KNOW YOUR OPTIONS

Jocie will work with you to create a personalized plan for your health and well-being on campus. Your options may include:

1. Navigating meal options in the dining hall through the use of the online NetNutrition database and allergen information cards in meal lines
2. Access to a separated and self-contained allergens section of the dining hall with safely prepared meal options
3. Supplementing dining hall meals with groceries personally purchased from retail providers by Jocie
4. Allergen-specific food options kept in hot boxes by trained chefs in the Dining Halls



### THRIVE!

Campus Dining is excited to help you through your dietary journey at Notre Dame. The team will always be available to discuss any concerns you have. We are looking forward to working with you!

