

NAVIGATING FOOD ALLERGIES & SPECIAL DIETS



GW

Dining

Helping Students *Advocate* for Themselves

George Washington Dining

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For more information about our process for managing allergies, including menus, visit dineoncampus.com/gw

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OUR *Philosophy*

Welcome to George Washington Dining! The health and safety of our guests is our highest priority at George Washington University and for George Washington Dining. We created this guide to help support our guests with food allergies and other dietary restrictions.

At George Washington Dining we believe that good nutrition is essential to good health. That's why we are committed to nourishing each and every student by providing them with balanced and nutritious foods every day

George Washington Dining supports students who have food allergies or dietary restrictions by providing resources and tools to make informed food choices in all of our dining locations.

We work together to provide reasonable arrangements so that students may participate in the college dining experience as much as possible. We recognize that students with food allergies or dietary restrictions are required to spend more time and effort in managing their diet than others. We take into account each student's personal dietary needs and make every effort to provide helpful information to those with food restrictions.

Our goal is to provide students with the tools that they need to be active in the management of their food allergy or food-related medical condition within the dining locations. This helps us provide a safe and supportive transition into college life. We encourage students to speak up and share their food restrictions so we can help them navigate our dining commons. Our GW Dining team is one way we can help support students as they transition into college life.

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OUR *Kitchens*

Be aware that we handle and prepare foods with egg, milk, wheat, shellfish, fish, soy, sesame, and other potential allergens in the food production areas in all of our facilities. We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and the menu items are prepared in close proximity to other ingredients that may result in cross contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance.

NOTE: While we do not bring peanuts or tree nuts into our kitchens, products or ingredients made in a facility that produces or handles peanuts or tree nuts may be purchased and used within the dining operations. Please always check with our managers.



**Don't be shy,
self-identify!**

**DO YOU HAVE A FOOD ALLERGY?
WE CAN HELP!**

**Please speak with a manager about
any food allergies you may have.**

Do not diagnose a food allergy on your own. Suspected food allergies should always be evaluated, diagnosed, and treated by a medical professional, such as a board-certified allergist. Your primary care provider may refer you to an allergist.

FOOD ALLERGIES & Celiac Disease

According to recent large-scale studies on food allergy prevalence, more than 32 million Americans, including 1 in 10 adults and 1 in 13 children, have food allergies. A food allergy can develop at any time and can affect one's breathing, intestinal tract, heart, and skin. The outcomes are serious and potentially life-threatening, and every 3 minutes, a food allergic reaction sends someone to the emergency room.

A food allergy is an abnormal immune response to a food ingredient (typically a protein). Food allergic reactions vary in severity from mild symptoms such as hives and lip swelling to severe, life-threatening symptoms, often called anaphylaxis, that may involve respiratory problems and shock.

Common Food Allergens

Congress passed the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA). This law identified eight foods as major food allergens: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybean. On April 23, 2021, the Food Allergy Safety, Treatment, Education, and Research (FASTER) Act was signed into law, declaring sesame as the 9th major food allergen recognized by the United States. This change will become effective on January 1, 2023. Any item can potentially be an allergen and more than 170 foods have been documented as responsible for an allergic reaction.

What is Celiac Disease?

Celiac disease is a serious autoimmune disease that occurs in genetically predisposed people in which the ingestion of gluten leads to damage in the small intestine. Gluten is a protein found in wheat, barley and rye. Celiac disease affects about 1 in 100 people worldwide. The only treatment is a gluten-free diet.

References:

Gupta RS, Warren CM, Smith BM, Jiang J, Blumenstock JA, Davis MM, Schleimer RP, Nadeau KC. Prevalence and Severity of Food Allergies Among US Adults. *JAMA Network Open* 2019; 2(1):e185630.doi:10.1001/jamanetworkopen.2018.5630.

United States Census Bureau Quick Facts (2015 and 2016 estimates).

Gupta RS, Warren CM, Smith BM, Blumenstock JA, Jiang J, Davis MM, Nadeau KC. The Public Health Impact of Parent-Reported Childhood Food Allergies in the United States. *Pediatrics* 2018; 142(6):e20181235.

IN CASE OF A *Reaction*

If you are exhibiting symptoms of anaphylaxis, please take the following steps:

- Call 911 immediately
- Get help immediately! Notify a manager or have someone call for help
- Administer your medications such as an epinephrine auto-injector or take an antihistamine.
- Sit or lie down with your legs up. If you're having difficulty breathing or if you're vomiting, sit up or lie on your side.
- Have someone call your emergency contacts

If you have been prescribed an epinephrine Auto-Injector, you should carry it with you at all times.



SPECIFIC ALLERGEN

Information

Refer to the menus and ingredient information made available to you. We use manufacturer-provided information, and we do not confirm the presence or lack of an allergen.

GW Dining periodically reviews ingredients to verify ingredient labeling is consistent with what is provided by the manufacturer. Ingredients listed may be subject to change without notification.



WHEAT

**AVOIDING
GLUTEN**

Wheat/Avoiding Gluten

We offer a selection of deli meats and salad dressings that do not contain gluten. Avoiding Gluten options are available daily at all Dining Commons. Be sure to check the ingredients of all food items you wish to consume. If you have any questions, just ask our on-site manager for more information.

**If you have celiac disease, also contact the dietitian or notify the on-site manager or chef for safe choices. Select from the Pure Eats and Avoiding Gluten stations.*



FISH

Fish Allergies

Beyond entrées and mixed dishes that contain finned fish (salmon, tuna, halibut) as a main component, please use caution when selecting Asian dishes, where fish may be included in sauces. Additionally, fish is sometimes found in some gravies, barbecue sauces, Worcestershire sauce, Caesar salad, sushi, and some salad dressings. Always ask to check the menus and full ingredient list.



SHELLFISH

Shellfish Allergies

Avoid entrées and mixed dishes that contain shellfish (such as crab, shrimp, lobster, clams, mussels, oysters, octopus) as a main component. Use caution when selecting Asian dishes, where shellfish may be included in sauces. Additionally, shellfish are sometimes found in bouillabaisse, fish stocks, sushi, or seafood flavoring. Always ask to check the menus and full ingredient list.



SOYBEAN

Soybean Allergies

Soybean oil is present in a large variety of products. NU Dining uses canola oil as our standard cooking and frying oil. Avoid products containing soy such as tofu, miso, tempeh, edamame, soy sauce and tamari. If you have questions, please ask.



TREE NUT

Tree Nut Allergies

Tree nuts such as walnuts, almonds, hazelnuts, pistachios and cashews are not served in the Residential Dining Commons, however some of the bakery products we use are manufactured in facilities that use tree nuts. Students with a tree nut allergy should take caution with bakery items and any menu items that contains coconut.



SESAME

Sesame Allergies

Sesame can be found in a variety of products from breads and bagels and other baked goods to ethnic dishes, dipping sauces, sushi, spices, natural flavors, and spreads (baba ganoush, hummus, tahini sauces).



PEANUT

Peanut Allergies

Peanuts are not served in the Residential Dining Commons, however some of our bakery products are manufactured in facilities that use peanuts. Our dining commons offers sunflower butter as a replacement for peanut butter.



EGG

Egg Allergies

Many of our baked goods and desserts contain eggs, however desserts such as fruit crisps and gelatin parfaits do not contain eggs. Students are asked to take caution with all baked goods and are encouraged to check ingredient labels and ask an executive chef about items they wish to eat.



DAIRY

Dairy Allergies

A non-dairy milk option is available every day in Residential Dining Facilities. However, milk and milk-based products are ingredients used in many of the menu items served. Items prepared with butter or margarine should also be avoided.

YOUR *Responsibilities*

Student responsibilities when managing a food allergy in the dining locations are:

1. Notify George Washington Dining team of your allergy(ies).

Schedule a meeting with our Dietitian, Director of Dining, and Executive Chef to develop a plan so we can help you navigate the dining commons. Do this by emailing the Campus Dietitian Natalie Coppola at natalie.coppola@gwu.edu.

2. Download the Dine on Campus app or go online (dineoncampus.com/gw) and review daily menus and ingredient lists ahead of time.

Always read station signage and ingredient label information in residential dining commons to check whether an allergen is on the ingredient list. If you have questions, ask a chef or manager.

- Get to know the chefs and managers in the dining commons
- Know what foods and ingredients to avoid
- Know how to advocate for yourself and who to ask questions
- Recognize the symptoms of allergic reactions
- Know how and when to tell someone you might be having a allergy-related reaction or problem
- Always carry your allergy medications and know how to use them
- Read station signage, menus, and ingredient information onsite.

Quick Checklist **ADVOCATE FOR YOURSELF**

- Don't Be Shy, Self Identify. Create a profile with your food allergies on the Dine on Campus app. This creates a digital screen saver to use when dining out. Tell a manager or executive chef that you have a specific food allergy so we can provide you with a safe experience.
- Contact George Washington Dining's Dietitian Natalie Coppola (natalie.coppola@gwu.edu) early and stay in communication throughout the course of your collegiate career.
- Report any dining issues or allergic reactions immediately to the dining services manager, director, or dietitian.
- Ask a dining employee to change gloves, use a new utensil, or a fresh pan at any time at made-to-order stations.
- Take caution with deep-fried foods. Frying oil is reused before being changed. This can lead to cross contact because food fried in oil releases some of its protein, which is then absorbed by other foods fried in the same oil. (Examples include: fried chicken, fried fish, mozzarella sticks, chicken nuggets, onion rings, and french fries.)
- Take caution with bakery items. Any items prepared on-site have the potential to come into contact with other ingredients in the kitchen.
- At the salad bar and deli station, students may request produce or meats that are stored behind the counter from the employee working at those stations.
- Request to see a food ingredient list on a box or package if the ingredients are not listed online or on-site.

AVOIDING *Cross-Contact*

It's our goal to provide students who have food restrictions with the necessary information so they may make confident food choices. It's ultimately your responsibility to manage your food allergies and be your own best advocate.

Cross-contact occurs when one food comes into contact with another food and their proteins mix, creating the potential for an allergic reaction. Since about half of the food in the dining facilities is self-serve, cross-contact is possible. George Washington Dining provides separate serving utensils for each item and frequently changes utensils in an attempt to mitigate guest cross-contact.

We also work to educate employees involved in the production process to change gloves and clean utensils between recipes to reduce cross-contact concerns. Each cook/front-line associate is also instructed to follow standardized recipes as written so as not to introduce any item to the recipe that is not on the recipe card. Frequent production audits are performed to assess recipe adherence and production processes and to stay informed of new products being purchased.



PURE *Eats*

Pure Eats stations and Pure Eats dining commons feature food that is simply prepared, seasoned and served by a trained culinary professional. These meals avoid gluten and the top nine food allergens: peanuts, tree nuts, fish, shellfish, wheat, soy, eggs, dairy and sesame. Pure Eats is located at all of our residential dining commons (Allison, Sargent, Elder, and Foster-Walker East, which is dedicated entirely to Pure Eats).

PURE EATS

MEALS PREPARED AVOIDING GLUTEN AND THE TOP EIGHT ALLERGENS
SIMPLY PREPARED USING FRESH INGREDIENTS SEASONING AND PORTIONING

AVOIDING GLUTEN



WHEAT



FISH



TREE NUT



SHELLFISH



PEANUT



EGG



SOYBEAN



DAIRY



SESAME

AVOIDING GLUTEN *Stations*

Avoiding Gluten stations contain a separate toaster, waffle iron, refrigerator, and pantry for Avoiding Gluten items such as breads, cereals, waffle mix, and spreads. Avoiding Gluten stations are available in all residential dining commons.

Icons AROUND CAMPUS



Vegetarian

Foods that do not contain animal products but may contain dairy or eggs. Kosher stations provide daily vegetarian entrees.



Vegan

Foods that do not contain any animal products or animal-derived products at all including honey, dairy, or eggs. Rooted stations feature many vegan entrees daily.



Avoiding Gluten

Foods prepared without gluten-containing ingredients. Pure Eats stations offer avoiding gluten options as well as Avoiding Gluten stations located within each residential dining commons.



Kosher

Certified station fit & allowed to be eaten or used, according to the dietary or ceremonial laws of Kosher. Kosher stations are located within Allison and Elder dining commons.



Halal

Certified Zabiha Halal; denoting or relating to meat prepared as prescribed by Muslim Law.

OUR *Commitment*

At George Washington, we develop a plan for students who have food allergies or special dietary needs.

1. The student contacts the George Washington Dining Dietitian at natalie.coppola@gwu.edu and a meeting is arranged.
2. After the initial meeting, the student is encouraged to meet with executive chefs and managers to review options that are available.
3. On-going evaluation occurs after initial meetings. The Dietitian will contact the student periodically (via email) to inquire as to how they are managing eating in the dining locations and provide assistance when needed.
4. We can typically accommodate almost all food allergies and dietary restrictions. If you feel a medical accommodation is warranted, you should first meet with our campus dietitian and have your medical provider complete a form at: dineoncampus.com/gw. Once the form has been submitted, a committee of administrators will review, and decisions are made within 2-4 weeks of receiving the form.





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