

STUDENTS GUIDE TO SAFE AND DELICIOUS MEALS WITH YOUR FOOD ALLERGY

Carry your Medication: *Your mom is totally right about this.*

Timing: *Plan ahead to avoid coming to the dining hall just before closing. Intended menu items may have sold out and have been replaced.*

Planning: *Plan a time once a week to review the online menu.*

- ◇ Start with items that are safe for you, and at a served station.
- ◇ Next look at allergen-free items offered in a self-serve environment, which you can request from the untouched “back-up.”
- ◇ Lastly, look for recipes that will work for you with slight modifications. Ex: baked fish without bread crumbs
- ◇ Now you know the plan to discuss with your chef !

Communication: *Get an email and phone number for your primary contact in dining. Learn one another’s schedules.*

- ◇ Create a plan with the chef outlining when and where you will eat each week.
- ◇ If you need a modified item made, ask the chef if it is possible, and let him/her know when and where you will be eating the meal.
- ◇ Give a 20 minute “heads up” text or call when coming in for your special meal so that items can be prepared to reduce your wait.
- ◇ If you aren’t going to be in for that special meal, let the chef know, so that he/she doesn’t waste food and effort.



***Check it 3
Times!***

- 1. Online menu**
- 2. Menu sign at station**
- 3. Observe food for allergen - ask if unsure!**