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.

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**Check it 3 Times!**

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