

Guide To Managing Food Allergies

Slippery Rock University



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WELCOME

Our Philosophy

We are committed to nourishing all guests by providing nutritious options that fit their needs, no matter where they dine on campus. We support students with food allergies by providing the knowledge and resources necessary for them to make informed food choices in our dining locations.



Your Safety Is Our Top Priority

Here's how we are prepared to serve you.

Staff Training

Managers and supervisors are AllerTrain® certified. AllerTrain® is an ANAB-Accredited third-party allergy training program that prepares our dining team to:

- Identify the top 9 food allergens including hidden or uncommon sources.
- Understand how the increase in food allergies impacts our roles within dining.
- Express their commitment to an inclusive environment that allows students with allergies to dine safely alongside the campus community through shared meals.
- Train employees about allergens, including reducing the risk of cross-contact and handling special meal requests.
- Recognize common symptoms of a food allergy reaction and respond appropriately.

OUR COMMITMENT

How We Can Help You

1

MEET

Contact our dining team to discuss your allergy, gather information on managing them, and learn about navigating campus dining. We will accommodate your individual needs and help you find safe food options on campus.

2

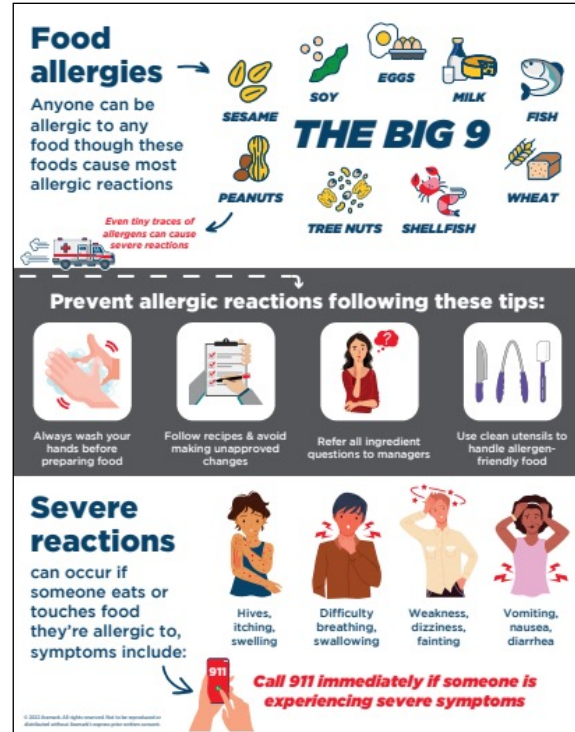
SUPPORT

We can provide additional support after the initial meeting. This includes meeting the culinary team who can address any allergy-related questions and concerns. It's an opportunity for us to thoroughly review available food options.

3

MONITOR

Throughout the year, the Dining Team is available to assist you. Feel free to contact us with any further questions or concerns.



We rely on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, We cannot guarantee that any food item will be completely free of allergens.

YOUR MANAGEMENT

You are the most important advocate for your own health. Please review your responsibilities when managing a food allergy in the campus dining locations:

Schedule a meeting with our Dining Team to develop a plan.

Learn how to navigate our dining locations safely.

Consult disability services for additional accommodations if necessary.

Other campus services may provide additional guidance for accommodating special dietary needs, such as preferential housing if you need to be closer to a specific dining hall.

In case of exposure, carry medication (e.g., EpiPen, Benadryl, etc.) with you always.

Consider informing friends you normally dine with about your medical needs in case of an emergency.

Be proficient in the self-management of your food allergy(ies).

- Notify dining services staff of your food allergy(ies).
- Avoid foods to which you are allergic.
- Recognize the symptoms of an allergic reaction.
- Know how and when to tell someone you might be having an allergy-related problem.
- Carry emergency contact information with you.
- Carefully read the menus and recipe description information available to you.

We love feedback!

If you have questions or concerns regarding the ingredients in a particular food, or if you notice something that is problematic for your allergy, please contact us or ask to speak with the manager on duty so that we can promptly address your concern.

We make every effort to provide you with the information you need to make informed decisions while dining on campus. However, the possibility for a reaction does exist in community dining.

To Reduce the Risk of Cross Contact

- Ask a dining employee to change their gloves, use new utensils or a fresh pan at made-to-order stations.
- Speak to a dining employee if you need access to allergy-friendly designated equipment.
- Items from self-serve stations, such as the salad bar, can be offered from behind the serving line if requested.
- Take extra precautions at all stations where cross contact may be more likely to occur, such as the bakery, salad bar, and grill.



IN CASE OF A REACTION

If you are exhibiting symptoms of an allergic reaction, including anaphylaxis, please follow these steps:

- 1** Administer your EpiPen or take an antihistamine as soon as possible.
- 2** Get help immediately—call **911** or indicate to someone around you to call **911**.
- 3** Notify a dining staff member as soon as possible about your experience so they can address your concerns.

Please be sure to carry prescribed medication such as an EpiPen with you at all times.

YOUR RESOURCES

Our Management Team
is available to help.

When in doubt, if you have questions and want to consult with the Dining Team regarding ingredients in a particular food, find the nearest employee to help you connect with our dining team supervisors or managers.

Menus online at
slipperyrock.campusdish.com

Nutrition signage
located at each station with nutrition facts and descriptions of each recipe.

Email questions to
seagriff-lauren@aramark.com
our registered dietitian
or
rodgers-lisa@aramark.com
our general manager

For more information on locations, including hours and meal plans, visit:
[Website slipperyrock.campusdish.com](http://Website.slipperyrock.campusdish.com)

TRUE BALANCE

The True Balance Station offers a complete meal made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts, and sesame). A dedicated and trained staff member will serve you from this station with a clean plate each time.

This station is AllerCheck™ certified, indicating that it follows the proper processes and procedures to minimize the risk of cross-contact and serves menu items prepared with verified ingredients. The True Balance station is audited by an independent agency at least once per year.

True Balance can be found in Boozel Dining Hall.



Dine without restrictions

Delicious meals made for your specific needs

Our chefs prepare specialized options from ingredients without the most common food allergens.*
See your manager for details.

*Aramark relies on our vendors' allergy warning and ingredient substitutions, recipe revisions and cross-contact with allergens is possible. Aramark cannot guarantee that any food item will be completely free of allergens.

no soybean
no milk
no eggs
no wheat
no gluten
no peanuts
no sesame
no tree nuts
no shellfish
no fish

true balance
everything you want nothing you can't

CLEAN PLATE

The Clean Plate offers allergen friendly, on-trend menu items made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts, and sesame). A dedicated and trained staff member will serve you from this station.

This station is AllerCheck™ certified, indicating that it follows the proper processes and procedures to minimize the risk of cross-contact and serves menu items prepared with verified ingredients.

Clean Plate can be found in Weisenfluh Food Court.



On Your Campus

Boozel Dining Hall

True Balance - Allergy & Gluten Friendly

- Offers full meal for lunch and dinner & brunch and dinner on weekends
- Two Made to Order Options
 - Pasta with Marinara
 - Grilled Cheese
- Garden Side Salads and Dressings
- Dessert Option
- Buns available

Options Made Without Gluten

- Stations may offer menu items made without gluten - check with manager or chef
- Dessert options available by request
 - Udi's Cookies
 - Desserts
- Grill: Dedicated fryer for items made without gluten, such as French fries
- Self-serve bread boxes - buns and wraps
- Cereal

Milk Alternatives

- Self-serve fridge containing milk alternatives.
 - Oat milk Almond milk
 - Soy milk Lactaid

Boozel Express - Options available made without gluten:

Mac'n Cheese	Grilled Cheese
Quesadilla	Nachos
Udi's Cookies	Select Snacks

We rely on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, We cannot guarantee that any food item will be completely free of allergens.

Rocky's – Menu options made without gluten including select convenience snacks and the following:

The Spread – dedicated panini press for sandwiches made without gluten

Select Buns Wraps

Ignition

Pasta Pizza crust (baked in the same oven as regular pizza)

Limon & Chile

Wrap	Taco Shells	Chicken Tinga	Beef Taco Meat
Tortilla chips	Nacho Cheese	Queso Sauce	Salsa
Guacamole	Sour Cream	Rice	

Greens to Go

Salads can be prepared without croutons, including any of the Good Day salads in the self-serve cooler

Quaker Steak & Lube

Dedicated fryer for items made without gluten. Students who are approved for meal accommodations are eligible to receive bone-in wings in place of boneless wings for meal exchanges. Inquire about alternative Meal Exchange options.

Items per Quaker Steak & Lube's Menu

Loaded Magna Fries	Bone-in wings	Buns	French Fries
Loaded French Fries	Celery, Carrots, Ranch Dip		

Weisenfluh

Clean Plate – Allergy & Gluten Friendly options

Butter & Honey – Made without gluten options

Bun Wrap Bagels

Burgers + Fries – Made without gluten options

Dedicated fryer for items made without gluten. Guests need to request item be prepared without gluten. All sandwiches can also be a bowl without bread. Buns made without gluten available upon request.

Library – We Proudly Serve Starbucks – Made without gluten options

Bread Bagels

Allergen guide available upon request for:

Wild Blue, Quaker Steak and Lube, and Starbucks

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