



## **WESLEYAN UNIVERSITY FOOD ALLERGY AND CELIAC GUIDE**

**WESLEYAN**  
UNIVERSITY

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# OUR PHILOSOPHY

Wesleyan University supports students who have life-threatening food allergies, celiac disease, and other dietary conditions by providing information necessary to make informed decisions regarding food choices in our dining locations. It is a priority at Wesleyan University that all students have the ability to dine safely on campus with peers. We recognize that dining is a significant part of the college experience, and we strive to provide a safe environment for all students. Wesleyan University Dining Services provides a wide variety of high quality foods in order to meet individual needs of students, faculty, and staff and is committed to meeting the needs of students with food allergies, celiac disease, or other dietary conditions.

## OUR COMMITMENT

Bon Appétit at Wesleyan was selected as one of 12 school dining programs nationwide participating in the Food Allergy Research & Education (FARE) pilot program, which focused on providing students with food allergies a safer college dining experience.

Our goal is to supply students with key tools for them to actively manage their food allergy or celiac disease in dining facilities. We want students to be prepared to advocate for their needs and we are here to help facilitate a safe transition to living at college with allergies.

Each student with dietary needs can develop a plan with the University. Accessibility Services, Dining Services, Usdan University Center, and Health Services collaborate with students who have food allergies, celiac disease, or other dietary conditions to provide appropriate accommodations.



# YOUR RESPONSIBILITIES

A three-step process allows a student to request accommodations related to food allergies, celiac disease, or other dietary conditions that require dietary accommodations. We recommend that students with food allergies, celiac disease, or other dietary conditions contact Accessibility Services to ask questions about the process and to discuss their individual needs.

1. Notify the University that you have a condition requiring accommodations. One way to do this is by submitting the online Disability Notification Form.
2. Provide documentation of your condition and its impact on major life functions. This information may be included in the Medical/Health Forms Packet that you submitted to Davison Health Center or by using the Provider Form available on the Accessibility Services website.
3. Meet with University staff to discuss appropriate accommodations to meet your needs. This interactive process is key to ensuring the timely implementation of your approved accommodations.

## GOOD TO KNOW:

-  Know how to manage your food allergies yourself:
  - Avoid known food allergens.
  - Know your allergic reaction symptoms.
  - Ask for access to the ingredient list for any item available through Bon Appétit.
  - Determine how and when to tell someone that you might be having an allergy-related problem.
  - Know how to properly use medications to treat an allergic reaction.
  - Carry emergency contact information and your EpiPen (if applicable) with you at all times.
-  Read the menus available online and the food station signage. A menu with the food label icons is posted on the wall to the right of the cashier's desk.
  - Ask a manager on duty if you have questions about a particular meal item. If you do not know the manager, ask the cashier or another employee on duty to locate the manager.
-  Be aware that, because the Usdan Marketplace is self-serve, it carries a risk of cross-contact with potential allergens. If you have been prescribed an EpiPen, carry it with you at all times.

## AS NEEDED

- Request Bon Appétit staff to change gloves—use fresh utensils or pans (at made-to-order stations)—to reduce risk of cross-contact.
- Request meals to be plated for you to avoid cross-contact.
- Use the gluten-free bread products and cereals, dairy/milk alternatives, and the dedicated gluten-free toaster, waffle-maker, and panini press at the Usdan Marketplace.
- Ask for wipes at the cashier's desk to sanitize your table to remove crumbs or other allergens.

If you observe a problem, or wish to discuss your allergy-related needs, please inform the manager on duty, the resident district manager of Bon Appétit, or the director of Usdan University Center, so they can respond and investigate your concern. Please know:

*If you do not make your food allergy questions known to us, we cannot assist you. If we do not hear from you, we believe you are successfully navigating on-campus dining.*

Additionally, some dining locations on campus are not serviced by Bon Appétit and therefore do not fall under the campus dining requirements. These facilities include Espwesso, grown, Red and Black Café, Star and Crescent, and WesWings. Students electing to eat in these venues should check with the individual management to learn about their safety standards.

# FOOD LABELING

At Wesleyan, we name menu items as clearly as possible with the major eight allergens. The name of the menu item will include the allergens most likely to cause severe reactions (i.e. “Peanut-Encrusted Sole”). **The most accurate ingredient information will come from managers, not the food service staff.** Managers are always available at all dining locations whenever meals are served, so individuals will always have a resource available if they need to confirm certain ingredients or potential allergens. For more specific information, please refer to Allergies and Bon Appétit on the Wesleyan website.



**VEGETARIAN:** Contains no meat, fish, poultry, shellfish, or products derived from these sources—but may contain dairy or eggs.



**SEAFOOD WATCH:** Contains seafood that meets the Monterey Bay Aquarium’s Seafood Watch guidelines for commercial buyers.



**IN BALANCE:** Contains a balanced portion of whole grains, fresh fruits and vegetables, and lean protein, with a minimum amount of healthy fat.



**MADE WITHOUT GLUTEN:** Food is made without ingredients that contain wheat, barley, rye, or oat gluten.



**VEGAN:** Contains absolutely no animal or dairy products.

# TOP FOOD ALLERGENS

## PEANUT/TREE NUT

Bon Appétit does not use peanut oil for cooking. Menu items that include peanuts or tree nuts are clearly labeled (i.e. Quinoa Pine Nut Roma Tomatoes). Bulk peanut butter is served in all of the dining hall locations. Students with a peanut or tree nut allergy are advised to take caution with desserts, including ice cream. Be sure to check in with a manager if you have any questions.



## MILK

Cow's milk and/or one or more of its derivatives are specified in menu name (i.e. Baked Tilapia with Clam Cream Sauce). Soy milk is available next to the cereal station, and almond milk is available in the fridges next to the drink stations. Soy milk is available at cafés. Be sure to check in with a manager if you have any questions.



## EGG

Eggs are present in baked goods and mayonnaise. There are vegan dessert options available, but students are asked to take caution with all other baked goods and encouraged to check in with a manager if they have any questions.



## FISH/SHELLFISH

Some menu item contain shellfish or seafood. Some dishes may also contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing. Students with fish or shellfish allergies are asked to check in with a manager if they have any questions.



## WHEAT/GLUTEN

All of our deli meats are gluten-free. Gluten-free cereal, gluten-free bread and desserts, as well as individually packaged condiments are available at the gluten-free station and certain retail locations to minimize cross-contact. Many of our made-without-gluten recipes contain ingredients with no wheat, barley, or rye—the grains that are the main source of gluten in our diets. Be sure to check in with a manager if you have any questions.



## SOY

Bon Appétit uses soy-containing vegetable oil for frying foods, and students with soy allergies are asked to refrain from eating fried foods in the dining facilities. For other menu items, students with soy allergies are asked to request the ingredients list from a manager before consuming.





## AVOIDING CROSS-CONTACT

Cross-contact occurs when food comes into contact with another food and their proteins mix, creating the potential for an allergic reaction. Bon Appétit instructs staff regarding the potential severity of food allergies and trains employees involved in the production process to change gloves and clean utensils between meals, in order to reduce cross-contact concerns.

Since the food in the Usdan Marketplace is self-serve, a risk of cross-contact is always present. Bon Appétit managers consult individually with students who have food allergies to minimize allergic reactions and offer some general guidelines:

- ▶ Take caution with deep-fried foods. Frying oil is reused; 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.
- ▶ Take caution with bakery items. Any items prepared onsite have the potential to come into contact with other ingredients in the kitchen.

At the salad bars, students may ask the employees working at those stations for the produce and meats that are stored behind the counter.

### DISCLAIMER:

Please be advised that our menu items may contain allergens or may have come into contact with items containing allergens; there is always a risk of cross-contact. In addition, food manufacturers may change their formulation or manner of processing without our knowledge.

# IN CASE OF A REACTION

**If you or someone you know is exhibiting symptoms of an allergic reaction, including anaphylaxis, please take the following steps:**

1. Get help immediately—call the Public Safety emergency number 860-685-3333 or indicate to someone around you that you need them to call Public Safety on your behalf. It is important to call Public Safety first because when you tell them where you are, they know the fastest way to get to you and can call 911 and escort them to you. You can dial Public Safety Emergency x3333 from a campus phone extension.
2. Administer your EpiPen or take an antihistamine (as prescribed/recommended by your physician).
3. Notify University staff as soon as possible about your experience so that they can address your concerns.

**If you or someone you know is experiencing an allergic reaction, but not anaphylaxis, please take the following steps:**

1. Take an antihistamine.
2. Notify Davison Health Center within 24 hours.

**If you have been prescribed an EpiPen, you should carry it with you at all times.**

## SYMPTOMS LIST

### SEVERE SYMPTOMS

-  **LUNGS:** Shortness of breath, wheezing, repetitive coughing.
-  **HEART:** Pale and/or blue skin, faintness, weak pulse, dizziness.
-  **GUT:** Repetitive vomiting or diarrhea.
-  **THROAT:** Tight throat, hoarse voice, trouble breathing/swallowing.
-  **SKIN:** Many hives over body, widespread redness.
-  **MOUTH:** Significant swelling of the tongue and/or lips.
-  **OTHER:** Feeling something bad is about to happen, anxiety, confusion.

### MILD SYMPTOMS

-  **NOSE:** Itchy/runny nose, sneezing.
-  **MOUTH:** Itchy mouth.
-  **SKIN:** A few hives, mild itch.
-  **GUT:** Mild nausea, discomfort.



# MEAL PLAN INFORMATION

First-year students are required to choose from one of the first four plans. The cost of the base meal plan is included in the Residential Comprehensive Fee. Students who opt up to the maximum block plan or who add points to their plans will have these additional charges billed to their student accounts.

Sophomores have an additional block available to them. Juniors and seniors may select a 50-block plan exclusively geared toward them, any of the presented plans, or the all declining balance points plan. Within each block plan, students have the option to use up to seven meals as guest meals. Guest meals may be used for the student or for a guest at any point in the semester.

Parents who are trying to help their student pick the best plan should recognize that students rarely eat three meals a day. The vast majority average two meals a day with snack-sized meals in between. Students have a two-week period that corresponds with the Drop/Add period for classes each semester to make changes to the plan they had selected, in case they realize that what they chose is not working out. In addition, the plan a student selects for fall semester will automatically be the same plan for spring semester unless the student selects a different plan from their EPortfolio.

## 2017-2018 MEAL PLANS

AVAILABLE TO	PLAN	MEALS		POINTS
		PER SEMESTER	PER WEEK	
<b>Freshmen and Sophomores</b>	<b>BLOCK 135 MEALS / \$563 POINTS</b>	<b>135</b>	<b>9</b>	<b>\$563</b>
	<b>BLOCK 165 MEALS / \$324 POINTS</b>	<b>165</b>	<b>11</b>	<b>\$324</b>
	<b>BLOCK 210 MEALS / \$118 POINTS</b>	<b>210</b>	<b>14</b>	<b>\$118</b>
<b>All Students*</b>	<b>BLOCK 285 MEALS / \$59 POINTS</b>	<b>285</b>	<b>19</b>	<b>\$59</b>
<b>Sophomores, Juniors, and Seniors</b>	<b>BLOCK 105 MEALS / \$802 POINTS</b>	<b>105</b>	<b>7</b>	<b>\$802</b>
<b>Juniors and Seniors only</b>	<b>BLOCK 50 MEALS / \$1,296 POINTS</b>	<b>50</b>		<b>\$1,296</b>
	<b>ALL DECLINING BALANCE POINTS / \$1,752 POINTS</b>			<b>\$1,752</b>

\* Designed for those students who prefer a set dining program throughout the week; \$300 additional per semester.

# FREQUENTLY ASKED QUESTIONS

## **What are the meal plan options?**

Depending on class year, the standard meal plan ranges from a block plan of 285 meals per semester to an all-points plan. As a residential campus, all Wesleyan students are required to have a meal plan. More specific information about the meal plan program and options can be found in the Student Handbook and on the WesCard website. Wesleyan's residential meal plan program does not permit for individualized menus; however, students with food allergies, celiac disease, or other dietary concerns can request reasonable accommodations through Accessibility Services.

## **What is the process for requesting accommodations related to a food allergy, celiac disease, or other dietary condition?**

Students who would like to request reasonable accommodations related to a disability, as covered under ADA/504, are expected to self-disclose to Accessibility Services by completing the online Disability Notification Form. In addition, students need to provide documentation by including allergy or dietary condition information in the Medical/Health Forms Packet submitted to Davison Health Center or by using the Disability Provider Form available on the Accessibility Services website. Finally, students need to meet with University staff to discuss appropriate accommodations to meet their needs; this interactive process is a key feature to ensure the timely implementation of approved accommodations.

## **What kinds of food allergies can be accommodated?**

There are a number of students on campus who have a life-threatening food allergy, celiac disease, severe gluten intolerance, IBS, or other conditions that can create a challenge when making dining choices. These students have been able to manage their eating at Wesleyan quite well. Bon Appétit is able to assist students with almost any allergy or medical condition that impacts diet or nutritional choices. A priority for Dining Services is making the experience accessible for all students. While Dining Services trains its staff to ensure that every precaution is taken in order to provide safe and delicious meals, they cannot always make special accommodations without prior notification to the dining management team who works with students on these concerns. Therefore, students with food allergies, celiac disease, or other dietary concerns should self-disclose to Accessibility Services in order to begin the interactive process of discussing their dietary needs, getting connected to resources, and determining if reasonable accommodations are appropriate.

**What dining options are available to students with life-threatening food allergies, celiac, or other dietary conditions?**

Wesleyan is committed to meeting the needs of students with food allergies, celiac disease, or other dietary concern and contracts with Bon Appétit, one of the leaders in food-allergy awareness and cross-contact prevention. Bon Appétit has several dining locations on campus for students to choose from. Additionally, there is a celiac station in the Usdan Marketplace that offers appropriate food options for students who require a gluten-free diet. Bon Appétit also has a registered dietician on staff. Students who identify as having a dietary condition that impacts their meal choices are strongly encouraged to meet with the dietician, who will walk them through meal options that avoid cross contact and allergen ingredients. The dietician will also review which products are carried in other Bon Appétit locations (Weshop and the Café locations) that are appropriate for the student's dietary needs.

**Are all food items labeled with all the ingredients?**

Not every ingredient is listed. However, at Bon Appétit dining locations, the dishes are currently identified with color-coded icons that indicate specific designations (vegan, vegetarian, made without gluten, etc.), as well as naming the menu item as clearly as possible with the major eight allergens (i.e. Peanut Encrusted Sole). Many of our patrons have expressed a desire to have all food items labeled with all ingredients. A common misconception is that labeling creates a safer environment when, in reality, it does not. Individuals assume that the label is always 100 percent accurate and stop asking questions. The most accurate information regarding ingredients will come from managers and not from the staff serving the food. Bon Appétit follows a “cook from scratch” model, and managers are always on the floor of the Marketplace and Summerfields dining facilities whenever meals are being served, so students always have a resource available to them if they need to confirm certain ingredients or potential allergens.

**How can I be assured that dining on campus is a safe option?**

The most accurate information involving ingredients will always come from managers and not from the staff serving the food. Bon Appétit has a respected reputation for its awareness, safety, training, and food handling practices; protocol is based on the Food Allergy Training Guide for College and University Food Services, produced by the leading experts at Food Allergy Research and Education (FARE). Managers are always available during meal times to answer questions regarding ingredients.



**It is important to note that some dining locations on campus are not managed by Bon Appétit and therefore do not fall under the campus dining requirements. These facilities include Espresso, grown, Red and Black Café, Star and Crescent, and WesWings. Student electing to eat in these venues should check with the individual management to learn about their safety standards.**

**Are events taking place on campus outside of Dining Services a safe option?**

While some Wesleyan University sponsored events are catered by Bon Appétit, not all events on campus will be. When an event is catered by Bon Appétit, the same protocol is followed that applies to the dining facilities, and students can contact the catering manager. However, it is recommended that students with food allergies or other dietary concerns contact the event organizer ahead of time to get information about who is responsible for catering the event, and then follow up with the caterer to discuss any concerns/requests surrounding the event.

**Are there other students on campus with food allergies, celiac disease, or other dietary conditions with whom I can connect?**

There are a number of students at Wesleyan who have food allergies, celiac disease, IBS, and many other conditions that can create a challenge when making dining choices. EASY Club (Eating Allergy-Safe and Yummy) is a student-run organization on campus dedicated to supporting students with any type of eating restriction. EASY members have celiac disease, as well as other food allergies, intolerances, and sensitivities ranging from the big eight to more uncommon items, such as artificial colors and onions. A few meetings are held during each semester to cook meals, relax, and connect with other students, knowing that the food will be completely allergen safe. The meals also serve as a forum to discuss any questions, concerns, or problems faced while eating on campus, and students from EASY work with Bon Appétit to provide suggestions and discuss student concerns and possible solutions as needed.

**Can I have a roommate if I have a food allergy?**

Yes. Some students with food allergies are comfortable educating not only their roommate(s) but also students on their floor (apartment, house, etc.), in order to prevent any dangerous cross contact. All Resident Advisors (RAs), Community Assistants (CAs), and House Managers (HMs) receive training through FARE on best practices for food allergies. It is recommended that you set up a meeting with your RA after you move in to enlist any necessary support with peer education. You should also alert ResLife staff if you have an Emergency Care Plan, and also consider sharing that information with your friends and roommate(s). Additionally, talk with your roommate(s) about how to handle food storage, preparation, and eating in the room, and whether food allergens are allowed in the room. This is helpful BEFORE your roommate(s) begin(s) to bring food into the room. Establishing these rules ahead of time eliminates future conflict. For more tips on managing food allergies at college, visit the FARE website.

**In the event that an allergic reaction does occur, whom should I contact?**

When on campus, call Public Safety (PSafe) at 860-685-3333 to ensure the most rapid response. They will notify the 911 center to request emergency services. PSafe will also notify any campus partners who need to be made aware of the situation. You always have the option to call 911. When off campus, call 911 immediately, and follow up with Health Services at 860-685-2470 after receiving emergency care.



**If you have been prescribed an EpiPen, it is important for you to have it on your person all the time. An allergic reaction can occur quickly, and early treatment can be life-saving. If you do give yourself an EpiPen injection, obtain immediate follow-up care by contacting PSafe at x3333, or calling 911.**

**Who will be trained and aware on the use of an EpiPen and emergency procedures on campus?**

Dining Services staff are NOT trained to administer an EpiPen and CANNOT provide or administer them. Students should carry their EpiPen with them at all times. Public Safety, Residential Life, Usdan University Center, and Bon Appétit staff are trained and aware of emergency procedures associated with allergic reactions. However, because it is considered a medical procedure, no staff member, student, or community member is required to administer an EpiPen. If an EpiPen is used by a person in medical distress, contact PSafe at x3333 or call 911, as immediate follow up should be handled at Middlesex Hospital Emergency Department.

**How can I get off the meal plan?**

If a student has a medical condition requiring dietary restrictions that cannot be accommodated by the dining program, they can request an exemption by meeting with the physician at University Health Services. The student will review their medical condition with the campus physician, who may need to contact the student's personal physician to verify and gather documentation on the pre-existing condition. The medical director may consult with Wesleyan's nutritionist, if appropriate, and then forward a recommendation to the director of the Usdan University Center (campus liaison to Dining Services), who will make the final decision.

# CONTACT LIST

## ACCESSIBILITY SERVICES

- **LAURA PATEY**, Associate Dean for Student Academic Resources  
[lpatey@wesleyan.edu](mailto:lpatey@wesleyan.edu)  
**860-685-5581**
- **CRYSTAL ROSE HILL**, Accessibility Specialist  
[chill01@wesleyan.edu](mailto:chill01@wesleyan.edu)  
**860-685-2332**

## DAVISON HEALTH CENTER

- **DR. THOMAS MCLARNEY**, Medical Director  
[tmclarney@wesleyan.edu](mailto:tmclarney@wesleyan.edu)  
**860-685-2470**

## USDAN UNIVERSITY CENTER

- **MICHELLE MYERS-BROWN**, Director  
[mmyersbrown@wesleyan.edu](mailto:mmyersbrown@wesleyan.edu)  
**860-685-3616**

## BON APPÉTIT

- **MICHAEL STRUMPF**, Resident District Manager  
[mstrumpf@wesleyan.edu](mailto:mstrumpf@wesleyan.edu)  
**860-685-3060**
- **DANIELE ROSSNER**, Dietitian  
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**860-538-3708**

## PUBLIC SAFETY

- **EMERGENCY: 860-685-3333**
- **NON-EMERGENCY: 860-685-2345**

