

# Campus Resources

## ACCESSIBILITY SERVICES

- **Laura Patey**, *Dean for Academic Advancement* [lpatey@wesleyan.edu](mailto:lpatey@wesleyan.edu)
- **Crystal Rose Hill-Farrell**, *Director of Student Academic Resources* [chill01@wesleyan.edu](mailto:chill01@wesleyan.edu)

**Discuss individual needs regarding academic, housing, and/or dining accommodations**

## BON APPÉTIT

- **Michelle Myers-Brown**, *Director, University Auxiliary Services, Campus Dining Liaison* [mmyersbrown@wesleyan.edu](mailto:mmyersbrown@wesleyan.edu)
- **Michael Strumpf**, *Resident District Manager* [Michael.Strumpf@cafebonappetit.com](mailto:Michael.Strumpf@cafebonappetit.com)
- **Daniele Rossner**, *Dietitian* [Daniele.Rossner@cafebonappetit.com](mailto:Daniele.Rossner@cafebonappetit.com)
- **Megan Cyr**, *Assistant Director of Operations* [megan.may@cafebonappetit.com](mailto:megan.may@cafebonappetit.com)

**Discuss dietary needs. Create an individualized plan. Learn about eating with allergies on campus. Request special meal preparation**

## DAVISON HEALTH CENTER

- **Dr. Thomas McLarney**, *Medical Director* [tmclarney@wesleyan.edu](mailto:tmclarney@wesleyan.edu)

**Submit Medical/Health Forms, discuss plan in case of emergency/allergic reaction**

*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 Espwesso, 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.*

# FAQs

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

- 1) Notify Accessibility Services or Davison Health that you have a condition that requires accommodation
- 2) Provide documentation of your condition and impact on major life functions
- 3) Meet with University staff to discuss appropriate accommodations to meet your needs

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

Not every ingredient is listed. However, dishes are identified with color coded icons as well as naming foods as clearly as possible with the major allergens. The name of the menu item will include the allergens that are most likely to cause severe reactions (i.e. Peanut Encrusted Sole).

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

Bon Appétit is able to assist students with almost any allergy or medical condition that impacts diet or nutritional choices.

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

Check-in with managers who are always available during meal times to answer questions regarding ingredients.

***Who is trained and aware on the use of EpiPens and emergency procedures?***

Dining Services staff is NOT trained to administer EpiPens and CANNOT provide or administer them. Students should always carry their EpiPen. P-Safe, Res 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.

Usdan University Center



## Navigating Food Allergies, Intolerances & Dietary Restrictions at Wesleyan University

*Usdan Marketplace  
Usdan Café  
Summerfields  
Pi Café  
Weshop*

# Know What You're Eating

V

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

VG

**Vegan:** Contains absolutely no animal or dairy products

G

**Made without Gluten-Containing Ingredients:** does not contain ingredients that are sources of gluten, but is prepared in an open kitchen where gluten is present

## Bon Appétit's Approach

- Food allergen and awareness training
- Descriptive menu labeling to include major 9 allergens
- Direct ingredient questions to managers
- Develop relationships and individual communication

## Avoiding Cross-Contact

*Usdan Marketplace is self-serve: a risk of cross-contact is always present.*

**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.**

# Avoiding the Big 9 Allergens

**DAIRY:** Vegan and Kosher stations are completely dairy-free. Ask a manager about dessert ingredients. Dairy-free milk alternatives are available at Usdan and Pi Café.

**EGG:** Eggs are present in many baked goods and mayonnaise. Vegan Station is egg-free and offers tofu scramble for breakfast.

**PEANUT/TREE NUT:** BonApp dining facilities are NOT nut-free facilities but 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.

**FISH/SHELLFISH/CRUSTACEA:** Look out for the "Seafood Watch" icon. "Fish Friday" happens every week at Usdan Marketplace. Pasta station sometimes has seafood sauces and shrimp is offered at Mongolian Grill. Summerfields has salmon dishes. Some dishes may also contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing.

**WHEAT:** Look for the "Made without Gluten-Containing Ingredients" icon or check the menu at Usdan's GF station. GF breads, desserts, and pasta are available daily at Usdan. GF bagels and muffins are available at Pi Café. Usdan and Pi have dedicated GF toasters. GF soy sauce is used in most dishes. Summerfields offers GF buns and wraps but has a high risk of cross-contamination.

**SOY:** Bon Appétit uses soy-containing vegetable oil for frying foods, and students with soy allergies. Many dishes at Mongolian Grill are cooked in close proximity to soy sauce.

**SESAME:** Sesame is used in the form of oil for stir fries, paste (tahini) in hummus and dressings, and other asian-style sauces. Watch out for breads and bagels with sesame seeds at Usdan and Pi. These products may be packaged separately.

# Reminders & Tips From Students

*You deserve to be nourished and eat good food—do what you need to make sure that happens.*

*In college, are in control of your food intake, maybe for the first time. There might be a learning curve or a period of transition as you acclimate and that's ok.*

*Understand how your body reacts when you are exposed to your allergen. Have a plan in place in advance for how to handle it. Ex: Should your close friends know how to administer an EpiPen?*

*The BonAppétit staff is terrific—you can speak to any of them, especially the managers, at any time and they will take care of you. They know how to deal with allergies.*

**COMMUNICATE COMMUNICATE COMMUNICATE—Do not be afraid to advocate for exactly what you need when you need it.**

*Keep a stash of food you can eat/love to eat in your room*

*Connect with others and create a support system*

*You can do it!*

