

Helping You Manage Food Allergies & Dietary Restrictions While Dining With Us

Whether you are living with a food allergy/sensitivity, celiac disease or are vegan, vegetarian, or have other dietary restrictions, we can are here to help accommodate your needs.

WE ARE ALWAYS HERE TO HELP!

- 200+ staff **AllerTrain™** certified!
- Recognize & respond to anaphylaxis!
- Allergens identified online & in line
- Receive tailored menus by email
- Allergy-friendly pantries on-site
- Individually prepared pre-ordered meals are available

**FOOD
ALLERGY?
NOTIFY
YOUR
SERVER!**

Allergy Friendly Pantry

LET US KNOW
IF YOU HAVE
ANY QUESTIONS!
For more information or
to leave a comment, visit at
web.uri.edu/dining/nutrition



Assessing & Addressing Your Needs

Along with food service managers and principal cooks who are certified in food safety and food allergy management, we employ a full-time licensed and registered dietitian. If you need special dietary accommodations or have a question relating to nutrition, ingredients, or food preparation methods, please contact our Registered Dietitian:



Karen Orabona

MEd, RD, LDN, Dietitian & Nutrition Specialist, Certified AllerTrainer™
Dining Services
karenorabona@uri.edu

We Need to Know About You!



Please let us know about your food allergy/intolerance before you move onto campus. We will arrange a special tour so you can meet our staff and understand what options are available to you at our facilities.

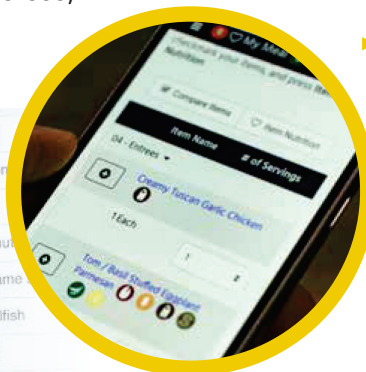
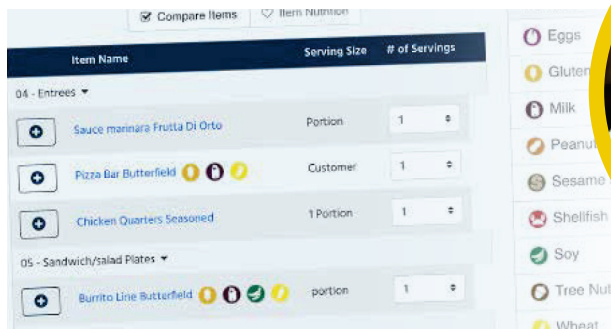
URI Dining is dynamic and ever changing, so visit our website to explore our programs like: Local Catch, EatLocal@URI, Terraponics in the Dining Halls, NetNutrition, and more.

- ▶ One-on-one meetings
- ▶ We partner with Health Services, Disability, Access & Inclusion
- ▶ Develop customized dining plans
- ▶ Learn how to navigate URI facilities
- ▶ Meet our Managers
- ▶ Encourage feedback to help define future options & services



Resources that Enhance Your Campus Life & Academic Experience

- ▶ **Consultations** with our Registered Dietitian
- ▶ Personalized Dining Hall **tours**
- ▶ Weekly customized **allergy-safe menus**
- ▶ Recipes, ingredient, and nutritional **inquiries**
- ▶ **Allergen-friendly pantries** are located in both dining halls. Each pantry area is equipped with a dedicated refrigerator/ freezer, toaster, microwave, plates and utensils. A variety of gluten-free and dairy-free food items are available from this self-serve pantry area.
- ▶ **NetNutrition®** is an online menu publishing system that will provide nutritional information for our menu items, allow you to filter dining options by food allergen and lifestyle choices, and even build your meal and get a full meal nutritional breakdown!



- ▶ Our Food Service employees are provided annual **Food Allergen and Cross-Contact training** provided by our dietitian.

- ▶ **Dedicated "purple" equipment** and utensils are utilized in the preparation of allergen-friendly menu items at food stations.

Please be aware that our kitchens and dining facilities are not ALLERGY-FREE as we do not have dedicated kitchen areas where exclusive production of allergen-free foods are prepared.

University of Rhode Island Dining Services makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies, and every effort is made to instruct our food production staff on the severity of food allergies. While we make every effort to identify allergen information, there are elements beyond our control. Please be aware that there is always a risk of cross-contact, and a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Customers with food allergies need to be aware of this risk. We will provide recipe ingredient information, recipe preparation, and product label information directly to the student so that he/she is able to make his/her own decision regarding to eat a menu item or not. Students with food allergies are encouraged to

contact URI Dining Services dietitian for additional information and/or support.

To help our customers with food allergies and/or intolerance to choose safely, the "9 Major" allergens (milk, eggs, fish, shellfish, peanuts, tree nuts, wheat, sesame and soy) are listed on the menu signage located in each dining hall and on the URI Dining Services mobile app. Also identified are menu items that are vegetarian or vegan.

Please note that the advisory labeling (i.e., precautionary statements such as "may contain," "processed in facility that also processes," or "made on equipment with") by manufacturers is not being considered for the labeling of allergens on our menus.

Stay in the Know!

Follow us **directly** for current Dining information, news, announcements, exciting programs and more:

WEB web.uri.edu/dining

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TAGS **#uridining, #uristudentaffairs**

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