



SUMMER CONFERENCES FOOD ALLERGIES @STANFORD ACCOMMODATIONS

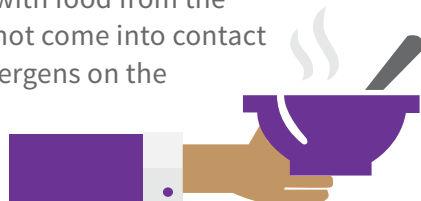
R&DE Stanford Dining, Hospitality & Auxiliaries (SDHA) is proud to offer accommodations for students and conference guests with food allergies and specialized dietary requirements through the Food Allergies @Stanford program. Here you will find information about the steps we take to support guests with food allergies and other special dietary needs.

CROSS-CONTACT PREVENTION

Our foodservice staff receive comprehensive training on cross-contact prevention for food allergies. We implement protocols in our kitchens to avoid shared surfaces with allergen-containing foods and to ensure that all production areas are regularly cleaned and sanitized to remove traces of food allergens. If it is necessary to produce a food on shared surfaces or equipment the food item will be labeled “made on shared equipment with” and then list the appropriate allergen(s).

FRESH PLATE

In our self-serve dining halls cross-contact can occur when other guests unknowingly contaminate food with an undisclosed allergen. To avoid this we suggest you always request a Fresh Plate- just let the dining staff know what you would like to eat and they will assemble your meal using new gloves and clean serving utensils, with food from the kitchen that has not come into contact with potential allergens on the serving line.



MENUS & LABELING

Daily menus are available at rdeapps.stanford.edu/dininghallmenu and detailed labels are provided for our core menu items in all dining halls. Our menus and labels identify ingredients, list 10 allergens (coconut, egg, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, wheat) and indicate if a dish is vegan (VGN), vegetarian (V), gluten-free (GF) and/or halal. If an item contains ingredients made on shared equipment with an allergen, that allergen will be labeled as “made on shared equipment with”. If you have any questions in the dining halls about specific ingredients or how a food was prepared, please consult with a manager on duty.

INGREDIENTS

ALLERGENS

DIETARY QUALITIES

R&DE STANFORD DINING
Fresh Food, Quality Ingredients

Mongolian Tofu Stir Fry

Ingredients: tofu, bell peppers, green beans, red onion, canola/olive oil blend, green onions, garlic, salt, pepper, mongolian stir fry sauce (alcohol free tamari, hoisin sauce, beet sugar, corn starch, vegetarian oyster sauce)

Allergens: SESAME, SOY, WHEAT

Made on shared equipment with COCONUT, EGG, FISH, MILK, PEANUTS, SHELLFISH, TREENUTS

VGN



MINDFUL MEAL PROGRAM

To help supplement the food options available to those with food allergies, we provide a designated station in every dining hall that offers a protein, starch and vegetable that are free from the top allergens: egg, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, wheat. The Mindful Meal will be identified on its label, to make it easier to choose an option that meets your dietary needs. We also regularly offer additional sides and baked goods in the dining halls that meet Mindful Meals standards. Please note that these food items may contain coconut, so be sure to review the label if you have an allergy to coconut or any ingredient outside of the allergens we label.

ADDITIONAL ACCOMMODATIONS:

If you have a more complex dietary need and believe your needs cannot be met through the programs offered, please reach out to nutritionist@stanford.edu for additional assistance. Examples of more complex situations include but are not limited to an airborne anaphylactic allergy to any food, a severe allergy to a food outside of the following allergens we label (coconut, egg, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, wheat), or a strict kosher diet.

If additional assistance is required, it is the responsibility of the attendee to connect with the nutrition team prior to arrival. Our nutritionists will support you individually to determine the dining strategy that best meets your needs. Please note: You must also notify your Conference Director of your special dietary need. The Food Allergies @Stanford support team includes the SDHA nutrition team, chefs and managers who work together to ensure you have an exceptional dining experience.



SDHA's nutrition team is here to help you manage your dietary needs on campus. We personally review all ingredients, recipes and menus for allergens and train R&DE staff on food allergy accommodations. If you have any questions or issues relating to food allergies, specialized dietary requirements, or nutrition, please email nutritionist@stanford.edu



We've proudly partnered with FARE (Food Allergy Research & Education) to improve the experience for guests with food allergies through enhanced awareness, accommodations and training.

Disclaimer:

Please inform your server if you have a food allergy and direct ingredient questions to a manager. While we take many precautions to correctly identify ingredients and prevent cross-contact, we are unable to guarantee the absence of potential food allergens in our food or facilities. It is, therefore, ultimately the responsibility of the individual to judge whether or not to question ingredients or consume food items.