FOOD ALLERGIES @Stanford

# FOOD ALLERGIES @STANFORD ACCOMMODATIONS

R&DE Stanford Dining is proud to offer accommodations for students with food allergies and specialized dietary requirements through the Food Allergies @Stanford program. Our nutritionists work with each student individually to determine the dining strategy that best meets his or her dietary needs. Your Food Allergies @Stanford support team includes the Stanford Dining nutrition team, chefs and managers who work together to ensure you have an exceptional dining experience. Here you will find information about the steps we take to support students 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 services with allergen-containing foods and to ensure that all food surfaces are regularly clean and sanitized to remove traces of food allergens. If it's necessary to produce a food on shared surfaces or equipment, the food item will be labeled as containing "trace allergens" to indicate that food allergens may be present.

FRESH PLATE

In our self-service dining halls cross-contact can occur when other students 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.
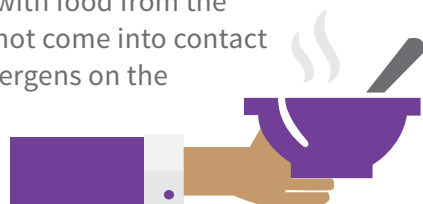
MENUS & LABELING

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, vegetarian and gluten free. If an item contains ingredients made in a shared facility or on shared equipment with an allergen, that allergen will be labeled with an asterisk (e.g. wheat*). Some foods in the dining halls are prepared on equipment that may contain trace amounts of multiple allergens so these foods are labeled as containing "trace allergens". If you have any questions in the dining halls about specific ingredients or how a food was prepared, please consult with your dining hall manager.

INGREDIENTS

ALLERGENS

DIETARY QUALITIES

R&DE STANFORD DINING
Fresh Food, Quality Ingredients

Mongolian Tofu Stir Fry

Ingredients: **organic 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: COCONUT*, EGG*, FISH*, MILK*, SESAME, SHELLFISH*, SOY, TREE NUTS*, WHEAT, TRACE ALLERGENS

VGN

MINDFUL MEAL PROGRAM

To help supplement the food options available to those with food allergies in each dining hall, we provide at least one protein, starch and vegetable at every meal that is 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, snacks 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 an ingredient outside of the top 9 allergens.

NUT SENSITIVE DINING @ RICKER AND STERN

Ricker Dining Hall has been Stanford's nut sensitive dining hall for more than 10 years. No matter which residential neighborhood community you reside in, you can choose to eat some or all of your meals at our nut sensitive dining locations. Students with peanut and tree nut allergies can request housing near Ricker or Stern along with other housing-related accommodations through the Office of Accessible Education. Stern was designated as nut sensitive during the 2020-2021 academic year. The staff at each location receive training to support students with severe nut allergies.

Steps to ensure a positive dining experience with food allergies and other dietary needs:

STEP 1 We strongly recommend students register their food allergy or medically necessitated dietary need with the Office of Accessible Education (OAE). Stanford Dining works closely with OAE to help accommodate the dietary needs of students. To learn more about registering with OAE visit *oae.stanford.edu/students/registering-oae*.

STEP 2 Complete the Stanford Dining Dietary Accommodations form on our website *rde.stanford.edu/dining/eat-well-stanford* and submit to *nutritionist@stanford.edu*.

STEP 3 Set an appointment with Stanford Dining's Nutritionist to discuss your dietary needs and available accommodations Appointments can be made for phone or Zoom conversations by visiting *stanfordnutritionist.acuityscheduling.com*.

STEP 4 Join the Food Allergies @Stanford community and help us continue to improve the Food Allergies @Stanford program through your involvement and feedback.

Stanford Dining'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* to arrange a personal consultation.

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

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STANFORD DINING