



## FOOD ALLERGIES @STANFORD ACCOMMODATIONS

Stanford Dining, Hospitality & Auxiliaries (SDHA) 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 their dietary needs. Your Food Allergies @Stanford support team includes the SDHA 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 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-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. To accomplish this, please locate the designated area in each dining hall that signifies where you can request a Fresh Plate. Once you are there, a staff member will approach you to assist with your individual requirements. Simply inform the staff member of your desired food items from the available choices, and they will meticulously prepare your meal using fresh gloves and sanitized serving utensils. Your meal will be crafted from the ingredients that have not



come into contact with potential allergens found on the serving line.

### MENUS & LABELING

Daily menus are available at [rdeapps.stanford.edu/dininghallmenu](http://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, halal or gluten free. 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 your dining hall manager.

**R&DE STANFORD DINING**  
Fresh Food, Quality Ingredients

**Mongolian Tofu Stir-Fry**

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

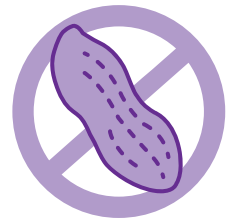
Allergens: SESAME, SOY, WHEAT

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

VGN

## 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. The staff at each location receives 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). R&DE SDHA 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](http://oae.stanford.edu/students/registering-oae).
- STEP 2** Complete the R&DE SDHA Dietary Accommodations form on our website [rde.stanford.edu/dining/eat-well-stanford](http://rde.stanford.edu/dining/eat-well-stanford) and submit to [nutritionist@stanford.edu](mailto:nutritionist@stanford.edu).
- STEP 3** Set an appointment with R&DE SHDA's nutritionist to discuss your dietary needs and available accommodations. Appointments can be made for phone or Zoom conversations by visiting [stanfordnutritionist.acuityscheduling.com](http://stanfordnutritionist.acuityscheduling.com).
- STEP 4** Stay connected with our nutritionist, chefs, and hospitality staff. Your needs matter to us, so please continue to offer timely feedback to help us enhance the Food Allergies @Stanford program.



R&DE SDHA's nutrition team is here to help you manage your dietary needs on campus. We personally review 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](mailto:nutritionist@stanford.edu) to arrange a personal consultation.



We have proudly partnered with FARE (Food Allergy Research & Education) to improve the college experience for students 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.*