



YOUR GUIDE TO MANAGING FOOD ALLERGIES & CELIAC DISEASE

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LET'S EAT

   @UKYDINING



THE FRESH
FOOD
COMPANY®

OUR COMMITMENT:

How we help you manage celiac disease & severe allergies on campus

UK Dining supports students who have celiac disease or a food allergy by providing an array of choices in our residential dining halls—Fresh Food Company and Blazer Dining—and a selection of our other campus dining locations. We strive to provide reasonable arrangements for students with celiac disease and food allergies, so that they too may participate in the campus dining experience armed with the knowledge necessary to make informed choices. The following plan has been developed for customers with special dietary needs in order to provide you with the best possible plan of action.

YOUR MANAGEMENT

Student responsibilities when managing their food allergy or celiac disease in the residential dining locations:

1. If you have a severe food allergy or celiac disease, please contact the University of Kentucky Disability Resource Center at 859-257-2754 or susan.fogg@uky.edu. You will also need to submit medical documents to the UK Disability Resource Center to register your food allergy or celiac disease.
2. Once appropriate documents have been completed and received, you will need to attend a scheduled meeting with the UK Dining Registered Dietitian Nutritionist (RDN), Lauren McKnight-Ford. The RDN will discuss how UK Dining can best meet your needs, learn how you were managing your food allergy before college, and introduce you to the management team. Contact Lauren at 859-552-8750 or lauren.mcknight-ford@uky.edu.
3. After the initial meeting, the RDN will communicate with the location chefs and managers about your specific dietary needs. Together the team will determine the best way to accommodate your needs by utilizing the current systems and procedures within UK Dining.
4. Ongoing communication and follow up will occur after these initial meetings. If you are unsure of the ingredients in a specific menu item, direct your questions to the UK Dining RDN or ask the manager on duty. Please ask a cashier or UK Dining employee to assist you if you need help locating these individuals.
5. While we make every effort to provide you the information you need to make decisions about foods to eat in our dining halls, the possibility for a reaction does exist in community dining facilities that are partially self-service. If you have been prescribed an EpiPen®, be sure to carry it with you at all times.
6. Be proficient in self management of your food allergy(ies) or celiac disease including:
 - a. Avoidance of foods to which you are allergic or cause illness
 - b. Recognition of symptoms of allergic reactions
 - c. How and when to tell someone you might be having an allergy related problem
 - d. Knowledge of proper use of medications to treat allergic reactions
 - e. Carry emergency contact information with you
7. If you have further questions or concerns, please contact our UK Dining Registered Dietitian Nutritionist, Lauren McKnight-Ford, or a location manager on duty. We encourage students with allergies or celiac disease to correspond with the RDN as much as possible in order for us to know that you are successfully navigating our dining halls.

Our environment, reducing the risk of cross contact.

Cross contact occurs when food comes in contact with another food and their proteins mix, creating the potential for an allergic reaction. Since some food in Fresh Food Company and Blazer Dining is self-serve, cross contact is possible. UK Dining provides separate serving utensils for each item in an effort to mitigate customer cross contact. UK Dining also trains and educates employees involved in food production and service about the importance of changing gloves and cleaning utensils between recipes in order to reduce the risk of cross contact.

To Assist in Reducing the Risk of Cross Contact:

1. Notify the employee serving you of your allergy, and ask that they change their gloves and use a new utensil or a fresh pan at a made-to-order station.
2. Use caution with deep-fried foods. Frying oil is reused before being changed which 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 (Examples include French fries, fried chicken, and onion rings).
3. Use caution with bakery items. Some of our bakery items are prepared on-site by our bakery department and have the potential to come in contact with other ingredients in the kitchen.
4. Request to be served food from the back of the house that have not been placed on the serving line next to foods with common allergies.
5. If you are concerned about a certain item or need assistance, ask the cashier or another employee to find the manager on duty in order to assist you.

EMERGENCY PROCEDURES

If you are experiencing the symptoms of anaphylaxis:

1. Call 911 or indicate for someone to call 911.
2. If you are prescribed, administer your EpiPen®.
3. Notify a UK Dining employee of your condition.
4. Contact UK Dining about your experience so the problem that may have caused the reaction can be addressed.

If you are experiencing an allergic reaction, but not anaphylaxis:

1. Follow instructions as directed by your physician.
2. Notify a UK Dining employee of your condition.
3. Contact UK Dining about your experience so the problem that may have caused the reaction can be addressed.

Below are the most common food allergens. If you have been diagnosed with one or more food allergies, please know that we're here to help. The UK RDN and dining managers are willing to meet with you to discuss menu ingredients and preparation to allow for the best possible experience within our dining halls.



Peanut Allergy

Peanut butter is served at our dining halls and peanuts are found in some bakery selections. Students with a peanut allergy are advised to take caution with bakery items as well as other areas within the dining halls. Also, be aware that some of our pestos are prepared using peanuts as opposed to pine nuts. Chick-fil-A® in Bowman's Den uses 100% refined peanut oil in the cooking process of all of their breaded chicken.



Tree Nut Allergy

Tree nuts may be present in select bakery items. Students with a tree nut allergy are advised to take caution with bakery items as well as items that contain coconut, coconut milk, or pesto.



Wheat Allergy

Wheat is the nation's predominate grain product, and therefore is found in many aspects of our dining locations. Students are advised to use caution or avoid restaurants where wheat or breaded foods are predominant on the menu. Aqua Sushi in The 90 uses imitation crab that contains wheat. Students can find made-without-gluten menu items at Fresh Food Company in The 90 and Rising Roll in the College of Engineering Anderson Building.



Milk Allergy

Soy milk is available every day in Fresh Food Company and Blazer Dining. If you are unsure whether or not an item contains milk, butter, or cheese please ask the location manager on duty for verification of the ingredients within the menu items in question.



Soy Allergy

Tofu, soy sauce, and other soy-containing ingredients can be found in menu items at our dining halls. UK Dining also uses soy-containing vegetable oil for frying and cooking spray for sautéing and grilling. Students with a soy allergy are advised to avoid eating fried foods on campus. Several of the tuna salad and chicken salad items at our dining locations may contain soy.



Egg Allergy

Eggs are present in bakery items, mayonnaise, and some salad dressings. Students with an egg allergy are advised to avoid mayonnaise and use caution with baked goods, salad dressings, meatloaf or meatballs, and pasta.



Fish Allergy

Our dining facilities occasionally feature fish entrées. Students with a fish allergy are asked to avoid these entrées. Some dishes may also contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing.



Shellfish Allergy

Shellfish, including shrimp and imitation crab, are occasionally available on our menu. While separate utensils are used for each food item, in order to reduce the risk of cross contact, notify the employee preparing your meal of your food allergy so extra precautions can be made.

Gluten-Free Options

For students medically diagnosed with Celiac disease or a wheat allergy

We strive to offer our students a variety of gluten-free options at Fresh Food Company and Blazer Dining. At Fresh Food Company and Blazer Dining, we offer a variety of naturally gluten-free foods as well as specialty gluten-free items such as:

- Gluten-free bread (sliced bread for sandwiches)
- Gluten-free hamburger buns
- Gluten-free pasta

In addition to these services, Fresh Food Company and Blazer Dining offer many other items that are “Made without Gluten”* such as:

- The omelet station features freshly made omelets with a variety of fresh veggies. Inform the employee of your allergy, and ask that they change gloves and use a fresh pan to complete your order.
- The salad bar offers many fruits and vegetables that are naturally gluten-free. This station is self-serve, but please ask an employee if you need assistance.
- Steamed vegetables with no added sauces are always available.

In order to ensure you are provided with quality service in Fresh Food Company and Blazer Dining, we ask that all students with a medically diagnosed wheat allergy or Celiac disease provide medical documentation from your treating physician. Documentation can be given to the University of Kentucky Disability Resource Center. For further questions or concerns, please contact our Registered Dietitian Nutritionist at lauren.mcknight-ford@uky.edu.

**“Made without Gluten” - These products are prepared in an open kitchen that is not gluten-free. If you have questions or concerns, please notify the location manager on duty or the Registered Dietitian Nutritionist.*

NEW THIS FALL!

Fresh Food Company in The 90 contains a “Worry Free” station! This kitchen is dedicated to our gluten-free and allergen-sensitive customers. Peanuts, tree nuts, shellfish, and gluten are excluded from this station. There is also a self-serve toaster and waffle maker available during all meal periods. For more information, contact our registered dietitian nutritionist at lauren.mcknight-ford@uky.edu.

VISIT ONE OF OUR DINING LOCATIONS

Ag Deli
Ag Science Center North

Apothecary Café
College of Pharmacy

Blazer
Blazer Dining

Bluegrass Café
BCTC Oswald Building

Starbucks®
Bowman's Den

Greens to Go
Bowman's Den

Chick-fil-A®
Bowman's Den

Panda Express®
Bowman's Den

Subway®
Bowman's Den

Brioche Dorée®
Gatton College of Business

Common Grounds
Champions Court I

Ed-UK-Ate
Dickey Hall

Einstein Bros. Bagels®
Chem-Phys

Freshii & Wildcat Pantry
Academic Science Building

Fusion
Erickson Hall

Intermezzo & Wildcat Pantry
Patterson Office Tower

K-Lair
Haggin Hall

Rising Roll Gourmet Café
Ralph G. Anderson Building

Starbucks®
Kentucky Clinic

Starbucks®
W.T. Young Library

Steak 'n Shake® & Wildcat
Pantry
Limestone Park I

Subway®
MI King Library

The Fresh Food Company
The 90

la Madeleine®
The 90

Taco Bell®
The 90

Aqua Sushi®
The 90

Ovid's
The 90

Wildcat Pantry
The 90

Wildcat Pantry
Patterson Hall

For location information, please visit www.uky.campusdish.com

CONTACT INFORMATION

University of Kentucky Disability Resource Center

Phone: 859-257-2754

Email: susan.fogg@uky.edu

Located at the Multidisciplinary Science
Building, Suite 407

UK Dining

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Email: lauren.mcknight-ford@uky.edu

Located at The 90, Room 233B

Connect with us Online

www.uky.campusdish.com

