

# ALLERGEN GUIDE

Your guide to managing **food allergies & intolerances** on campus.



# OUR COMMITMENT

to supporting students who have special dietary needs:



**OFFER AN ARRAY  
OF CHOICES**



**HELP MAKE  
INFORMED  
CHOICES**



**PROVIDE  
REASONABLE  
ARRANGEMENTS**



This guide has been developed for students with special dietary needs in order to provide the best possible plan of action.

# YOUR MANAGEMENT

Student responsibilities when managing their food allergy or other special dietary needs in the residential dining locations include:

- 1** Schedule a meeting with the UK Dining Dietitian, Jessica Carter, RDN, LD to discuss how UK Dining can best meet your needs, how you were managing your food allergy before college, and to introduce you to key team members.
- 2** Submit medical documents to the UK Disability Resource Center to register your food allergy or special dietary need. Please contact the UK Disability Resource Center at 859-257-2754 or [drc@uky.edu](mailto:drc@uky.edu).
- 3** 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.
- 4** 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.
- 5** Be proficient in self management of your food allergy(ies) or special dietary need including:
  - Avoidance of foods to which you are allergic or cause illness
  - Recognition of symptoms of allergic reactions
  - How and when to tell someone you might be having an allergy related problem
  - Knowledge of proper use of medications to treat allergic reactions
  - Carry emergency contact information with you
- 6** If you have further questions or concerns, please contact our UK Dining RDN, Jessica Carter. We encourage students with allergies or special dietary needs to correspond with the RDN as much as possible in order for us to know that you are successfully navigating our dining halls.

# CROSS CONTACT

When different foods come in contact with each other, they create the potential for an allergic reaction. There is a cross contact risk at UK Dining locations, but we take steps to reduce that risk, including: using separate serving utensils for each item and training our employees how to mitigate risk - from regularly changing gloves to cleaning between recipes.

## Tips To Assist in Reducing the Risk of Cross Contact:

Notify the employees serving you of your allergy and ask that they change their gloves and use a new utensil or fresh pan at a made-to-order location.

Request to be served food that has not yet been placed on the serving line next to foods with common allergens.

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.

Use caution with deep-fried foods like fries, fried chicken and tater tots. Frying oil is reused before being changed, which can lead to cross contact by other foods fried in the same oil

Use caution with bakery items. Bakery items prepared on and off-site have the potential to come in contact with common allergens like dairy, eggs, peanuts, tree nuts, wheat/gluten, sesame and soy.

# SPECIAL EVENTS

While we try to take allergies and intolerances into account for Special Events, Pop-Ups, and Tablings, it is highly recommended that you self-identify and ask questions about ingredients prior to consumption.

# EMERGENCY PROCEDURES

## For 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.

## For an Allergic Reaction

- 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.

# TOP 9 FOOD ALLERGENS

Food containing the 9 most common food allergens can be found in our dining locations across campus. These are some options and locations to take caution with if you have any of the 9 most common food allergens.



## PEANUTS

- Desserts at any UK Dining location
- Waffle Bar at Fresh Food Co & Champions Kitchen
- Chicken nuggets, Chicken sandwiches & French fries at Chick-fil-A



## TREE NUTS

- Desserts at any UK Dining location
- Items with coconut, coconut milk or pesto
- Croutons at any UK Dining Location



## WHEAT (GLUTEN)

- UK Dining locations where wheat or breaded foods are predominant on the menu.
- Crab rolls at Zen Sushi



## DAIRY

- Milk, butter & cheese are common ingredients in all UK Dining locations. Please ask the manager on duty if you're unsure if an item contains dairy.



## SOY

- Soy ingredients are often used at Fresh Food Co & Champions Kitchen
- Soy-based vegetable oil is used for frying, sautéing and grilling.
- Chicken Salad & Tuna Salad



## EGGS

- Baked goods at any UK Dining Location
- Mayonnaise
- Salad Dressings
- Meatloaf
- Meatballs
- Pasta



## FISH

- Fresh Food Co. & Champions Kitchen occasionally feature fish entrees
- Some dishes may contain fish sauce, curry paste, Worcestershire sauce, or Caesar Dressing



## SHELLFISH

- Fresh Food Co. & Champions Kitchen occasionally feature shellfish entrees, including shrimp & imitation crab
- Crab and shrimp rolls at Zen Sushi



## SESAME

- Sandwiches at Chick-Fil-A
- Bagels & pastries at Einstein Bros. Bagels, PJ's Coffee and Starbucks
- Menu items at Zen Sushi
- Menu items at Panda Express
- Asian dishes at Fresh Food Co & Champions Kitchen

## true balance

True Balance stations in Fresh Food Company and Champions Kitchen serve recipes specially selected by our chefs and Registered Dietitian to be made without the top 9 food allergens above.

Since this area is sensitive to food allergies, we ask our guests not to bring outside food, plates, cups or utensil into this area.



**UK Dining does our best to ensure that all students have a dining experience that **Feeds Your Possibilities.****



**PLEASE NOTE**

Although UK Dining is taking great lengths to accommodate students with allergies, UK Dining cannot guarantee an allergen-free environment. Most meals are prepared in open kitchens where cross-contact can occur and UK Dining relies on our suppliers ingredient listings for information, so we may not be aware of the presence of certain ingredients if they are not listed on the container or packaging.

Remember, if you don't know,

# ASK!



## CONTACT INFO

**Jessica Carter, RDN, LD**  
diningdietitian@lsv.uky.edu

Schedule a meeting:



**CONNECT WITH US!**

