

# Starting college can be an exciting, yet challenging time.

Salisbury University Dining Services provides nutrition counseling and is able to accommodate any dietary and allergen restriction and preference. Our Registered Dietitian, Certified Chefs, and location managers are here to provide counseling, information and provide an individualized program to meet your needs.



## Are you on a Gluten restricted diet?

The Commons has gluten-free bread products available at the deli and breakfast stations. Gluten-free soy sauce is available at The Wok. Gluten-free pizza crust is also available. Plato's Plate is a station dedicated to gluten-friendly, vegan, and vegetarian dishes, including desserts. There is no designated service or dining area on campus dedicated to an allergen-free or gluten-free environment. Retail locations offer a variety of Gluten-Free and gluten-friendly options.

## What is the difference between "gluten-free," "made without gluten-containing ingredients," and "gluten-friendly"?

"Made without gluten ingredients" and "gluten-friendly" indicate products that do not include any fresh or manufactured foods containing gluten. The FDA has defined "gluten-free" foods as containing less than 20 ppm of gluten, which can be determined only through laboratory testing. Since we prepare foods in a common kitchen and on shared equipment, we cannot guarantee our foods are gluten-free as defined by the FDA.

## How do we handle special diet requirements?

If specialty items are required, arrangements can be made through the Dietitian. Commons Dining will stock desired items to meet individual dietary needs when possible. If necessary, a designated Chef will prepare meals to a student's particular specification.

## How do we handle cross-contact?

Cross-contact is a risk in any food preparation area. Our staff is trained on the severity of food allergies, food products that contain allergens, cross-contact, and proper food storage and preparation. A trained Chef or Sous Chef will handle or direct any preparation needed for a student's meal. We encourage students with food allergies to alert staff and request that line servers change gloves or utensils to protect themselves from the possibility of cross-contact further.

We make every effort to avoid cross-contact but understand that there is always a risk. We ask that students with food allergies be aware of this risk.

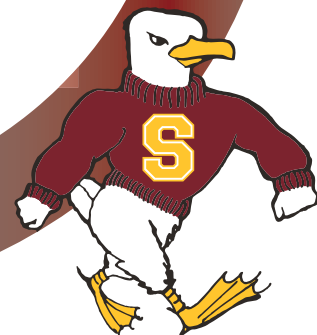
## Who can I contact if I have problems at a Dining Services location?

Terry Passano, University Dietitian, is the main point of contact for all celiac and allergy-related issues. She may be reached at [thpassano@salisbury.edu](mailto:thpassano@salisbury.edu) and 410-548-9112.



## How do we accommodate students with food allergies and celiac disease?

Our website menu provides allergen identification and nutrition information. Students can quickly identify allergens on the [menu page](#). For a complete listing of menu item ingredients, refer to the *Nutrition Info* tab. The *filter* feature allows a customizable view of the menu with allergens or food preferences filtered. These features provide transparency of menu items and allow for informed food choices.

Additionally, we work with students one on one to meet their dietary needs and preferences. Start with a meeting with our campus Dietitian to discuss the student's dietary restrictions and our menus and ingredients.



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**HERE FOR THE FOOD**

Salisbury University Dining Services



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# Will allergy related ingredients be labeled?

We identify the top nine allergens on our menu. These are fish, shellfish, wheat, dairy, eggs, soy, peanuts, tree nuts, and sesame.

Because a food manufacturer may change its food products' ingredients and nutritional content without our knowledge, we cannot guarantee the accuracy of each food item's nutritional values, allergens, or ingredients. We label all allergens stated by the manufacturers- please keep in mind that some of these ingredients may have been made in facilities that contain other allergens. For more detailed information on a food product, please contact Dining Services or the food manufacturer directly.

At our retail locations, house-prepared items are labeled and contain allergen information.

## Legend:

**VG** - Vegan

**V** - Vegetarian

**H** - Halal Fish And Certified

**SC** - Smart Choice

## Whom should I ask or talk to about a specific menu item?

Always check with the manager or Chef! These are the trained professionals who prepared or directed the preparation of your meal. They will be able to answer questions related to how an item was prepared that day. We may use different products based on our vendors' availability. What was in the chicken soup one day might be different another day. The safest way to know is to ask the person who made the dish. Ask the associate or line server to get the Manager or Chef for you. Associates are not always prepared to answer questions about allergies or recipe ingredients.

## If I have an allergy or celiac disease and I'm a resident student, do I have to have a dining plan?

Yes. We do everything we can to accommodate students with allergies and celiac.



## Should I assume what ingredients are in a menu item?

Never assume! Although you may be familiar with an item being served, please don't assume you know the ingredients because our chefs occasionally find new ways to reinvent old favorites.




## How do I get information on maintaining a healthy, nutritious lifestyle on campus?

University Dietitian Terry Passano provides individual counseling and group presentations. She sees students free of charge and works with them on various topics, including healthy eating, weight management, food sensitivities/allergies, vegan/vegetarian diets, food influences on stress and mood, and medical issues. Her office is Commons room 151 in the Link of Nations. Contact her at 410-548-9112 or [thpassano@salisbury.edu](mailto:thpassano@salisbury.edu) to make an appointment.

410-543-6173

[www.salisbury.edu/dining](http://www.salisbury.edu/dining)

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## Where do we go from here?

Set up a meeting with University Dietitian Terry Passano at 410-548-9112 or [thpassano@salisbury.edu](mailto:thpassano@salisbury.edu). We recommend meeting after you have confirmed your housing assignment and school schedule.

We feel that for students to have a successful dining experience, this must indeed be a partnership between Dining Services and the student. We intend that the student take advantage of the individual attention we provide for their allergy or special needs. Remember, you are the expert on your allergy/disease; therefore, you must communicate your needs to us. Our job is to do everything we can, within reason, to accommodate those needs.