

DINING WITH FOOD ALLERGIES



Dine without restrictions

Delicious meals made for your specific needs

Our chefs prepare specialized options from ingredients without the most common food allergens.*
See your manager for details.

*Aramark relies on our vendors' allergy warning and ingredient substitutions, recipe revisions and cross-contact with allergens is possible. Aramark cannot guarantee that any food item will be completely free of allergens.



At UML we strive to provide safe and delicious food to students with allergies in an inclusive environment. Our **True Balance** station offers recipes prepared without the top 9 allergens: Milk, Eggs, Soy, Peanuts, Tree Nuts, Fish, Shellfish, Wheat (gluten), and Sesame. For students with other allergies, or those who wish to dine at stations other than True Balance, here is helpful information to keep you safe:

Your Responsibilities

- Notify University Dining of your food allergy by contacting dietitian@uml.edu.
- Know what foods you react to, recognize the signs of an allergic reaction, and tell someone if you think

you might be experiencing an allergic reaction.

- If you have an Epi Pen, always carry it with you.
- Read station signage, menus, and ingredient information. Our menu can be found at www.uml.edu/dining.
- When in doubt, ASK.



University
Dining

Our Responsibilities

- We provide separate service utensils for each food item and change them between every meal period.
- Our employees are trained to wash their hands, change their gloves, and clean and sanitize their workspace when preparing different food items.
- We follow standardized recipes to ensure accurate ingredient information.
- We clean and sanitize each station following every meal period.
- We will provide full ingredients information upon request by sharing recipes and ingredients packages with you.

Tips for Preventing Allergic Reactions

1. Always inform your server that you have a food allergy.
2. At self-serve stations you can ask the attendant to provide you with products stored behind the counter to minimize the risk of cross contact.
3. Remember to always wash your hands before you eat.
4. Our fryers are used to cook a variety of menu items which may contain your allergen. Ask a manager for more information if you are concerned.
5. The Campus Dietitian can work with you to develop a plan so you can navigate the Dining Hall safely.

While we take steps to ensure that you can make informed decisions when selecting foods in our dining halls, there is always a possibility for a reaction in a community dining environment.

If you notice something problematic or concerning in our Dining Halls, please contact the Admin Team at dining@uml.edu.