Dining With Food Allergies at UML

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 use of the top 8 allergens: Milk, Eggs, Soy, Tree nuts, Peanuts, Wheat (gluten), Fish, and Shellfish. For students with other allergies, or those who wish to dine at stations other than True Balance, we recommend the following tips for staying safe.

Your Management

• Notify University Dining of your food allergy by contacting dietitian@uml.edu. The Dietitian will help you to develop a plan so you can navigate the dining halls safely.
• Know what foods you react to, recognize the signs of an allergic reaction, know when to tell someone that you might be having an allergic reaction.
• If you have an Epi Pen carry it with you at all times.
• Read station signage, menus, and ingredient information. Our menu can be found at www.uml.edu/dining.
• When in doubt, ASK. The best resources are the General Manager, Chef, or Dietitian. If you do not know who these individuals are, ask a cashier or other employee on duty.
• If you notice something problematic or concerning in our Dining Halls, please contact the Admin Team at dining@uml.edu. If we do not hear from you, we assume that you are successfully navigating the dining hall.

Our Role

• 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 working space when preparing different food items.
• We follow standardized recipes to ensure accurate ingredient information for your knowledge.
• We will provide full ingredients information upon request by sharing recipes and ingredients packages with you.
• We clean and sanitize each station following every meal period.

Cross-contact

[Image: True Balance station logo]

[Image: True Balance recipes]

[Image: UMass Lowell logo]
• **Cross Contact** occurs when two foods mix, creating potential for an allergic reaction. Prevent cross-contact by:
  - **Full-service stations (ex: Deli):** Always inform your server that you have a food allergy.
  - **Self-service stations (Ex: Salad bar):** Cross-contact may occur between hands, serving utensils, and plates. You can ask the attendant to provide you with products stored behind the counter to minimize the risk of cross contact. Remember to always wash your hands before you eat!
  - **Fryers:** Our fryers are used to cook a variety of menu items which may contain different allergens.

*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 reaction in a community dining environment.*