A Guide to Managing Food Allergies & Celiac at American University
American University Dining Services
4400 Massachusetts Ave NW
Washington, DC 20016

Sarah Goff, RDN, LD
Registered Dietitian Nutritionist
202.885.3195
sgoff@american.edu

For more information about our process for managing allergies including our menus, visit AU Dining Services online at dineoncampus.com/au.
What's Covered

☐ Our Philosophy
☐ Food Allergy Disclaimer
☐ Avoiding Peanuts and Tree Nuts
☐ AU Dining Resources
☐ Managing Cross-Contact
☐ Student Responsibilities
☐ Handling a Reaction
☐ Points of Contact
Our Philosophy

American University (AU) Dining builds relationships with students and creates individualized plans based on their needs. We strive to provide students with the support they deserve by accommodating those with food allergies and intolerances. Students are supplied with nutrition and ingredient information, which allows them to navigate the dining facilities around campus safely. We understand that allergies can be tough to manage, which is why we work with the Academic Support and Access Center to provide reasonable dining accommodations for students with severe food allergies. It is our goal to safely and comfortably transition students into their new life at AU.
Disclaimer

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas in all of our facilities. We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. **Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance.**

**Don't be shy, self-identify!**

**Do you have a food allergy?**

**We can help!**
Avoiding Peanuts and Tree Nuts: Our Policy

Products or ingredients that state the following on package labels will not be purchased or brought into any food preparation, kitchen, or food service area:

Contains peanuts, contains nuts, or contains tree nuts;
May contain peanuts or tree nuts;
Made on shared equipment that also processes peanut or tree nuts.

Items with the statement “Made in a facility that produces or handles peanuts/tree nuts/nuts” may be purchased and used within the food service operation. Product labels will be shared with diners upon request.
Avoiding Peanuts and Tree Nuts: Coconut

Coconut may be used within the dining facility. According to FARE:

“There is no evidence that coconut oil or shea nut oil and butter are allergenic. Coconut, the seed of a drupaceous fruit, has typically not been restricted in the diets of people with a tree nut allergy. However, in October 2006, the FDA began identifying coconut as a tree nut. Medical literature documents a small number of allergic reactions to coconut; most occurred in people who were not allergic to tree nuts”

Coconut and coconut oil are found in many foods including bakery and dessert items, vegan dishes and products, and a number of other ingredients that would be restrictive to eliminate. Please see a manager or contact our registered dietitian for assistance in identifying coconut in our dining facilities.
Our Chefs and Managers complete the Food Allergies and Celiac Disease Training annually. The training we provide is reviewed and approved by FARE.

AU Dining services employs a full-time registered dietitian who works closely with the Academic Support and Access Center.

At the start of the semester (or any time of the year) students will meet with our campus registered dietitian. At this meeting, the discussion will center on allergy/medical condition, a review of menu items and ingredients, cross-contact issues, and any further questions or concerns that need to be addressed.
We accommodate every request to view ingredient labels. To do so, locate a chef or manager. Our associates are able to help you locate a chef or manager.

We publish ingredient information through our Dine On Campus app and at dineoncampus.com/au.

Download our Dine On Campus app for free! Available in the Apple or Google Play stores.
AU Dining is proud to offer G8, an allergy-friendly station located in the Terrace Dining Room (TDR). G8 has a dedicated prep area, storage area, and serving utensils. G8 offers menu options that avoid the 8 most common allergens: **Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, and Soybeans**. This station also avoids **gluten**. G8 options change at a every meal period and include a protein, starch, and vegetable. This station is open daily for lunch and dinner.

A gluten free toaster and waffle iron is located in TDR between Homestyle and Kosher. The toaster is designated by its purple color. In this area, you will find Udi's gluten free bread and individual packets of jam. Packets of cream cheese are available from a manager.
Managing Cross-Contact

Cross-contact occurs when one food item encounters another that contains the allergen. Since many of the food items in TDR are self-serve, this is a potential hazard. If you have a food allergy or intolerance and you're dining in any of our campus locations, please ask the AU Dining Services employee serving your meal to:

1. Wash their hands and change their gloves.
2. Use a new, clean utensil for your meal.
3. Serve your menu items from the back of the house that have yet to come in contact with the serving bar.
4. Take caution with deep-fried foods. Frying oil is used to fry various foods that could contain your allergen.
5. Be sure to review ingredient information online via our Dine On Campus app or at dineoncampus.com/au. Ingredient labels are always available to you upon request.
Student Responsibilities

Don't be shy, self-identify! Tell an AU Dining manager or chef that you have a specific food allergy so we can provide you with a safe experience. Dining associates can help you locate a manager or chef.

Register with the Academic Support and Access Center to receive reasonable accommodations for severe food allergies that rise to the level of a disability.

Provide requested medical and personal documentation to parties as requested.

Stay in communication with our registered dietitian throughout the course of your collegiate career.

Report any dining issues or allergic reactions immediately to a dining services manager, director, or dietitian.
Handling a Reaction

Signs of anaphylaxis include (but are not limited to):

- Shortness of breath, wheezing, repetitive coughing
- Turning blue, paleness, dizziness, weak pulse
- Repetitive vomiting or diarrhea
- Trouble breathing or swallowing
- Swollen throat and/or tongue
- Hives, widespread redness
- Anxiety, confusion, feeling that something bad is happening

If you are exhibiting symptoms of anaphylaxis, please take the following steps:

- Get help immediately! Notify a manager or have someone call for help.
- Administer epinephrine.
- Call 911 immediately.
- Sit or lie down with your legs up. If breathing is difficult or if you're vomiting, sit up or lie on your side.
- Have someone call your emergency contact(s).

IF YOU HAVE BEEN PRESCRIBED EPINEPHRINE, YOU SHOULD CARRY IT WITH YOU AT ALL TIMES. AU DINING DOES NOT STORE EPINEPHRINE.
Points of Contact

Academic Support and Access Center
https://www.american.edu/provost/academic-access/

Sarah Goff, RDN, LD
Registered Dietitian
sgoff@american.edu
Office location: Mary Graydon Center

Chef Richard Yennerell
Campus Executive Chef
richard.yennerell@compass-usa.com