

A Guide to Managing

Food Allergies

- *at the* -

University of
North Florida

UNIVERSITY OF NORTH FLORIDA | UNF DINING SERVICES

1 UNF Drive – Building 16
Jacksonville, FL 32224

904.620.2543
foodserv@unf.edu

For more information about our process for managing allergies including our menus, visit UNF Dining Services online at dineoncampus.com/unf.



• TABLE OF • CONTENTS


4	OUR PHILOSOPHY
5	FOOD ALLERGY DISCLAIMER
6	FOOD ALLERGY 101
7	WHAT HAPPENS DURING AN ALLERGIC REACTION
8	IN CASE OF REACTION
9	YOUR RESPONSIBILITIES
10	AVOIDING CROSS-CONTACT
11	OUR COMMITMENT: HOW WE CAN HELP YOU
12	ICONS ON CAMPUS
13	YOUR RESOURCES AT UNF
14	POINTS OF CONTACT

Healthy & Safe Osprey

Our Philosophy

UNF Dining aims to provide our students with the support they deserve by accommodating those with food allergies and intolerances. We understand the effort it takes to manage one's diet with food allergies and we want to be able to provide a safe place for those in need. We supply the most up to date information for our menu items which allows students to safely navigate through their dietary choices without hesitation. We consider each individual student's personal dietary needs and make every effort to help transition students into their new life at UNF.

We are committed to nourishing our students in a healthful and safe manner every day. We work closely with the Disability Resource Center, Student Health Services, and the Housing and Residence Life departments to provide reasonable arrangements for students with food allergies to participate in as many on-campus experiences as possible.



How may we assist you?

Food Allergy 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!

Please speak with a manager about any food allergies you may have.



Do not diagnose a food allergy on your own. Suspected food allergies should always be evaluated, diagnosed, and treated by a qualified medical professional, such as a board-certified allergist. Your primary care provider may refer you to an allergist.

Food Allergy 101

According to the Centers for Disease Control (CDC), an estimated 15 million Americans, including 1 in 13 children, have food allergies, and more than 30% of them have more than one allergy. A food allergy can develop at any time and can affect one's breathing, intestinal tract, heart, and skin. The outcomes are serious and potentially life-threatening, and every 3 minutes, a food allergy reaction sends someone to the emergency room. Here at the University of North Florida, we take this seriously.



What is a food allergy?

A food allergy refers to an adverse reaction to a food structure (generally a protein) that causes an immune response when consumed. Food allergic reactions can vary from mild to severe and can occasionally be fatal, depending on the exposure. Therefore, there is no safe or acceptable amount of an allergen for those with life-threatening food allergies.

Common food allergens

United States FDA allergen labeling requirements for manufactured products only apply to the eight major food allergens that are responsible for almost 90% of all allergic reactions: *peanuts, tree nuts, fish, seafood, eggs, milk, wheat, and soy*. However, any food item can potentially be an allergen and more than 130 foods have been documented responsible for an allergic reaction.

What Happens During an Allergic Reaction?

1

A food allergy is when your immune system mistakenly attacks a food protein (allergen). Your body creates its own proteins called IgE antibodies (immunoglobulin E) to fight against the food allergen.

If you mistakenly consume the food again your body sends out the IgE antibodies to attack the allergen. This releases chemicals that cause an allergic reaction. If you're highly sensitive to a food, even breathing it in or having it touch your skin can trigger a reaction.

2

3

Reactions can range from mild to severe, including the potentially life-threatening condition anaphylaxis. The first signs of a reaction may be mild but can exacerbate quickly, and what caused a mild reaction one-time can lead to a severe reaction the next time.

Mild to moderate reactions may include one or more of the following:

- hives/red skin around the eyes or mouth
- itchy or runny nose
- sneezing
- itchy mouth
- a slight cough
- mild itch
- mild nausea/discomfort
- abdominal pain
- diarrhea

Severe reactions may include one or more of the following:

- swelling of the lips, tongue, and/or throat
- trouble swallowing
- shortness of breath or wheezing
- turning blue
- drop in blood pressure
- loss of consciousness
- chest pain
- a weak pulse
- death

Any of the severe symptoms may be signs of anaphylaxis and can be fatal. Regardless of the type of symptoms, you must receive immediate medical attention as the allergic reaction can progress from mild to severe instantly.

IN CASE OF A *Reaction*



Food allergy reactions send someone to the emergency department every three minutes, resulting in more than 200,000 emergency department visits in the U.S. per year

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 your EpiPen or take an antihistamine.
- Call 911 or UPD (620-2800) 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 AN EPIPEN, YOU SHOULD CARRY IT WITH YOU AT ALL TIMES.

Responsibilities as a Student

Just like your university has a responsibility to you, you have responsibilities to the university and yourself. It is ultimately your responsibility to tell the university you have a food allergy and to be your own best advocate.



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

**Do you have a food allergy?
We can help!**



Speak up! Tell a UNF Dining manager that you have a specific food allergy so we can provide you with a safe experience.



Register with the Disability Resource Center on campus about the food allergy to receive the American's with Disabilities Act protection for reasonable accommodation.
Refer to page 14.



Provide requested medical and personal documentation to parties as requested.



Contact UNF Dining Services early and stay in communication throughout the course of your collegiate career.



Report any dining issues or allergic reactions immediately to the dining services manager, director, or UNF campus dietitian.

Avoiding Cross-Contact

There are several ways for an individual with a food allergy to be exposed to the allergen. Common exposures occur from:

- 1.** Accidentally eating the food. This usually happens when an allergen is present in food, but the consumer is unaware.
- 2.** Cross-contamination of food. This happens when foods are cooked on common equipment, such as fryers and grill tops. It can also happen if a meal is modified after preparation, such as removing the cheese from a sandwich.
- 3.** Cross-contamination in other areas. These types of contamination happen when spoons or serving utensils are shared between dishes.

Cross-contact occurs when one food item encounters another that contains the allergen. Since many of the food items in the Osprey Café 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, *be sure to take the following precautions if you are worried about cross-contact:*

Ask the UNF dining employee handling your food to:

- 1.** Wash their hands and change their gloves.
- 2.** Use a designated utensil for your meal.
- 3.** Serve your menu items from the back of the house that have yet come in contact with the serving bar.
 - Take caution with deep-fried foods. Frying oil is used to fry various foods that could contain your allergen.
 - Be sure to review the allergen and ingredient information online or on the nutrition kiosk located in the Osprey Café. *Refer to page 13.*

OUR COMMITMENT:

How We Can Help You

To ensure your safety and satisfaction:

1

Our Chefs and Managers have completed the Food Allergies and Celiac Disease Training. The training we provide is reviewed and approved by FARE.

2

Our UNF dining employees have completed and passed their allergy training.

3

We have an open policy with our recipes and encourage students to request to view all product labels that are used within our recipes.

4

We support the Food Allergen Labeling requirements for the 8 major allergens.

5

We maintain a working relationship with Student Health Services, Housing & Residence Life, Disability Resource Center, and the University Police Department to provide you with a comprehensive, inter-departmental system of managing your food allergies.

ICONS IN THE *Osprey Café & Around Campus*



These foods do not contain any animal products at all. This includes honey, eggs, dairy products of any kind, chicken, seafood, beef, ham, or any another animal stock or base.



These foods do not contain any poultry, pork, beef, seafood or fish. No stocks made from poultry, pork, beef, seafood or fish may be used either. These foods may contain eggs or dairy products.



Since we prepare products in common kitchens or shared equipment, it is not possible that our prepared foods can maintain the *gluten-free* status established by the manufacturer and FDA. Thus, we use the **Avoiding Gluten** icon to denote areas and dishes that do not contain any fresh or manufactured foods containing gluten. For any concerns or questions please contact our executive chefs or registered dietitian.

Our "Pantry" area contains a separate toaster and fridge for avoiding gluten items, along with our Allergy Friendly products.



Your Resources at UNF

Students with multiple allergies who find it difficult to locate safe options on daily menus can **schedule a meeting** with our chef or director. You can find our staff information at dineoncampus.com/UNF



Do you have a food allergy?
We can help!

Have you seen the kiosk in the Osprey Café?



Once you've met with one of our chefs or directors, make sure to check out the iPad in the Osprey Café and explore weekly menus, nutrition information, and most importantly, allergy information!

Points of Contact



Brook Adams
Campus Executive Chef

b.adams@unf.edu
(904) 620-2244

VISIT OUR WEBSITE:

<https://www.dineoncampus.com/unf>

DISABILITY RESOURCE CENTER

<https://www.unf.edu/drc/>

STUDENT HEALTH SERVICES

<https://www.unf.edu/shs/>