

A Guide to Managing

Food Allergies

- *at* -

Florida
Atlantic
University

FLORIDA ATLANTIC UNIVERSITY | FAU
Dining Services
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For more information about our process for
managing allergies including our menus, visit
Panther Dining online at dineoncampus.com.



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Healthy & Safe Owls

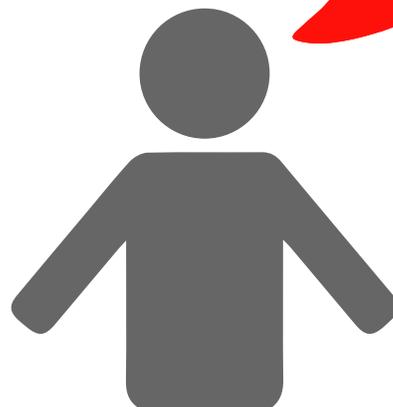
Our Philosophy

FAU Dining Services aims to provide our students with the support they deserve by accommodating those with food allergies and intolerances and providing a safe place to eat for those in need. Our resident hall labeling system supplies the most up-to-date information for our menu items, allowing students to safely navigate through their dietary choices without hesitation. Our team considers each individual student's dietary needs and makes every effort to help transition students into their new journey at FAU.

FAU Dining Services is committed to nourishing all students in a healthful and safe manner every day. We work closely with FAU Business Services, 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 and up-to-date as possible. To view, please visit our Dine on Campus website at dineoncampus.com and download our **Dine on Campus app** for convenience. 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 the onsite Registered Dietitian or manager for individualized assistance.**



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

Please speak with a Registered Dietitian or 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

Researchers estimate that 32 million Americans have food allergies. Nearly 11 percent of people age 18 or older – more than 26 million adults – have food allergies. While most food allergies develop during childhood, medical records data suggest that at least 15 percent of patients with food allergies are first diagnosed in adulthood. 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 Florida Atlantic University, we take this seriously.



What is a food allergy?

A food allergy refers to an adverse reaction to a food structure (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 8 major food allergens that are responsible for almost 90% of all allergic reactions: **peanuts, tree nuts, fish, seafood, eggs, milk, wheat, and soy**. Allergists consider sesame allergy to be an emerging concern. It is important to note that any food item can potentially be an allergen and more than 170 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:

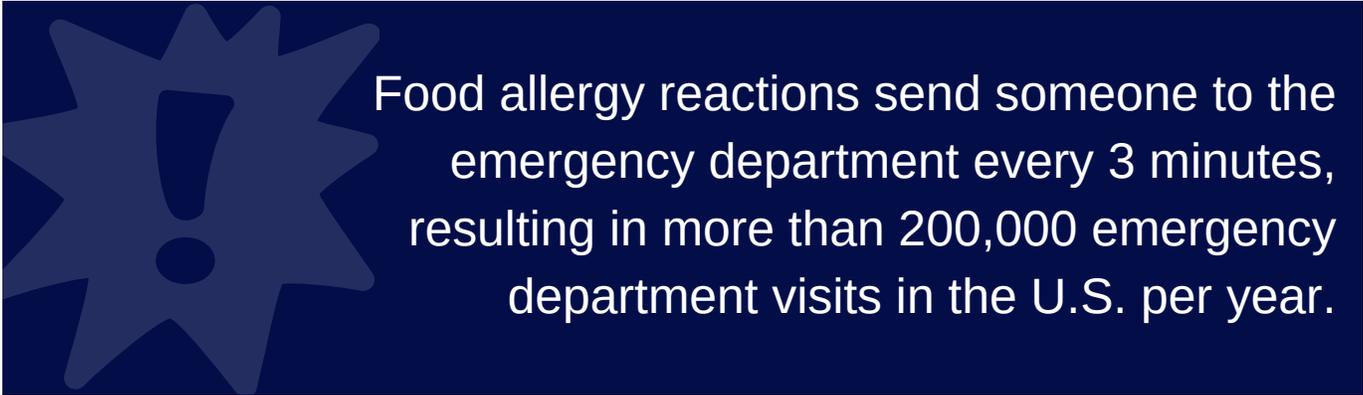
- hives/red skin around the eyes or mouth
- itchy or runny nose
- sneezing
- itchy mouth
- a slight cough
- mild itch
- mild nausea/discomfort
- abdominal pain
- diarrhea

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 (body becomes hypersensitive and goes into shock) 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 3 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:

1. Get help immediately! Notify a manager or have someone call for help.
2. Administer your EpiPen or take an antihistamine.
3. Call 911 or FAU PD immediately at:
(561) 297-3500 for Boca Raton
(561) 799-8700 for Jupiter
4. Sit or lie down with your legs up. If breathing is difficult or if you're vomiting, sit up or lie on your side.
5. Have someone call your emergency contact(s). These can be documented on your Allergen Card. *Refer to page 13.*



Prompt injection of epinephrine (adrenaline) within minutes of the onset of anaphylaxis symptoms is crucial to successfully treating an anaphylactic reaction. A self-injectable epinephrine device is available by prescription.

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.



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



Register with the Student Accessibility Services 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 FAU 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 dietitian.



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

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. Cross contact (most common).** This occurs when one food item comes into contact with another that contains the allergen. Because it only takes one contact for the allergen to transfer from one food to another, foods that are prepared or cooked on common equipment, such as fryers and grill tops, or sharing spoons or serving utensils between dishes can cause cross contact. Take caution with deep-fried foods. Frying oil is used to fry various foods that could contain your allergen. It can also happen if a meal is modified after preparation, such as removing the cheese from a sandwich. Food allergens cannot be removed by a cooking method.
- 2. Accidentally eating the food.** This usually happens when an allergen is present in food, but the consumer is unaware.
- 3. Insufficient cleaning.** Touching the food that contains the allergen and not properly washing your hands. The allergen can easily be transferred.
- 4. Through the air.** Being in the same room as food that contains the allergen may cause a reaction.
- 5. Salad bars and buffets.** Remember to take caution near self-serving stations.

Since many of the food items at the Atlantic Dining Hall are self-serve, this is a potential hazard. Carefully read labels and be sure to review the allergen and ingredient information online or on our app. *Refer to page 5.* If you have a food allergy or intolerance and you are dining at any of our campus locations, ***be sure to take the appropriate precautions if you are worried about cross-contact.***

Ask and remind the FAU Dining Services associate 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.

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 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 are committed to making accommodations for students with food allergies and intolerances. Ingredients will be taken from the back of house and prepared in a separate prep section of the kitchen.

5

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

ICONS THROUGHOUT THE

Dining Hall



Foods that are limited in calories, fat, saturated fat, cholesterol and sodium. Eating these foods more often will help you feel energetic and promote health and wellness.



Foods that do not contain any animal-derived products at all. This includes honey, eggs, dairy products of any kind, poultry, seafood or fish, beef, pork/ham, or any another animal stock or base.

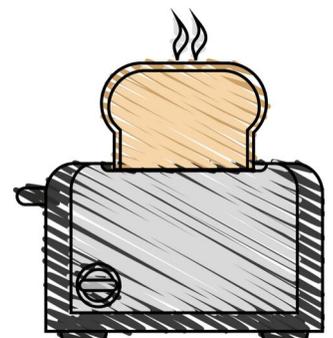


Foods that do not contain any poultry, seafood or fish, beef, pork/ham, or any another animal stock or base. These foods may contain eggs, dairy, and/or honey products.



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.

Next to our Avoiding Gluten station in resident dining, we provide a separate toaster and waffle maker and bread container for gluten-free items, along with our Allergen Friendly products.



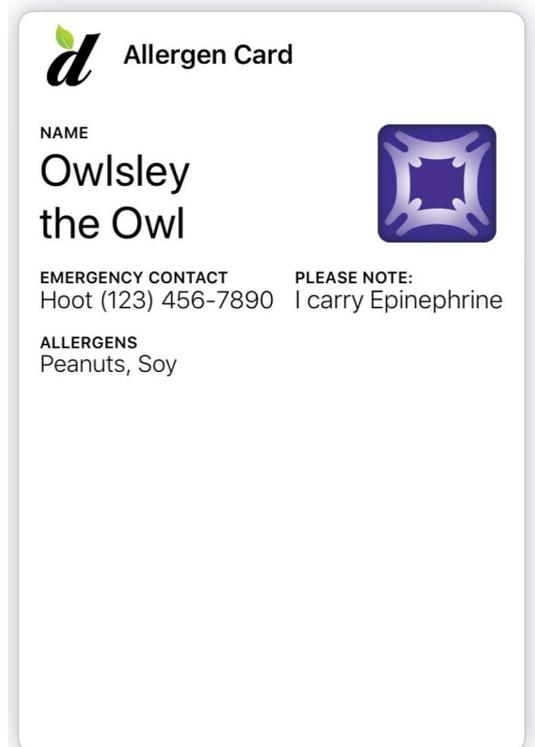
Your Resources at FAU

Did you know FAU Dining Services offers one-on-one nutrition counseling as a service to all of our members?*

Students with multiple allergies who find it difficult to locate safe options on daily menus can ***schedule a meeting*** with the Registered Dietitian and Executive Chef to consult further options.

The purpose of the Allergen ID is to communicate your food allergies with dining associates on campus.

1. Download Dine on Campus app on your App store.
2. Open the app and select your university.
3. Click on the "More" tab on the bottom right hand corner, select "My Profile" and create a username and password using your university credentials.
4. Once logged in, select "Allergen Preferences".
5. Fill in your food allergies, emergency contact name and phone number, check the box if you carry an EpiPen and complete by selecting "Update" at the bottom of your screen.
6. Select "Add to Apple Wallet".
7. Present this card to a Manager at any dining location on campus for customized meal preparation.
8. You may also obtain a hard copy of the Allergen ID card by signing on to our website: dineoncampus.com/fau > Allergens



Points of Contact



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VISIT OUR WEBSITE

dineoncampus.com

FOOD ALLERGY RESEARCH & EDUCATION

<https://www.foodallergy.org/>

STUDENT ACCESSIBILITY SERVICES

<https://www.fau.edu/sas/>

STUDENT HEALTH SERVICES

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