



Dining With Special Dietary Needs



Dining Services
UNIVERSITY OF HOUSTON



Timeline of Dietary Enhancements

KEY BENCHMARKS



UH Dining Services
UNIVERSITY OF HOUSTON



2023 – In addition to FARE Food Allergy and Celiac Disease and Avoiding Gluten Training, mass education regarding Vegan, Vegetarian, and Halal dining services were covered.



2023 – Aligning with guest values, Moody Towers Dining Common achieves 3-star Green Restaurant Association (GRA) certification and Cougar Woods becomes first in Texas to achieve the prestigious 4-star GRA certification.



2022 – Launching of HowGood, a research-based platform for informing guests of the environmental and social impact of food choices.

SCAN HERE FOR
FULL TIMELINE



STATISTICS



UH Dining Services
UNIVERSITY OF HOUSTON

VG

Vegan

V

Vegetarian

45%

OF TOTAL MENU IS
VEGAN

MOODY
20% Vegan
COUGAR WOODS
19% Vegan

24%

OF TOTAL MENU IS
VEGETARIAN

MOODY
30% Vegetarian
COUGAR WOODS
29% Vegetarian

A close-up photograph of four gourmet appetizers arranged on a light-colored wooden cutting board. Each appetizer is served on a small, round, golden-brown cracker. The toppings are diverse and colorful: one features a dark, textured vegetable (possibly a roasted carrot or beet) and red berries; another has a white daisy flower and green microgreens; a third is topped with a yellow vegetable and red berries; and the fourth has green edamame and white shredded vegetables. The background is softly blurred, and the overall lighting is bright and natural.

Dietary Icons

DIETARY ICONS

New!

VG

Vegan

contains no animal-based ingredients or by-products (no eggs, dairy, or honey)

V

Vegetarian

contains no meat, poultry, fish or seafood but may contain eggs, honey or dairy

PR

Good Source of Protein

food items that contain at least 7 grams of protein per serving

AG

Avoiding Gluten

menu items prepared without gluten containing ingredients

CF

Climate Friendly

Recipes with low greenhouse gas emissions (GHGs) and have agricultural and ingredient processing impacts that are lower than 70% of all products assessed by HowGood



Climate Friendly

A close-up photograph of five gourmet appetizers arranged on a light-colored wooden surface. Each appetizer is a small, round, golden-brown cracker or bread base. The toppings are diverse and colorful: one features a dark, spiral-shaped vegetable; another has a white daisy flower; a third is topped with a green herb sprig; and others include red and yellow garnishes. The background is softly blurred, focusing attention on the intricate details of the food.

Ingredient Expert

New!

ask an INGREDIENT EXPERT

Find an ingredient expert
to ask about any food allergies or
ingredient concerns.



MATHEW ZUNIGA
Director of Dining Services



RANDY ABRAM
Executive Chef



NATHANIEL CHERRY
Sous Chef



CELIA OLVERA
Sous Chef



ZARIAN WHITE
Supervisor



LISA HENEGAN
Supervisor

General Allergen Disclaimer: Be aware that we handle and prepare egg, wheat, milk, shellfish, fish, soy, peanut, tree nuts, sesame, and other potential allergens, in the food production areas of our facility. 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.

New!

INGREDIENT EXPERT



ANDREW DEIKE
Director of Dining Services



DEMETRIOS PIAS
Executive Chef



JENNIFER FERRERA
Assistant Director



BRIA MOITA
Assistant Director



EXZANIA GRIFFIN
Dining Manager



ROBERT CLOUD
Sous Chef



SHELIA GARNER
Sous Chef



ANSONJA COBB
Sous Chef

SCAN HERE TO
LEARN MORE

ASSOCIATE TRAINING



UH Dining Services
UNIVERSITY OF HOUSTON

Training Includes

- Defining Vegan And Vegetarian Diets
- Identifying Ingredients
- Best Practices
- Case Scenarios
- Understanding The Severity Of Food Allergic Conditions
- Encouraging Guest Advocacy
- Complexities Of Gluten Within Food Manufacturing
- Halal Considerations





Dietary + Allergen Restrictions

DELICIOUS WITHOUT

featuring
menu options prepared without:



EGGS



WHEAT



SOY



MILK



SHELLFISH



PEANUTS



TREE NUTS



SESAME



GLUTEN



FISH

LOCATED NEAR PIZZA, BY THE WINDOW

- Gluten-free desserts
- Gluten Free Bread
- Milk Alternatives





Vegan + Vegetarian Options

VEGAN + VEGETARIAN OPTIONS

Vegan and vegetarian options are available across the campus!
The below locations offer vegan and vegetarian options:

MOODY DINING

- Soup
- Salad Bar
- Homestyle
- Sabores
- Create - Pasta
- Pizza
- Delicious Without (**foods also prepared without alcohol**)
- Bakery
- Starbucks
- Flame
- Umami
- Deli
- Fruit + Yogurt

RETAIL LOCATIONS

- Asado Tacos & Bowls
- Mondo Subs
- Chick-fil-A
- Panda Express
- Starbucks
- Markets – All Day Exchanges + Hot Meals
- McAlister's
- Einstein's
- Food Trucks

COUGAR WOODS

- Soup
- Salad Bar
- Savory
- Pizza
- Bakery
- Deli
- Flame
- Fruit + Yogurt
- Pasta
- Spice Den



Halal Options

HALAL PROTEINS



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The halal logo can be found on sneeze guards at both dining halls and in specific retail locations, including Asado Tacos & Bowls, Mondo Subs, and Abu Omar food truck. Halal icons seen in the dining halls mean that certain items at that station are halal, but not all items.

حلال
Halal

5 LOCATIONS

Serving halal proteins including both dining halls and select retail locations.

Cougar Woods – Grill, Deli, Savory, Global

Moody – Grill, Deli, Create, Street Eats, Delicious Without (**foods also prepared without alcohol**), Homestyle, Sabores

Retail Locations – Asado Tacos & Bowls, Mondo Subs, Superbyrd Food Truck

Halal icons seen in the dining halls and retail locations means that certain items are halal, but not all items.

CERTIFICATIONS



UH Dining Services
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All of UH Dining's halal meat undergoes third-party quality assessment for adherence to Islamic dietary laws. Agencies such as Halal Transactions of Omaha and HalalCo perform independent inspections, certifying that the meat was blessed, slaughtered with no cross-contact occurring, and all blood drained.

Halal Transactions, which supplies the University's beef, touts being Muslim owned and operated, "serving the Muslim community in the USA and Canada for 30 years", and also voluntarily undergoing multiple audits each year by Islamic Halal authorities.

Certificates are available upon request.

حلال
Halal



New + Noteworthy

ALL PROTIENS AT **ASADO**
ARE NOW HALAL!

New!



PECHO ASADO

RESOURCES

1

Social Media
@uhfoodie

2

Chattback

3

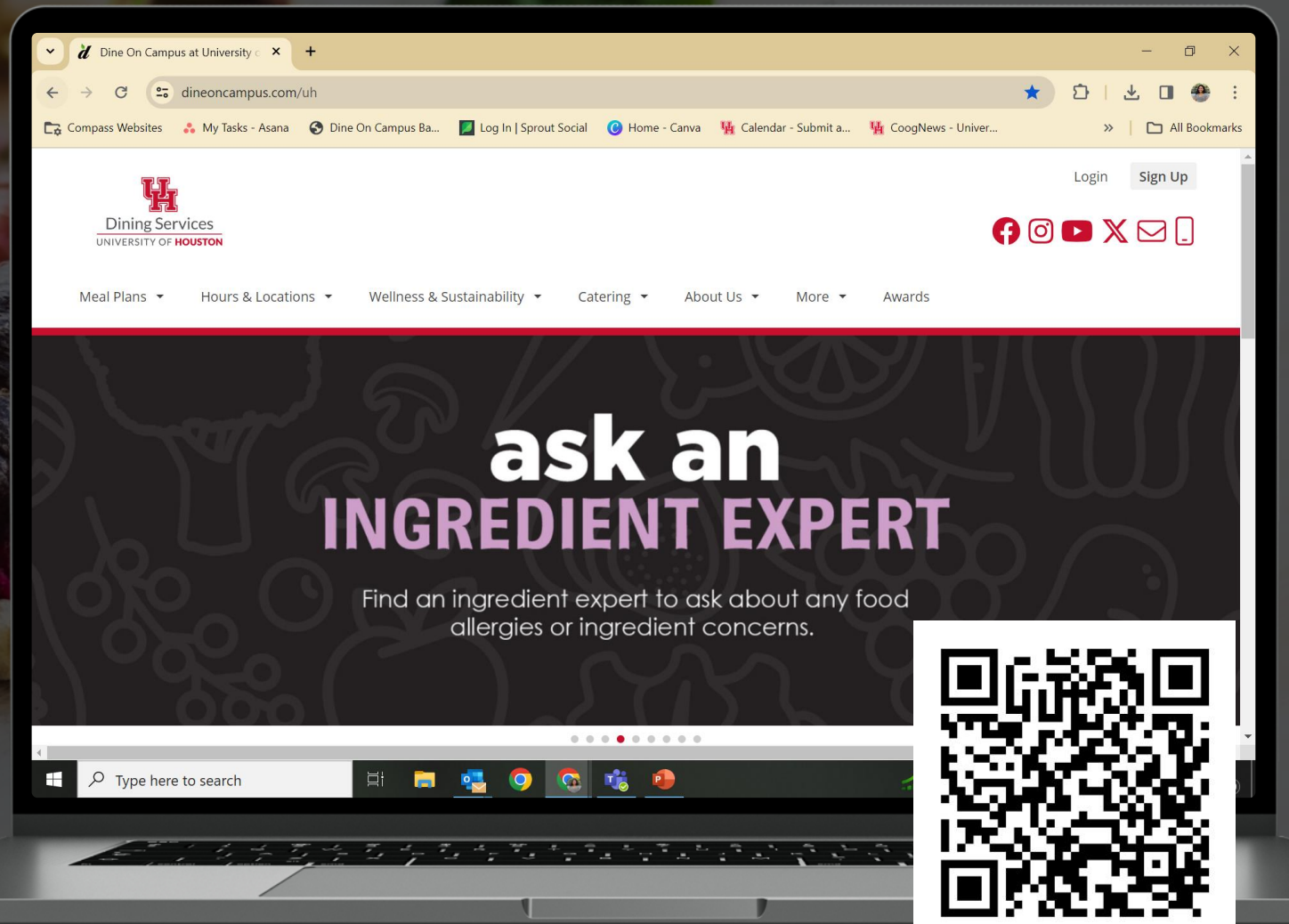
Registered Dietician
Susan.griffin@compass-usa.com

4

Email us!
dining@uh.edu

5

Sign Up on DOC
Don't Be Shy, Self Identify





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Thank You