Timeline of Dietary Enhancements
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.
STATISTICS

**VG** Vegan

45% of total menu is vegan

**V** Vegetarian

24% of total menu is vegetarian

**MOODY**
- 20% Vegan
- 19% Vegan

**COUGAR WOODS**
- 30% Vegetarian
- 29% Vegetarian
Dietary Icons
DIETARY ICONS

**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
Ingredient Expert
New!
ask an INGREDIENT EXPERT

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

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.
ASSOCIATE TRAINING

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

LOSERATED 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 PROTEINS

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.

**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.
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.
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
Thank You