

Florida Fresh

DINING

AT THE UNIVERSITY OF FLORIDA



WELLNESS GUIDE

A COMPLETE GUIDE TO EATING ON CAMPUS
WITH ALLERGIES, INTOLERANCES AND
SPECIFIC DIETARY NEEDS

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Florida Fresh Dining aims to provide our students and guests with the support they deserve by accommodating those with food allergies and intolerances and providing a safe place to eat. From following standardized recipes to avoiding cross contact in all facets of production and service, we do our best to provide safe and balanced options for those with dietary food allergies and intolerances.

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, sesame, tree nut and other potential allergens in the food production areas in all of our facilities. We work to provide nutritional and ingredient information that is as complete and up-to-date as possible. To view, please visit Florida Fresh Dining website at www.floridafreshdining.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.



Avoiding Cross Contact

Every year our staff is trained on proper food handling procedures to minimize the risk of cross contact. Associates and staff are also trained on allergies, including the top 9 most common food allergies: **milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame**. Our Registered Dietitian, Sydney Watkins, is a certified Master Trainer by the program FARE Check, and can answer any questions students or associates may have.

Cross Contact :

is when a food allergen is transferred from an allergen containing food to a non-allergen containing food.

Helpful Menu Icons



Foods that do not contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout campus.



Foods that do not contain any animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.



Foods that do not include gluten containing ingredients. We avoid cross contact but cannot guarantee they are 100% gluten-free.



These foods are limited in calories, fat, saturated fat, cholesterol, and sodium. Eating these foods more often will help you feel energetic and healthy.



Key ways we work as a team to prevent cross contact

- Implementing standard procedures for safe product storage in the back of the kitchen.
- Enforcing proper cleaning and sanitation practices for kitchen equipment and production areas.
- Following standardized recipes.
- Utilizing separate utensils and pans for the production and serving of allergy safe foods.
- Washing hands and changing gloves regularly and upon request.

*To further minimize the risk of cross contact, please speak to a manager to review your food allergies so we may provide tips and tricks on enjoying a safe and delicious meal.

Student & Guest Responsibilities

It is important that, as a student or guest with special dining needs, you are your own advocate. Below are some key steps to assist you while you eat on campus.

Speak up!

Tell a manager that you have a specific food allergy or dietary restriction so we can provide you with a safe experience.

Review Menu

Review menu and ingredients on our website or download the Dine On Campus app to your smart device.

Register

Register with the Office of Disabilities on campus regarding your food allergy or intolerance in order to receive Americans with Disability Act protection for reasonable accommodation.

Meet the Team

Meet the Florida Fresh Dining Team to ensure an easier time navigating the dining halls and how best to stay safe while dining with us.

Report

Report any dining issues or allergic reactions immediately to a manager, director, or dietician at: <https://dineoncampus.com/UF/send-us-feedback>

Contact

Contact our dining team early and let us know about your allergies! You can complete our online form by scanning the QR code or send an email to our campus Registered Dietitian, Sydney Watkins, at syd.watkins@compass-usa.com



Our Commitment is to ensure your safety and satisfaction through the following ways:

- Our Florida Fresh Dining Team receives annual training on food allergens and Celiac Disease. Continual education is provided throughout the year.
- We share all recipes, food ingredient labels, and potential risk to cross contact upon request for any and all foods being served.
- We have a team of qualified professionals to best assist you with a safe and healthy dining experience. We work on an individual basis with students with food allergies or intolerances to provide personalized support within our dining halls.
- We maintain working relationships with the Disability Resource Center, Business Services, Residential Life, Student Health Services, and UF Campus Emergency Response Team to best support our guests with food allergies and intolerances.
- Students are recommended to carry their own EpiPen in the case of anaphylaxis. Staff members are trained to recognize anaphylaxis and will call an ambulance immediately if a student or staff member begins to show these signs and symptoms.

Contacts & Resources

The Eatery at Broward

John Fleming, Executive Chef
john.fleming@compass-usa.com

Dan Berben, Director of Dining
danberben.berben@compass-usa.com

Food Hall at Gator Corner

Jason Lee, Executive Chef
jason.lee@compass-usa.com

Eddie Rivera, Director of Dining
edilberto.rivera@compass-usa.com

Ingredient Experts

Chartwells cares about menu transparency. All Chefs, managers, supervisors, and shift leaders have undergone extensive training in handling food allergies and celiac disease. These associates are your go-to folks if you have questions about served items in any location. They are dedicated to working with our guests who require more information when making dining choices. Ingredient experts can discuss ingredients, recipes, and meal preparation methods in order for our food-allergic guests to dine safely and comfortably.

Pure Eats (Allergy Friendly Stations)

Available at Food Hall at Gator Corner and The Eatery at Broward Hall, Pure Eats is the station dedicated to those with specific dietary needs. The top 9 food allergens (wheat, tree nuts, peanuts, milk, egg, soy, fish, sesame, and shellfish) and gluten are removed from the daily menu.

All food items are prepared and cooked in a designated areas of our kitchen. To reduce the risk of cross-contact, all equipment, cookware, and utensils are specific to the station and not shared with other food preparation areas of our facilities.

The staff working at Pure Eats stations are Ingredient Experts and are trained to answer questions about ingredients and cooking methods. Full ingredient information and package labels are available upon request.

Made to Order

Florida Fresh Dining understands that one size does not fit all, and that's why we offer made to order options at our dining halls. Made to order meals are a great option if you need more variety or have food allergies/intolerances that fall outside of the top 9 food allergens. To get access to our special Made to Order Menu, you must first set up a consultation with our dietitian, which can be done by emailing syd.watkins@compass-usa.com

Once approved, orders will be placed via text message to the specific dining hall most convenient to you. When ordering, you will provide your name, food allergies/intolerances, and your order. We ask that you allow 30 minutes for preparation. Orders will also need to be eaten in the dining hall (no to-go orders).

Please note this service is only offered based on need, and is not available to the general student population



Say hello to our very own Registered Dietitian



Sydney Watkins is our Registered Dietitian Nutritionist here on campus at the University of Florida. She has worked previously at other Power 5 schools, and has experience with sports nutrition, lifestyle nutrition, community health, and disease prevention. She is available to all students and staff and would love to connect with you! Please utilize her as a resource to navigate your health and nutrition, and discuss a plan of action. She can help you with debunking food myths that we commonly see through social media, and help you develop eating habits that compliment your lifestyle as a college student, post-college graduate, or faculty/staff member.


I want to avoid putting on weight while in college. What tips do you have?

Weight gain occurs when one increases total caloric intake and/or decreases activity during the day. Below are some tips you can put into practice to help you have a balanced lifestyle.

- 1 Disengage with electronics and any distractions during eating. This will allow you to listen to your body's hunger cues. On a scale of 1-10 (1-extremely starving and 10-extremely stuffed) aim to put your fork down and assess your feeling of fullness around a 5-6 and take a meal or snack when you're feeling 1-4 on the scale.
- 2 Be mindful of portion sizes. Unlimited trips for seconds or thirds in the dining hall or finishing a restaurant portion size will bump up the caloric intake. Connect with Sydney to review easy steps to understanding portion control and fueling your body with an appropriate amount!
- 3 Strive for balance at each meal and snack time. Work to include vegetables, whole grains, lean protein options, and healthy fats during meal times. For snacks try to pick two of the above items, such as protein and carbs (or whole grains). This will ensure you get the right nutrients and balance energy to keep you going throughout the day while also keeping you full and satisfied.
- 4 Reach for water - hydration is extremely important and often overlooked. Even the smallest level of dehydration can affect performance in the classroom and activities of daily living. Carry a water bottle with you on campus and continue to refill it in between classes. Aim to drink a minimum of 90oz of water per day.

I want to eat healthy. Which items should I select when eating in the dining hall?

Eating healthy is a great opportunity to try the many menu options that Florida Fresh Dining has to support a balanced lifestyle. When eating in the dining halls, look for the Balanced icon (posted on the menu options within the dining halls, and also found on dineoncampus.com/uf or the DOC app). The icon indicates that the meal or side dish meets specific nutrition criteria; specifically for total calories, fat and sodium content.

Beyond using the Balanced icon () I recommend checking each dining menu in advance and seeing what is available. Piecing together a meal by selecting lots of color through fruits and vegetables, whole grains, and lean proteins you like provides great variety. Eating "healthy" doesn't have to happen each meal, but selected routinely with about an 80/20 rule can help you find great variety, satisfying taste, foods you enjoy, and can result in a healthier overall relationship with food.

Want to learn more? Schedule a one-on-one session with Syd the Dietitian!

Email: syd.watkins@compass-usa.com
Phone: (903) 721-7951

I have a new fitness routine and my goal is to increase muscle mass. What should I do?

In gaining muscle, many people know that protein is important, but total energy intake in the form of calories and macronutrients lay a great foundation. Without extra energy provided for the exercise program and enough support, an increase in muscle mass it will be tough to accomplish!

- 1 Increase caloric intake by 300-500 extra calories a day depending on your workouts. This can be accomplished through additional snacks throughout the day or increasing servings at designated meal times.
- 2 Include sources of complex carbohydrates during breakfast, lunch, dinner, pre- and post-workout so your body will have the fuel sources for sustaining the exercise program. Reach for a variety of whole grains, fresh fruits, starchy vegetables, or fast-digesting snacks for a great source of carbohydrates.
- 3 Take protein after your workout (15-35g) within 30-45 minutes and routinely throughout the day (breakfast, lunch, dinner, snacks, and before bedtime). Protein Powder supplements are not always necessary to meet your protein needs, but can be mixed into smoothies for an easy-to-digest post-workout drink. Foods rich in protein to consume include Greek yogurt, milk, nuts, seeds, cheese, lean meats, poultry, fish, beans, soy products, and much more. If eating meat after working out, try to eat 2-5 oz of appropriately refuel your body.

I'm interested in becoming vegetarian or vegan. What nutrition concerns should I consider?

Vegetarian and Vegan dining is an option that can be utilized to improve your wellness if you're interested. However, not having a balanced vegan/vegetarian diet – like any diet – can lead to nutritional deficiencies. Some key nutrients of concerns include iron, calcium, zinc, iodine, Vitamin B12, Vitamin D and omega 3 fatty acids. Be sure to consult with your doctor and with a dietitian when starting out on this journey.

Vegetarian eating has different subsets based on one's type and style of eating. Therefore not all vegetarians may be at risk for deficiency for all of the above nutrients of concern. Learning how to find balance and to eat a variety of plant-based foods is vital to the success of one's vegetarian diet and overall health. To learn more about being a vegetarian or vegan, check out the chart below or schedule a meeting with Sydney.









	DAIRY	EGGS	HONEY	VEGGIES	FRUIT	PULSES	LEGUMES	WHEAT
LACTO-OVO-VEGETARIAN	✓	✓	✓	✓	✓	✓	✓	✓
OVO-VEGETARIAN		✓	✓	✓	✓	✓	✓	✓
LACTO-VEGETARIAN	✓		✓	✓	✓	✓	✓	✓
VEGAN				✓	✓	✓	✓	✓



Avoiding Gluten in the Dining Halls

Our staff is trained yearly by our Registered Dietitian on proper food handling protocols to minimize the risk of cross-contamination. Our staff is trained to change gloves for the handling and serving of avoiding gluten meals when requested by the guest. Additionally, we have separate utensils for preparing and serving avoiding gluten and allergen-free meals when requested by the guest. The Avoiding Gluten self-serve station, located in each dining hall, contains a separate toaster and waffle maker to be used with avoiding gluten breads and waffle mix only. It also contains individually packaged condiments to limit cross contamination as well as a refrigerator of avoiding gluten pre-packaged products such as bagels, muffins, etc.

EVERYDAY OPTIONS

-  **Pizza Crust** Avoiding gluten pizza crust is available every day upon request. The avoiding gluten pizza crust is cooked on a designated pizza pan within the general pizza oven.
-  **Soup** There is at least one avoiding gluten soup available daily in each dining hall on the menu, or upon request. All of our soup stocks are avoiding gluten; our soup is thickened with cornstarch.
-  **Cereal and Oats** Avoiding gluten oats, cereal, and housemade granola are available every day in both dining halls.
-  **Bakery** Our bakery will always offer at least one avoiding gluten item daily such as cookies based on request
-  **Waffle Maker** We have a separate toaster and waffle maker at both dining halls to be used with avoiding gluten breads and waffle mix only. Please ask associates if you are wanting to try some waffles!
-  **Pasta** Avoiding gluten pasta is available upon request. It is cooked in a separate pot on a shared stovetop.
-  **Bread** We have various types of breads at both dining halls. We also have avoiding gluten corn tortillas as an option at our taco bars.
-  **Grill** Both dining halls have vegan and avoiding gluten burgers cooked fresh daily as well as avoiding gluten buns, available upon request.

Gluten Friendly Specialty Brands in the Dining Halls



Eating Vegan or Vegetarian in the Dining Halls

Cereal

We have 8 varieties of cereal available daily as well as whole milk, 2% milk, chocolate milk, vanilla or chocolate Silk Soy milk, and Ripple Pea milk. You will also find a selection of breads for toast, muffins, bagels, and waffle flavors. A parfait bar is available with two varieties of yogurt and a full selection of toppings and fruits. Additionally, at The Eatery at Broward, we serve tofu scramble daily alongside home fries, tater tots, eggs and much more!

Greens & Things

Greens & Things is our salad bar in The Food Hall at Gator Corner and accompanies the vegetarian friendly station, Fresh 52, at The Eatery at Broward. Greens & Things and Fresh 52 serve meatless dishes during lunch and dinner daily. Other stations in the dining hall serve a plant-based protein option for pairing, so you are able to meet all of your plant-based needs. Fresh 52 also offers protein and vegetable wraps.

Deli

Carved and Crafted at Gator Corner is open for lunch and dinner daily and offers a completely customizable way to build a sandwich or wrap - that is 100% vegan and vegetarian friendly! We have the following vegan options available daily:

Roasted Vegetables, Tomatoes, Hummus, Peppers, Bell Peppers, Lettuce, Onions, Pickles, Jalapeños, Black Olives, and Avocado Spread

Grill

Our grill station offers a variety of vegan and vegetarian options such as Plant-Based Burgers, Chickenless Nuggets, Fishless Filets, and more! Plus, most items only take about 6-9 minutes to prepare and are made-to-order upon request.

Pizza

At least one vegetarian pizza option is available daily at our pizza station. We also have rotating options of calzones and pasta dishes available at this station as well, so make sure to stop by and check out availability daily.

Entrée

In each dining hall, chefs work to produce unique recipes so that our entrée lines feature vegan and/or vegetarian items during each meal. Each item that is vegan and/or vegetarian will be labeled with the designated icons





Starbucks has a number of sandwiches, protein packs, salads, and pastries available that are meat and/or dairy free. They also have soy, oat, and almond milk available for you. Additionally, Peta has a great guide to ordering vegan at Starbucks.



A local favorite, Opus is known for having some of the best coffee in town, available with plant-based milk options, and lemonade. Opus also offers a variety of snacks that are protein-packed for students who are studying or just taking a break from class.



Einstein Bros. Bagels does not only have great coffee (that you can order with soy milk) and fresh bagels; they also have a number of vegetarian food items. We recommend the Avocado Veg Out Signature Sandwich or the Garden Avocado Egg Sandwich.



All smoothies, bowls, and oatmeal have vegetarian options available. Some smoothies are made with yogurt, so be sure to look at the ingredients when ordering if you're vegan. Plant and soy based protein options are also available, and you can substitute milk in a number of other smoothies to make them dairy-free.



Wild Blue sushi is available to you at Turlington Plaza, and also as a grab and go option in the Market.

Try a signature Crunchy Vegetarian Roll, Avocado Salad Roll, as well as other options that can be made upon request.



The Market is your go-to for vegan and vegetarian snacking on campus! Kosher meals and snack packs are also available for purchase. Also, be sure to check out our grab-and-go brand, Jack & Olive, for fresh vegan and vegetarian salads, sandwiches, snack packs, and more!



Customize your own Vegetariano Bowl, typically made with black beans, white rice, and maduros to keep you fueled and satisfied. Mi Apa also has other vegetarian options such as: black bean soup, vegetable stew, vegetarian arepas, and another customizable dish known as the Plato Vegetariano



Grab a Veggie Delight or craft your own meatless sandwich at Subway. You can even go vegan! Pile your sandwich high with vegetables and add any of their vegan-friendly sauces - yellow or deli mustard, vinegar, sweet onion sauce, Italian dressing, or buffalo sauce.



Chick-Fil-A provides vegetarian meal options at every meal. For breakfast, you can get a whole-grain English muffin, a biscuit, or a Greek yogurt parfait. For lunch and dinner, any of their delicious salads, such as the Cobb Salad or Spicy Southwest Salad, can be ordered without chicken. For sides, they also have several options ranging from waffle fries to side salads.



Despite having "Chicken" in its name, Pollo Tropical is surprisingly vegetarian friendly. Build your own TropiChop without meat and choose from a variety of vegetarian (mashed potatoes, mac and cheese) or vegan bases (all varieties of rice and lettuce). All veggies with the exception of kernel corn are also vegan! The french fries are vegan as well.



Panda Express' easily customizable bowls and plates make meatless eating easy. Eggplant tofu, steamed vegetables, and brown rice is our favorite combo! They have also recently added Orange Beyond Chicken, that is vegan friendly, to their menu! Add some veggie spring rolls if you're feeling really hungry.



Both the wheat and white bread are vegan and then endless options to create your own veggie sub. For added flavor add the Italian dressing, Balsamic dressing, or Oil & Vinegar on your sub which are vegan friendly!

vegan and vegetarian

Many vegan and vegetarian options are found within our dining halls and meet a wide variety of dietary needs and restrictions. We always strive to create an inclusive food culture where students from all backgrounds and needs can dine together.

All of our menus are clearly labeled so that guests can easily identify what items are vegan and vegetarian.



We are here to make a long-lasting impact!

"Here at our dining halls, it makes me proud to be a part of the student's life, and to supply their minds and bodies with fresh and local products to help them achieve their next level of success in life!"

-Chef Marc Cruz

CHEF SPOTLIGHT:



Our Director of Culinary, Chef Marc Cruz, has been working in the Food & Beverage industry for over 20 years. His passion for creating nutritious, exciting meals span the gamut including American fare, food from countries around the world, and vegan dishes that everyone will love. Marc has been a champion for local farms so that we have access to some of the freshest seasonal produce available. You will see Marc at all of our locations and when you do, he's always happy to discuss our menu options and food trends that you'd like to see here at Florida Fresh Dining.



Banana Sandwich / Banana Split

Toast two pieces of whole wheat bread and spread on a tablespoon of your favorite nut butter. Then slice up a banana, top with honey, and put the two slices together for a satisfying breakfast. For a healthy banana split, slice the banana in half long ways, spread with nut butter, and top with Greek yogurt and your choice of fruits.



Veggie Bagel

You can make your own veggie bagel right here in the dining hall. Grab a bagel from the bagel case and toast it. Smear with hummus (located in Innovation Kitchen and/or Global Chips & Dip). Then, top with arugula and other veggies from the salad bar such as tomatoes, red onions, and olives. Yum!



Apple Cinnamon Oatmeal

Grab a cup of oatmeal, an apple, 2 tsps of honey, and some cinnamon. Cut up your apple slices small enough to top your oatmeal off, add a dash of cinnamon, and drop the honey over the top for a sweet and delicious breakfast. You can also add some granola as well.



Avocado Toast

Grab some avocado spread from the deli and toast bread of choice. Use a knife to spread the avocado onto the toast. Season with salt and pepper and drizzle with olive oil. Note: to add a bit more protein to the mix, add a hard boiled egg! Slice in half and place on top.



Deviled Eggs

Grab a few hard boiled eggs from the salad bar and take the yolks out. Mix the yolk with mayo, mustard, relish, and salt and pepper. Then, put the mixed yolk back in the eggs. Throw some salad-bar bacon bits on top and voila!



Design-Your-Own Waffles

There are so many different things you can do with waffles. For example, you can make a waffle Patty Melt, Waffle Ice Cream Sandwich, Waffle Chicken BLT, and much more! Our favorite is probably the Chicken and Waffle mini sandwich. Grab chicken from the grill, fried or grilled. Cut a waffle in half and put chicken inside, smother with syrup, and enjoy! Also try a Waffle Parfait by grabbing yogurt, granola, and fresh fruit from the salad bar.

Tuna Salad Lettuce Wrap

You can find tuna salad at the Deli in either dining hall. Simply ask the associate for a few pieces of lettuce. Season with salt and pepper and top with your favorites such as tomatoes, avocado, hard boiled eggs, etc. Finally close the lettuce leaf and enjoy! **Note:** this can also be a very yummy bowl or salad combo!



Burrito Bowl

You can make an awesome burrito bowl any night in the dining halls. Start by mixing rice with your choice of protein such as tofu, garbanzo beans, or cut-up grilled chicken. Then add your toppings; lettuce, tomatoes, beans, and shredded cheese which all can be found at the salad bar!



Fruit Parfait

Make your own fruit parfait! This is simple beyond simple. First grab some greek yogurt and then top with our housemade granola or avoiding gluten oats (upon request) and then add your favorite fruit. Repeat with another layer of greek yogurt, granola, and fruit until you've got your desired amount of parfait.



DID YOU KNOW:

When following a vegan/vegetarian diet, you need to be mindful of the different types of protein you are eating to ensure you are getting enough complete proteins throughout the day. Complete proteins are necessary for growth, nutrient transport, muscle development, and muscle repair and maintenance. You may need to mix and match protein sources to form complete proteins in your diet. Examples of complete proteins are: quinoa, soy, rice & beans, hummus & pita, peanut butter (& jelly) sandwich, and apples & nut butter.



All hacks can be done at both The Eatery at Broward and The Food Hall at Gator Corner Dining Halls.

THE EATERY

AT BROWARD HALL

FOOD HALL
at GATOR CORNER

Our Florida Fresh Dining website, www.floridafreshdining.com, has all the information you need! Find menus, meal plans, dining service hours, and event information all in one place. Here are a few features we would like to highlight to make it easier for you to find the information you are looking for.

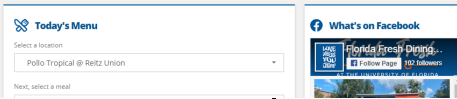


Meal Plans | Hours, Menus, & Locations | Associate Resources | About Us | Events Calendar | Palm & Pine Catering | What's New in 2022

Hours of Operation
 What's On The Menu?
 Arredondo Cafe
 Additional Menus

Click here to sign up for the **Living Gators** weekly newsletter from Campus Dietitian, Syd Watkins!

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What's on the Menu?

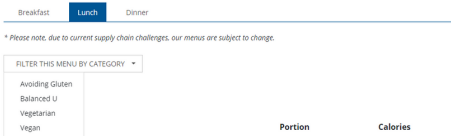
The majority of our location menus are listed right on our website! See menus and full nutritional information in this tab.

Did you know that you can use this filtering tool under "What's on the Menu" tab to find vegan and vegetarian options in the dining hall? It tells you exactly what items are vegan, vegetarian, avoiding gluten, and allergen-friendly.




Hours of Operation

This is where you can find the dining service hours for all of our locations on campus. These hours can also be found on the doors of each location.

You can also see what's open at any given time right on the home page, or on the Dine on Campus app. Find it on the App Store or Google Play Store today!



The Wellness & Sustainability section is where you can find all of the information included in this guide as well as a section strictly about all of UF Dining's sustainability initiatives on campus. Did you know that UF Dining donates leftover food to Field & Fork or that we source most of our vegetables locally from Trader Hill Farms? Learn more about these and other initiatives in the "Sustainability" section under the "About Us" tab.

<p>sustainable seafood</p>  <p>Seafood from sustainable sources</p> <p>91%</p>	<p>rBGH free milk</p>  <p>Fluid milk free of artificial growth hormones</p> <p>98%</p>	<p>rBGH free yogurt</p>  <p>Free of artificial growth hormones</p> <p>91%</p>	<p>reduced antibiotic chicken</p>  <p>Produced without the routine use of human antibiotics</p> <p>83%</p>
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Meal Plans ▾ Hours, Menus, & Locations ▾ Associate Resources ▾ About Us ▾ Contact Us ▾ Palm & Pine Catering ▾ What's New in 2022

- Purchase a Meal Plan
- About Meal Plans
- Greek Meal Plans
- Retail Meal Swipe
- Special Dietary Needs**

Special Dietary Needs

We are here for you!

[Click here to let us know about your special dietary needs and get connected with our Campus Dietitian](#)

Sydney Watkins, RDN | syd.watkins@compass-usa.com

Florida Fresh Dining Office: (352) 392-9787 | Cell Phone: (903) 721-7951

Allergies or Intolerances?

For students who have intolerances or specific dietary restrictions, we encourage you to fill out the "Allergies or Intolerances?" survey. Our Registered Dietitian, Sydney Watkins, will contact you to provide tailored advice to navigating campus dining with your specific dietary needs. She is also available to meet one-on-one or answer any questions you may have.

Student Name

Allergy/Need/Issue

Carries an Epi Pen? Yes/No
 Select or enter value

Student Email Contact

Student Phone

Parent Names

Parent Phone

Date on Campus for Preview

allergen friendly

Students with food allergies can find a wealth of resources available to help ensure that their dining experience is not only enjoyable, but also safe.

We offer an allergen self-identification tool and allergen-free stations at many of our dining halls. Any students or parents with food allergy concerns should reach out to our management teams for additional information. Our allergy training programs are FARE Check Certified.



Florida Fresh

— DINING —

AT THE UNIVERSITY OF FLORIDA

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