

**At Stetson University Dining Services we pride in being able to accommodate many food allergies and dietary restrictions. We have dealt with many different diets and are currently working with students who are vegan, vegetarian, have Celiac Disease, etc.**

## **How can I expect to be accommodated?**

Depending on your specific needs, we may be able to simply help point out icons that identify foods that fit your diet. For some of our guests, we are able to create separate meals specifically designed to meet their needs. The key is creating a dialogue with our staff. By letting us know what you are able to eat, we are typically able to meet your needs.

Adjusting our menus based on the current needs requires by the campus community, is one of the easiest things we can do.

## **What icons should be looking for?**

Our Balanced U icons are located on food labels in both Commons and listed next to menu items in Hatter StrEats and the Coffee Shop.



**Avoiding Gluten-** These foods do not include any fresh or manufactured food that contains gluten. We avoid cross-contact but cannot guarantee that they are 100% gluten-free.



**Vegetarian -** These foods do not contain animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.



**Vegan-** These foods do not contain any animal-derived products at all. Vegan options are offered in a variety of dining locations on campus.



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



## Is your staff trained to accommodate allergens?

YES! Most of our associates have gone through specific training to accommodate allergens and special diets. Our associates are continually trained to handle requests made by our guests. If your needs can be severe, we ask that you let a member of our leadership team know so we can take extra precautions to ensure the best dining experience.

## Who is the best person to contact if I have any allergen or special dietary needs or restrictions?

It's best to start with our Director of Residential Dining, Marie Destinvil, but any of our leadership team will be able to assist you.

**Marie Destinvil**, Director of Residential Dining  
[mdestinvil@stetson.edu](mailto:mdestinvil@stetson.edu) | 386.822.8782

**Henry O'Neal**, Executive Chef  
[hlonéal@stetson.edu](mailto:hlonéal@stetson.edu) | 413.841.3383

**Candra Reid**, Senior Director of Dining Services  
[candra.reid@stetson.edu](mailto:candra.reid@stetson.edu) | 386.822.4009

## What if my needs cannot be accommodated?

In extreme cases, we may not be able to accommodate your needs. If this is the case, you can be exempt from your meal plan requirement. All students requesting a meal plan exemption are required to meet with Marie Destinvil if reasonable accommodations can be made.

## Meal Plan Exemption Process

If you need to request a Meal Plan Exemption, please contact Marie Destinvil at [mdestinvil@stetson.edu](mailto:mdestinvil@stetson.edu). She will begin the process which will require a few items from you and your doctor. Marie - and if need be Executive Chef Henry O'Neal will meet with you to discuss your options and your dietary needs. The Stetson Dining team will make a recommendation to the University about your request, and the University will make the decision to approve your request for exemption.

