

# Eating with Allergies & Health Conditions at UMass

## UMass Dining's Mission

To contribute to the campus life experience by providing a variety of healthy and flavorful meals featuring local, regional, and world cuisines in a sustainable and environmentally conscious manner.

## Dietitians' Message

For students, it is important to eat well in order to excel in your studies. We look forward to assisting you in eating a variety of safe and healthy foods. As UMass Dining Dietitians, we can accommodate your special dietary requests and ensure that you eat well-balanced meals without any cross-contact issues. We are happy to guide you through the process of selecting foods that are safe for you.

Our interest in helping you with your dietary needs is both professional and personal. Both dietitians live with food allergies, so we understand the difficulties and constant worries of avoiding life-threatening ingredients. At UMass, we believe your biggest focus should be on academics and campus life. We hope that our accommodations will alleviate some of your worries and allow you to just enjoy the food, stress-free. With over 20,000 individuals on the meal plan, more than 10% of students have food allergies and/or medical conditions. We look forward to assisting you!

# Menu Identifiers (Line Signs by the Food Served)

Menu identifiers are displayed along the serving line. They provide information on the name of the menu item, nutrition facts for a single serving, allergens, healthfulness grade, carbon footprint, and appropriate icons. Possible icons include sustainable, local, halal, plant based (vegan), vegetarian, antibiotic-free, whole grain, and carbon rating.



**Menu identifiers** only list the main ingredients in the recipe. Sub ingredients (such as ingredients for bread) may be excluded for space purposes but the full list of ingredients can be found on our mobile app or website.

## Carbon Ratings

UMass Dining has partnered with MyEmissions to do a lifecycle analysis of the recipes for carbon impact from farming, processing, packaging and transportation.

Each dish is assigned a Carbon Rating: A (very low) to E (very high), based on the "per kg" carbon footprint of the food. By adding carbon ratings to our menu identifiers, our UMass Dining app/website makes everyday climate action and low carbon dining easier for students. Small acts have large impacts!



## Navigating the UMass Dining Website

If you have an allergy or intolerance to a food that is not one of the top nine allergens, you can utilize the ingredient filter. You can filter up to three ingredients that are not one of top 9 allergens that UMass identifies: milk, eggs, fish, shellfish, tree nuts, peanuts, gluten, wheat, soy, and sesame. UMass also identifies gluten and corn.

# NUTRIENT ANALYSIS

To find nutrition facts, ingredients, and allergens:  
<https://umassdining.com/nutrition/nutrient-analysis>

01

**CLICK ON NUTRITION TAB, THEN NUTRIENT ANALYSIS TAB**



02

**SCROLL TO BOTTOM AND CLICK ON "NUTRIENT ANALYSIS"**

03

**SELECT A DINING COMMONS AND A SPECIFIC DAY**



04

**SELECT A MEAL**

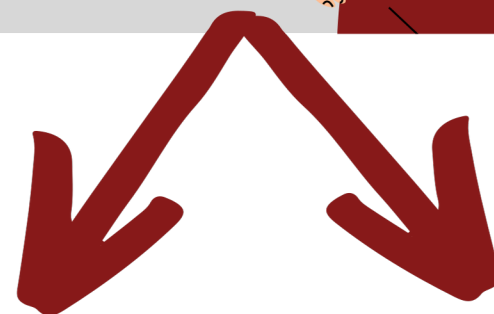
05

**CLICK ON THE APPLE BY THE DESIRED MEAL**



**ONE ITEM**

**ONE MEAL**



**CLICK ON UNDERLINED ITEM TO SEE NUTRITIONALS, ALLERGEN, ETC**

**CLICK BOXES NEXT TO ITEMS YOU PLAN TO EAT, INDICATE QUANTITY, THEN CLICK "SHOW REPORT" TO SEE NUTRIENT ANALYSIS**

# How to use the allergen and ingredient filters

UMASS DINING  
UMassAmherst

This Week's Menus  
Bluewall - Grill

Find Your Favorite Food...  
[Advanced Search]

Select a date:  
» Thursday, June 4  
» Friday, June 5  
» Saturday, June 6  
» Sunday, June 7  
» Monday, June 8  
» Tuesday, June 9  
» Wednesday, June 10  
» Thursday, June 11  
» Friday, June 12  
» Saturday, June 13  
» Sunday, June 14  
» Monday, June 15  
» Tuesday, June 16  
» Wednesday, June 17

Legend

- V=Vegetarian
- L=Local
- S=Sustainable
- WG=Whole Grain
- H=Halal
- AF=Antibiotic Free
- VG=Vegan

Menus for Thursday, June 4, 2020

Click the apples for complete menu and interactive nutritive analysis:

**Lunch**

-- Entrees --

- Baby Berk Blue Burger
- Baby Berk Burger
- Buffalo Chicken
- Chicken Burger
- Chicken Tenders & Fries Basket
- Chocolate Milkshake
- Chocolate Milkshake
- Double Burger
- Double Chicken Burger
- Double Turkey Burger
- Double Veggie Burger
- Fried Chicken Tenders
- Hamburger
- Hampden Gold'n Spicy Burger

**Dinner**

-- Entrees --

- Baby Berk Blue Burger
- Baby Berk Burger
- Buffalo Chicken
- Chicken Burger
- Chicken Tenders & Fries Basket
- Chocolate Milkshake
- Chocolate Milkshake
- Double Burger
- Double Chicken Burger
- Double Turkey Burger
- Double Veggie Burger
- Fried Chicken Tenders
- Hamburger
- Hampden Gold'n Spicy Burger

**CLICK ON "SET FILTERS"**

Select the filters that you wish to activate within the menu displays.

Allergen Filters	Legend Filters	Ingredient Filters
<input checked="" type="radio"/> Contains <input type="radio"/> Does Not Contain	<input checked="" type="radio"/> Contains <input type="radio"/> Does Not Contain	<input checked="" type="radio"/> Contains <input type="radio"/> Does Not Contain
<input type="checkbox"/> Milk	<input type="checkbox"/> Vegetarian	<input type="text"/>
<input type="checkbox"/> Eggs	<input type="checkbox"/> Local	<input type="radio"/> OR <input type="radio"/> AND
<input type="checkbox"/> Fish	<input type="checkbox"/> Sustainable	<input type="text"/>
<input type="checkbox"/> Shellfish	<input type="checkbox"/> Whole Grain	<input type="radio"/> OR <input type="radio"/> AND
<input type="checkbox"/> Tree Nuts	<input type="checkbox"/> Halal	<input type="text"/>
<input type="checkbox"/> Peanuts	<input type="checkbox"/> Antibiotic Free	
<input type="checkbox"/> Gluten	<input type="checkbox"/> Vegan	
<input type="checkbox"/> Soy		
<input type="checkbox"/> Corn		
<input type="checkbox"/> Sesame		
<input type="checkbox"/> Wheat		

Cancel Reset Apply

## YOU CAN CLICK ON...

- Allergen Filters
  - "Contains" one or more allergens
  - "Does Not Contain" one or more allergens
- Legend Filters (Dietary Preferences)
- Ingredient Filters
  - Enter specific allergies
  - Click on "Contains/Does Not Contain" to avoid multiple foods
  - Note: Allergen and ingredient filters do not work together


## UMass Dining Bill of Rights Regarding Special Dietary Needs

You have the right to:

1. A high-quality education experience without anxiety regarding your special dietary needs/food allergies.
2. An excellent dining experience where you feel comfortable eating without fear of getting a food reaction.
3. Meet with the dietitians for a free consultation: set up an appointment via <https://umassdining.com/nutrition/book-appointment>
4. Have access to accurate and easy-to-understand list of ingredients, allergens, and nutrition facts.
5. Have confidence that the UMass Dining Staff are certified in food allergy/intolerance/ceeliac disease training and are knowledgeable about ingredients served in foods.
6. Receive respect and understanding from UMass Dining Staff regarding your special dietary needs.
7. Timely answers regarding any ingredients and their safety to your specific diet.
8. Have confidence that staff use safe practices to prevent cross contact from occurring.
9. A safe, clean, and welcoming environment to dine.

The goal of UMass Dining is to build a community around our customer's needs to improve quality of life on campus.

## Best Practices and Resources

1. Please introduce yourself to the management staff at the dining commons. We are happy to assist you.
2. We welcome any questions, comments and concerns to ensure your safety, health, and well-being prior to or while in the dining commons.
3. If food needs to be prepared separately, such as sushi, please communicate with the staff in advance. You can even call ahead. Below are the phone numbers to best contact our staff:
  - a. Worcester DC 413-545-0302
  - b. Franklin DC 413-545-5373
  - c. Hampshire DC 413-577-5160
  - d. Berkshire DC 413-545-1175
4. If you are **prescribed medications** such as an epinephrine auto-injector device, Neffy nasal spray, and/or antihistamines, you must carry them with you at all times. UMass Dining cannot store your medication nor administer epinephrine for you.
5. **A free consultation** can be made with the UMass Dining Dietitians. Book an appointment at <https://umassdining.com/nutrition/book-appointment>
6. We recommend that you register with **Disability Services** as food allergies and celiac are covered under the American Disability Act. You can contact them at  [notify@admin.umass.edu](mailto:notify@admin.umass.edu) or 413-545-0892.
7. If a **food allergy reaction** does occur, your health and well-being come first! When you are feeling better, contact the dietitian at [dietitian@umass.edu](mailto:dietitian@umass.edu) to start an investigation. If you tell us after a couple days after the reaction, then we may not be able to determine the cause of the reaction. Policies and procedures are adjusted to prevent a similar reaction from occurring in the future.
8. **Food Allergy Alerts:** UMass Dining will send out alerts to students regarding a special event focused on a specific allergy. For example, on Halloween, when steak and lobster are served, all students with a shellfish allergy will receive an email notifying them of the event in advance and where on campus they can eat where no shellfish is being served.

## 9. We recommend that you notify the following:

### Disability Services

Food allergies and celiac disease are considered a disability according to the American Disability Act. Register your food allergy and/or medical condition with Disability Services so they may assist you.

### University Health Services (UHS)

Inform UHS of your food allergies or medical condition so they have a record in case of a reaction. Please call 413-577-5101 to set up an appointment.

### Resident Assistant (RA)

Inform your RA of your dietary restriction to avoid any foods that may cause a food reaction for a social function on the floor.

### Roommate/Floormates

Explain how serious your dietary restrictions are and what foods you should not have in the dorm room. They can also call 911 if you have a food allergy reaction. The room/floor mate should state food allergy reaction and anaphylaxis so the EMTs know what to prepare for. Be aware of the foods your roommate has in the dorm room and what foods friends bring from home. These foods may contain an allergen that you should avoid. If you have issues, please contact Disability Services.

## Download the UMass Dining App

- Access your favorite dining locations with daily menus, operating hours, and real-time traffic reports.
- Plan your menu based on allergens and dietary preferences and many other features!

**UMASS  
DINING**

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Have Questions? Contact our nutrition team at [dietitian@umass.edu](mailto:dietitian@umass.edu) or book an appointment on our website!



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**UMassAmherst**  

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**Dining Nutrition**