

# 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 individual diet and ensure that you eat well-balanced meals without any cross-contact issues. We would be 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. 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, we have assisted many, and we look forward to assisting you!



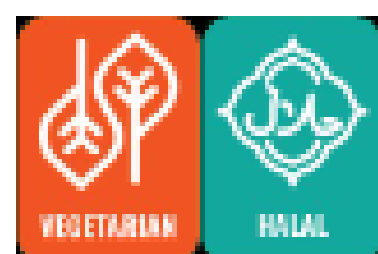
## Menu Identifiers (Line Signs by the Food Served)

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

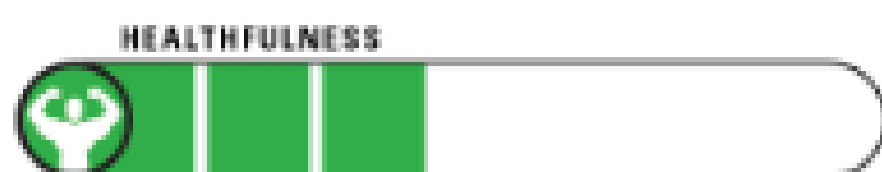
### Scrambled Eggs

#### INGREDIENTS:

Cage Free Eggs, Canola Oil



**CALORIES** 124 per 3 OZ  
**PROTEIN** (gm) 10.6  
**SUGARS** (gm) 0  
**SODIUM** (mg) 129.2  
**CARBS** (gm) 0



#### ALLERGENS: Eggs

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

UMass Dining has partnered with My Emissions 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.

Adding carbon rating to our menu identifiers, our dining app, and on our dining 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 new ingredient filter. You can filter up to three ingredients that are not one of the allergens that UMass identifies: milk, eggs, fish, shellfish, tree nuts, peanuts, gluten, wheat, soy, corn, and sesame.



To find nutrition facts, ingredients, and allergens:  
<http://af-foodpro1.campus.ads.umass.edu/foodpro.net/location.aspx>

### For nutrient analysis for ONE **ITEM**

1. Click on the Nutrition tab
2. Click on the Nutrient Analysis tab
3. Scroll to the bottom of the page and click on "Nutrient Analysis"
4. Select a dining location
5. Once on this page, indicate allergens, preferences, and/or ingredients and click apply
6. Select a day of the week from the column on the left side of the page
7. Click on the apple by the meal desired
8. Click on an underlined item to see the ingredients, allergens and nutrients

### For nutrient analysis for ONE **MEAL**

1. Click on the Nutrition tab
2. Click on the Nutrient Analysis tab
3. Scroll to the bottom of the page and click on "Nutrient Analysis"
4. Select a dining commons
5. Select a day from the column on the left side of the page
6. Click on the apple by the meal desired
7. Click box to left of items that you plan to eat and indicate quantity to right of items
8. Scroll down and click "Show report" to get the nutrient analysis of an entire meal. The green numbers in parenthesis indicates the percentage of calories from fat, protein, and carbohydrates for the meal. You can also click on underlined items on this page to see ingredients, allergens and nutrient information of the item

# NUTRIENT ANALYSIS

To find nutrition facts, ingredients, and allergens:

<http://af-foodpro1.campus.ads.umass.edu/foodpro.net/location.aspx>

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**

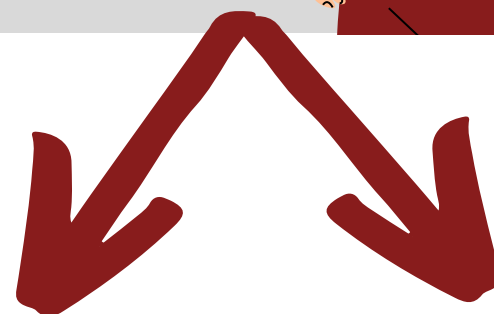
05

**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,  
THEN CLICK "SHOW  
REPORT" TO SEE NUTRIENT  
ANALYSIS**

**This Week's Menus**  
Bluewall - Grill

Find Your Favorite Food...

[\[Advanced Search\]](#)

[Set Filters](#)

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**

- =Vegetarian
- =Local
- =Sustainable
- =Whole Grain
- =Halal
- =Antibiotic Free
- =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"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> Shellfish <input type="checkbox"/> Tree Nuts <input type="checkbox"/> Peanuts <input type="checkbox"/> Gluten <input type="checkbox"/> Soy <input type="checkbox"/> Corn <input type="checkbox"/> Sesame <input type="checkbox"/> Wheat	<input type="checkbox"/> Vegetarian <input type="checkbox"/> Local <input type="checkbox"/> Sustainable <input type="checkbox"/> Whole Grain <input type="checkbox"/> Halal <input type="checkbox"/> Antibiotic Free <input type="checkbox"/> Vegan	<input type="text"/> <input checked="" type="radio"/> OR <input type="radio"/> AND <input type="text"/> <input checked="" type="radio"/> OR <input type="radio"/> AND <input type="text"/>

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

## 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 reaction.
3. Meet with the dietitians for a free consultation: email [dietitian@umass.edu](mailto:dietitian@umass.edu) or set up appt by clicking this [link](#)
4. Have access to accurate and easy-to-understand information regarding food allergies, intolerance and/or special dietary needs.
5. Have confidence that the UMass Dining Staff are certified in food allergy 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 customers 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, such as sushi, need to be prepared separately, 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 413.545.0321
  - b. Franklin DC 413.545.5373
  - c. Hampshire DC 413.577.5160
  - d. Berkshire DC 413.545.1175
4. If you are prescribed an epinephrine auto-injector pen, you should carry the epinephrine and antihistamine with you at all times. UMass Dining cannot store your medication nor administer epinephrine for you.
5. The UMass Dining Dietitians, Dianne Sutherland, Sabrina Hafner, and Julie Jensen are available for a free consultation. Book an appointment at <https://umassdining.com/nutrition/book-appointment>
6. We recommend that you register with Disability Services. 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 or manager of the dining location the reaction occurred to start an investigation. If you tell us after a couple days of the reaction, then we may not be able to determine the cause of the reaction. Policies and procedures are adjusted to prevent a 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, during the steak and lobster special, 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.

Continued...:

8. We recommend that you notify the following:

#### Disability Services

Food allergies and celiac disease are considered a disability according to the ADA. Register your food allergy or medical condition with disability services so they may assist you.

#### University Health Services

Inform them 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)

If the RA is planning a social function for the floor, inform them of your dietary restriction to avoid any foods that may cause a severe reaction for people with food allergies/celiac/medical condition.

#### 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 severe allergic reaction. 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 new 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

UMassAmherst | UMass Dining

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**