

# Eating Gluten-Free at UMass

## What is Gluten?

Gluten is a protein found in grain products such as wheat, rye, barley, and oats. A Gluten-Free (GF) diet must be followed if one of the following conditions exists:

- Celiac Disease or Celiac Sprue – an inflammatory autoimmune digestive disorder where the lining of the intestine is damaged when it comes in contact with gluten. It can impact the absorption of nutrients and can result in malnutrition.
- Gluten Intolerance/Sensitivity – a condition where the protein cannot be digested. Symptoms are uncomfortable, but not life-threatening.
- Gluten Allergy – an autoimmune condition where gluten must be avoided as the body will defend itself which induces various symptoms. This can be fatal.



## UMass Dining Updates 2022

Menu identifiers in purple indicates that the item is GF. The items that include gluten will be on white paper. This applies in all dining commons on campus.

Items at the Chef's Table at Berkshire, Hampshire, and Franklin do not contain gluten, however, anyone with an allergy/celiac can request a new portion from the kitchen to lessen the possibility of cross-contact.

### Worcester DC

- Gluten-free breads & pastries are available at the Seasons station. If you do not see any, ask a staff member. Please ask the staff at seasons if you need something toasted.
- All the DCs will have sealed prepackaged butter, cream cheese, and peanut butter with the gluten free desserts & breads.
- Seasons does not have any peanuts or tree nuts in bowls for self service.

### Hampshire DC/ Franklin DC

- A Gluten-Free Display station will include a different cuisine daily. This is the safest option for students with a gluten/wheat allergy or celiac.
- In the gluten-friendly station, you will also find assorted gluten-free breads & pastries as well. If you do not see any, ask a staff member. Please ask the cashier to page a supervisor if you need something toasted.
- Gluten Free pizza and pasta is available at the GF station upon request. Franklin and Hampshire are the only dining commons that have a dedicated gluten free oven.

### Berkshire DC

- In the deli station, there will be a gluten-free sandwich special daily for lunch.
- The beverage station behind the display station has gluten-free pastries & breads. If you do not see any, ask a staff member. A gluten free toaster is available with staff assistance in that area.

## UMass Dining Gluten-Free Tips

### Questions or concerns

Ask the cashier to call a supervisor/manager on duty so they can assist immediately.

### Grill Station

Hamburgers and grilled chicken without the rolls are gluten free.

### Deli

Let staff know about your dietary restriction and they will make your sandwich on a separate surface with new ingredients.

### Deep-Fried Foods

Avoid eating deep fried foods as the deep fryer may be contaminated with gluten from other products.

### Items from Kitchen

If you see an item without gluten at a non-GF station and worry about cross contact, ask the staff to get a portion from the kitchen for you or ask for a manager on duty.

### Sushi & Stir Fry

Please ask the cashier to call a manager if you would like sushi/stir fry. Avoid the surimi (crab meat) because it contains wheat. Gluten Free Soy Sauce is available upon request.

### Breads and Desserts

GF cookies/muffins and bread/bagel products are available.

### YUM + DC Bakery

There are a few GF desserts made in the UMass Bakeshop but the bakery is not a GF environment. Baked desserts will have the gluten & wheat allergens listed.

Please note that cooking does not destroy gluten.