

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 and other secondary reactions.
- 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.



Gluten Free Options on Campus

All dining commons

- Menu identifiers in purple indicate that the item is GF. The items that include gluten will be on white paper.
- All items at the Chef's Table at Berkshire, Hampshire, and Franklin do not contain gluten, however, anyone with an allergy/ceciac can request a new portion from the kitchen to lessen the possibility of cross-contact.
- All the DCs will have sealed prepackaged butter, cream cheese, and peanut butter with the gluten free desserts & breads.
- Gluten Free pasta is available daily at lunch and dinner

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.

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 ceciac.
- 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. Franklin and Hampshire are the only dining commons that have a dedicated gluten free oven.

Berkshire DC

- In the deli station, a gluten free sandwich special is available upon request.
- 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.

Campus Center

- Gluten free entrees are located at People's Organic Coffee at lunch, and when they close, any entrees will be moved to Harvest's gluten free section.
- A gluten free micro wave is available to heat entrees

YUM Bakery

- YUM bakery sells desserts that use alternative gluten-free flour and are displayed in an isolated case by the cash register. Note that these desserts are made in the same facility as other deserts that incorporate flour into their product.

Cafes

- Ask manager on duty about gluten free options