

Eating a Gluten-Free Diet 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 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 2021

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

Worcester DC

- Season (our vegetarian & gluten-free station) will now always include gluten-free lentil pasta & tomato sauce.
- Gluten-free breads & pastries are available at the Greens station. Please ask the cashier to page a supervisor if you need something toasted.
- If you want gluten-free pizza, call 413-545-0302 and give at least 1 hour advance notice. Provide your name, number time of pick up, other allergies/intolerances and desired toppings.

Hampshire DC

- Gluten-Free station is now open. The station will include a protein, vegetable, starch, and either pizza/pasta daily for both lunch and dinner.
- In the gluten-friendly station, you will also find assorted gluten-free breads & pastries as well. Please ask the cashier to page supervisor if you need something toasted

Berkshire DC

- For gluten-free pizza, call 413-545-1175. Give at least 1 hour notice. Provide your name, number, time of pick up, allergies/intolerances & desired toppings.
- In the deli station, there will be a gluten-free sandwich special daily for lunch.
- The beverage station behind the vegetarian station has gluten-free pastries & breads. Ask the cashier to page a supervisor if you need something toasted.

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

Beef sliders and grilled chicken are GF.

Deli

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

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 but 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 inform your server if you have a gluten allergy if you would like sushi/stir fry. Gluten Free Soy Sauce is available upon request.

Breads and Desserts*

UDI's cookies/muffins and O'Dough's bread are available.

*That there are a few GF desserts made in the UMass Bakeshop but the UMass Bakery is not a GF environment. Baked desserts will have the gluten & wheat allergens listed.

Please note that cooking does not destroy allergens.