

Eating Milk-Free at UMass



Questions or Concerns

Please ask the cashier to call the manager so they can assist immediately.

Items from the Kitchen

If you see an item you want without milk next to an item with milk or dairy but worry about cross contact, please ask the manager to get a portion from the kitchen for you.

Deep-Fried Products

Avoid deep fried items as the deep fryer may have come into contact with various products cooked in the same fryer.

Martin's Potato Buns

Burger buns on campus contain milk. Ask the manager to give you another bun that does not contain milk.

Desserts

Plant-based desserts (no animal by-products, dairy, and egg) are available at dinner.

Available Alternatives

UMass Dining offers dairy-free milk alternatives daily. Please ask our staff if you do not see any as they may just need to be replenished.

- Milk Alternatives: Lactaid 100%, Rice Dream, Almond Milk, Soy Milk, Oat Milk
- Dairy-Free "Mozzarella" & "Cheddar Cheese" (contains corn & coconut allergens)

Please note that cooking does not destroy allergens.

Airborne Allergy

Please inform the dietitians/management staff if you have an airborne allergy to milk. The dietitians can be reached at dietitian@umass.edu or you can make an appointment here:

<https://umassdining.com/nutrition/book-appointment>

Hidden Milk Ingredients

- Bechamel Sauce
- Butter, Butter Solids
- Butter Fat
- Butter Flavor
- Buttermilk
- Casein/Casein Hydrolysate
- Caseinates
- Cheese (any kind)
- Cottage Cheese
- Cream
- Curds
- Custard
- Ghee
- Half-and-half
- High Protein Flour
- Ice Cream, Ice Milk
- Milk Protein
- Non-fat Dry Milk
- Nougat
- Pudding
- Rennet/Rennet Casein
- Sodium Casein
- Sour/Whipping Cream
- Whey/Whey Protein Hydrolysate
- Yogurt
- Lactate solids
- Lactoglobulin, Lactalbumin
- Lactose/Lactoferrin
- Malted Milk
- Margarine
- Milk (condensed, derivative, dry, evaporated, milk from other animals ie. goat, sheep, malted, milk fat, powder, solids)

* Lactic Acid is not a dairy product. It is created in the fermentation of sugar during processing from carbohydrates such as cornstarch, potatoes or molasses.

*This is not a full list of hidden milk ingredients.

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