



Eating Peanut and Tree Nut Free at UMass Amherst

UMass 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.

Dietitian's Message:

For students, it is important to eat well in order to excel in your studies. UMass Dining looks forward to assisting you in eating a variety of safe foods regarding your special dietary needs. As the department Dietitian, I can help tailor your diet to ensure that you eat well balanced meals without any cross contamination issues. I would be happy to personally guide you through the process of selecting foods that are safe for you.

My interest in helping you with your dietary needs is both professional and personal. I have immediate family members with severe food allergies, so I understand the difficulties and constant worries of avoiding life-threatening ingredients. At UMass, we believe your biggest focus should be on academics. I hope that our accommodations will take away some of your worries and allow you to just enjoy the food, stress-free. With over 18,000 students on the meal plan, I have assisted many and I look forward to assisting you!

Peanut/Tree Nut Allergy/Intolerance Tips

- **Nutrient Analysis, allergens and ingredients** of the dining commons recipes are available on our website. Instructions on navigating through the web are at the end of this brochure.
- **Airborne Sensitivity:** Please be sure to report that you have an airborne sensitivity as occasionally we have specials with nuts (not at all the dining commons at the same time).
- **Items from kitchen:** If you see an item with peanuts and/or tree nuts at a station but worry about cross contamination, please ask the staff to get a portion from the back for you.
- **Fresh Ground Peanut Butter:** Peanut grinders are in each of the four dining commons. Please inform management staff if you have an airborne sensitivity.
- **Pesto Sauce** is nut-free. We changed the brand to be nut free. However, the sundried tomato and red pepper pesto do contains nuts.
- **Desserts:** Many desserts do contain nuts. You can find out the type of nut on the web site. UMass Dining is also doing their best to list the type of nut on the menu name.

- **Ice cream:** Avoid the hard ice cream as the same scoops are used for all ice creams. If you really want hard ice cream, ask the staff to get a new container from the kitchen. Soft serve ice cream and/or frozen yogurt are available to you on a daily basis.
- **Ice Cream Toppings:** The staff does try to separate nut free toppings from nut toppings, but cross contamination can still be an issue. If you would like sprinkles, Oreo Cookie Crumbs, Hershey's chocolate chips, or other nut free toppings, please ask the staff. They will get the product from an unopened container to ensure no cross contamination.
- **Dried Apricots** may contain peanuts and/or tree nuts.
- **Brownie** mix is manufactured on equipment with nuts, so avoid the brownies.
- **Salad Bar:** Please do not hesitate to ask for items from the kitchen if you fear cross contamination of items when nuts are present.
- **Cream cheese and Jelly:** Peanut butter, cream cheese, and jelly may be in the same area and there is a possibility of cross contamination. UMass Dining does have pre-packaged jelly and cream cheese for Grab n'Go so do not hesitate to ask for either item.
- **Asian/Street Food Stations:** Be aware that peanuts and/or tree nuts may be in some dishes at these stations. If you want a dish from this station, please ask the staff to make you one separately so no cross contamination will occur.

Peanut Allergies*:

- A peanut is neither a nut nor a pea. Peanuts grow from the ground and are actually considered legumes (beans).
- Peanuts are not the same as tree nuts (walnuts, almonds, cashews, pistachios, etc.)
- Be careful to distinguish between a peanut allergy and a tree nut allergy.
- Peanut allergies are one of the most potentially dangerous food allergies.
- Peanut proteins are often found in unexpected food sources, including Asian foods, candy, chili, soups, baked goods, marzipan, and other sweets.
- Some individuals may also develop a reaction simply by inhaling the aroma of peanuts.
- Watch out for the following when reading ingredient lists and labels on food packages (this is not a complete listing):

Arachis oil	Peanut butter
Ground nuts, ground peanuts	Peanut butter chips
Imitation walnuts or almonds	Peanut extract
Mixed nuts*	Peanut flavoring*
Mixed nut butters	Peanut flour
Nut butters*	Peanut oil
Nut extracts*	Ground nut oil
Nut flavorings*	Peanut syrup
Peanuts	Satay sauce*

***May contain peanuts**

Tree Nut Allergies*:

- Tree nuts are classified as nuts that grow on trees. These include nuts such as walnuts, almonds, cashews, chestnuts, and pistachios.
- Tree nuts are used in many foods, including barbecue sauces, cereals, crackers, salad dressing and ice cream.
- Artificial nuts can be peanuts that have been de-flavored and re-flavored with a different nut, like pecan or walnut.
- Avoid natural extracts, such as pure almond extract, because they may also trigger allergic reactions. Instead, try imitation or artificially flavored extracts.
- Watch out for the following if you have a nut allergy. Keep in mind that this is not a complete list.

Almonds	Hickory nuts
Artificial nuts	Lychee nut
Beechnut	Macadamia nuts
Brazil nuts	Marzipan (almond paste)
Cashews	Nangai nut
Chestnuts	Nougat
Chinquapin nut	Nu-Nuts® artificial nuts
Coconut	Nut meal
Filberts/hazelnuts	Nut butters (cashew/almond)
Gianduja	Nut milks (almond milk)
Ginko nut	Nut pastes

*A special thanks to Julia Salomon, MS, RD for giving permission to reprint this material.

Safe Nut-free Chocolate: Purchase peanut and tree nut chocolate at Vermont Nut Free:
www.vermontnutfree.com

Eating out at a Restaurant:

If you are dining out to a restaurant, you can create a chef card and adjust accordingly to your allergies and reactions:

I have a **life threatening food allergy to peanuts, peanut oil and tree nuts** (walnuts, cashews, pine nuts, almonds, etc.). Please inform me if any food I ordered contains any of these allergens (nuts/peanuts). Cross contamination of utensils, gloves and equipment can cause me to have a **fatal reaction**. Thank you very much.

Name (gives reference to chef/manager)

Menu Identifier (Line Signs) on the Serving Line



The menu identifier lists the following:

- Name of the recipe
- Nutrient analysis for one serving
- The allergens that this recipe contains

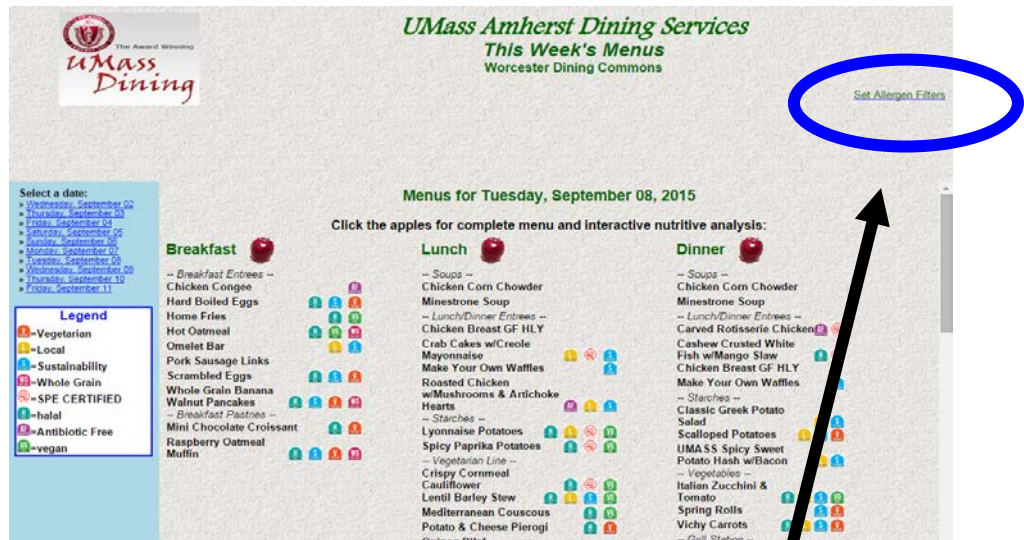
<p style="text-align: center;">Walnut Brownie</p> <p style="text-align: center;"> </p> <p>Serving Size: 1 Piece Calories: 157 Total Fat: 10.3 g Total Carb.: 15.9 g Protein: 1.6 g Fiber: 1 g Allergens: Tree Nuts, Gluten, Soy</p> <p style="text-align: right;"><small>213011 9.3.15</small></p>	<p style="text-align: center;">Pho Noodle Bowl</p> <p style="text-align: center;"> </p> <p>Serving Size: 8 oz Calories: 211 Total Fat: 5.9 g Total Carb.: 25.5 g Protein: 14 g Fiber: 2.7 g Allergens: Milk, Fish, Shellfish, Tree Nuts, Gluten, Soy, Corn, Sesame</p> <p style="text-align: right;"><small>146252 9.3.15</small></p>
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The tree nut is identified on the website. In the Pho Noodle example, the tree nut is referring to coconut milk.

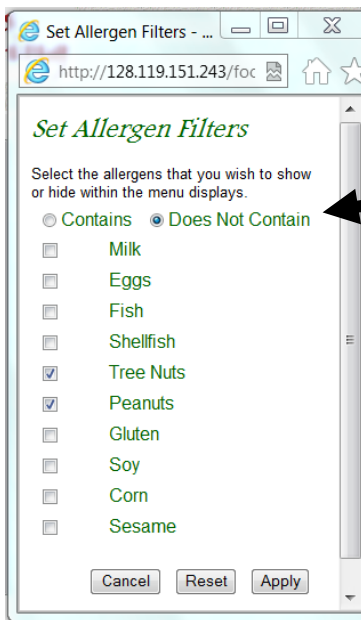
Navigating the UMass Dining Web site www.umassdining.com

- **For nutrient analysis, ingredients and allergens for ONE ITEM:**
 - Click on the Nutrition tab
 - Click on Nutrient Analysis under “UMass Nutrition” on the top left
 - Scroll to the bottom of the page and click on “here” in “click here to enter the Nutrient Analysis website”
 - Select a dining common (Freshman Orientation Groups – Click Worcester Dining Common/ Summer Sports Camps – Click Hampshire Dining Commons)
 - Select a day from the column on the left side of the page
 - Click on the apple by the meal desired 
 - Click on an underlined item to see the ingredients, allergens and nutrients
- **For nutrient analysis for ONE MEAL.**
 - Click on the Nutrition tab
 - Click on Nutrient Analysis under “UMass Nutrition” on the top left
 - Scroll to the bottom of the page and click on “here” in “click here to enter the Nutrient Analysis website”
 - Select a dining common (Freshman Orientation Groups – Click Worcester Dining Common/ Summer Sports Camps – Click Hampshire Dining Commons)
 - Select a day
 - Click on the apple by the meal desired 
 - Click box to left of items that you plan to eat and indicate quantity (to right of name of recipe) for each item planning to consume
 - Scroll down and click report to get the nutrient analysis of an entire meal. You can also click on underlined items on this page to see ingredients, allergens and nutrient information of one item.

Allergen Filter on the web menu: This allows you to include or exclude one or more of the major allergens. With this great feature, you do not have to click on each menu item to check ingredients or allergens.



Click here to set the Allergen Filter



Click on "Contains" or "Does Not Contain"
 Click on one or more allergens
 Click on "Apply" to set

It is important to see what contains peanuts and/or tree nuts as a recipe may be modified for assistance to meet your needs. Please ask our management staff.

Disclaimer

The possibility exists that manufacturers may change their formulation without our knowledge. UMass Dining Services will assume no liability for any adverse reactions that may occur in the Dining Commons.

Updates Aug 2015

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.
2. An excellent dining experience where you feel comfortable eating without fear of getting a reaction.
3. You have a right to meet with the dietitian for a free consultation by contacting her: 413.545.2472 or dietitian@umass.edu.
4. Customize dishes made to your dietary specifications. To better serve you, UMass Dining can take phone orders if you are in a hurry.
5. Accurate and easy-to-understand information regarding food allergies, intolerances and/or special dietary needs.
6. Confidence that the UMass Dining Staff are certified in food allergy training and are knowledgeable about ingredients served in foods.
7. Respect and understanding from UMass Dining Staff regarding your food allergies, food intolerance and/or special dietary needs.
8. Timely answers regarding any ingredients and its safety to your specific diet.
9. Confidence that your food is properly labeled and no cross contamination of ingredients occurs.
10. 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 our staff to ensure your safety, health and well-being.
3. We put your health and well-being first and we are more than happy to modify recipes to meet your needs. All you have to do is ask.
4. If food needs to be prepared separately, please communicate with the staff in advance. You can even call ahead. Below are phone numbers to best contact our staff:
 - a. Worcester DC: 413.545.0302
 - b. Franklin DC: 413.545.5373
 - c. Hampshire DC: 413.577.5160
 - d. Berkshire DC: 413.545.1175
5. If you are prescribed an Epi-Pen, UMass Dining recommends that you carry the Epi-Pen with you at all times.
6. Our dietitian and management staff are always at your disposal for a consultation. Contact the dietitian at dietitian@umass.edu or 413.545.2472 or ask to speak to a manager while at the dining commons.
7. We recommend that you register with University Health Services. Please call 413.577.5000 to set up an appointment.
8. Disability Services may be able to assist you further with your condition. You can contact them at DS@educ.umass.edu or 413.545.0892.