

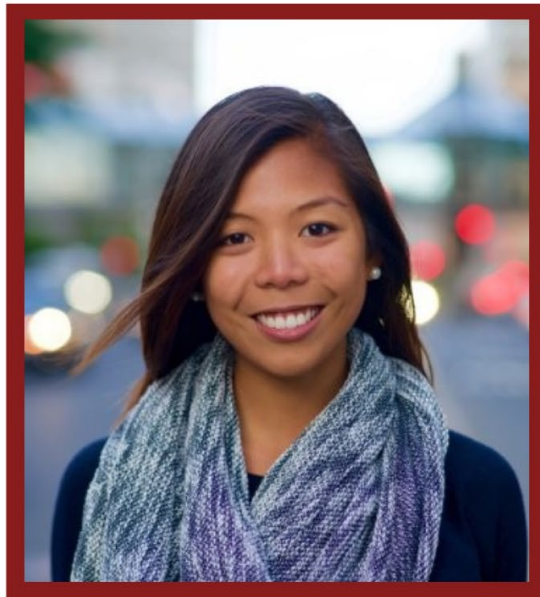
# NUTRITION

UMassAmherst | UMass Dining

## UMass Dining Nutrition Health & Safety Plan University of Massachusetts Amherst



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## **UMass Dining Nutrition Health & Safety Plan** **University of Massachusetts Amherst**

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**Goal:** The goal of the UMass Dining Nutrition Health & Safety Plan is to outline the proper safety procedures to execute a safe environment for staff and students under the most recent public health guidelines set forth by the Commonwealth of Massachusetts. This plan also includes expectations when meeting with our Nutrition Team on-site.

**The Nutrition Team:** UMass Dining's registered dietitians are available to assist students with special dietary needs and allergies. The dietitians work with the chefs to assure that a variety of different diets are considered during the menu planning phase (Vegan, Vegetarian, Gluten Free, Halal, and Allergy-Free). The dietitians also enforce accurate food labelling of all food and beverages within UMass Dining; this includes nutrition facts, ingredients, and allergens.

**Health & Safety:** The UMass Dining Nutrition Team is committed to adhering to the highest standards regarding safety. Staff, faculty, students, and guests are expected to reciprocate these procedures when meeting with the dietitians.

### **Expectations**

- Wear face coverings over mouth and nose where social distancing is not an option (face coverings will be provided as needed)
- Dietitians will socially distance themselves from other staff, faculty, students, and guests
  - Consultation room will have seating with 6 feet of separation
- It is everyone's responsibility to monitor their health and be alert to symptoms
- Hand wash for a minimum of 20 seconds
  - Before and after appointment
  - When touching face
  - After using the restroom

**Appointments:** To book an appointment with our dietitians, please visit the UMass Dining website under the Nutrition Tab. Dietitians will work with campus partners (University Health Services, Disability Services) to determine appropriate accommodations and recommendations based on the student's nutritional need. The notes and documentations from the meeting will be kept confidential.

### *Office appointments*

- Students must wait in the designated waiting area prior to appointment
- Students must wear mask at all times prior and during the appointment
- Students must sanitize hands with provided hand sanitizer prior to entering the meeting room
- Meeting must take place with 6 ft distance in the consultation room
- Dietitians will clean and disinfect room and high-contact areas before and after each in-person appointment
- While we encourage one visitor per in-person appointment, parents/guardians are able to attend with the permission of the student
- Virtual appointments are encouraged

### *Virtual appointments*

- Use of Zoom to host virtual meetings

## More Resources:

1. Symptoms of COVID-19  
<https://ehs.umass.edu/sites/default/files/Know%20the%20Symptoms.pdf>
2. Massachusetts Safety Standards and Best Practices <https://www.mass.gov/info-details/reopening-mandatory-safety-standards-for-workplaces>
3. COVID\_19 Daily Self Checklist  
<https://ehs.umass.edu/sites/default/files/COVID%20Checklist-v2-4.30.pdf>
5. Wear a Cloth Face Covering to Protect You and Your Friends  
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young-Mitigation-recommendations-resources-toolkit.pdf>
6. Information Regarding Social Distancing  
<https://ehs.umass.edu/sites/default/files/SOCIAL%20DISTANCING%20FLYER.pdf>
7. When to Seek Care  
<https://ehs.umass.edu/sites/default/files/When%20to%20Seek%20Care.pdf>
8. Proper Handwashing Techniques <https://www.cdc.gov/handwashing/when-how-handwashing.html>
9. Slow the Spread of COVID-19 [https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young\\_Mitigation\\_recommendations\\_and\\_resources\\_toolkit\\_03\\_HS.pdf](https://www.cdc.gov/coronavirus/2019-ncov/downloads/Young_Mitigation_recommendations_and_resources_toolkit_03_HS.pdf)

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