



Vegetarian/Vegan Options

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!

Vegetarian and Vegan Options:

UMass Dining has many vegetarian and vegan dishes at each meal.

- There is a vegetarian/vegan station in each dining common.
- Franklin Dining Commons offers vegan options only on the vegetarian line.
- Vegan desserts are available at dinner only.
- Please note that there are also other dishes at other stations that are vegan/vegetarian as well so be sure to look around to see what is available.


If you have any questions or concerns, please be sure to see the management staff on duty so they can assist you.

The next page has instructions on how to navigate through our web page to view the vegan and vegetarian options, as well as ingredients, allergens and nutrient analysis of the dining commons recipes.

Navigating the UMass Dining Website:

Open 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 
- Note that there are two icons next to the menu item:




Vegan (no animal products or by-products)



Vegetarian (dairy and/or egg – no animal flesh)

- Click on an underlined item to see the ingredients/allergens/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 item on this page to see ingredients, allergens and nutrient information of one item.

Please note:

- **Vegan desserts** are available during the academic year at dinner only
- **Gelatin** is found in some yogurts, mousse (toppings for desserts) and marshmallow items.

If you have any questions or concerns regarding the options in the dining commons, you can speak to the manager of the dining commons. You can also set up an appointment with the UMass Dining Dietitian: dietitian@umass.edu or (413)545-2472.

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 the 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.