

## A GUIDE TO SPECIAL DIETS

Binghamton University Dining Services provides a variety of menu options for students who have food allergies, food intolerances and/or other special dietary needs. All Resident dining halls can accommodate most food allergies and special diets. Our dining staff is trained to minimize the risk of cross-contact, help you identify major food allergens and answer any questions.

### KOSHER & HALAL

The Kosher Korner (KK), located at **C4 Dining Hall**, provides kosher-observant students with Orthodox Union (OU) certified meals. The KK is a full-service station that serves Glatt kosher food for each meal. Dairy meals are provided for lunch, while meat meals are provided for dinner. The KK is supervised by Rabbi Kellman. Students who observe a Halal diet can find Halal meal options at C4 Dining Hall. Available for lunch and dinner.

### SIMPLE SERVINGS

Simple Servings, located at **Appalachian & C4 Dining Hall**, provides safe and appetizing food choices for our customers with food allergies, food intolerances and celiac disease. Menu options include a selection of grilled proteins (i.e., chicken, fish), vegetables, beans, lentils and grains. Brunch is served on weekends and is a build-your-own hash bowl. All meals offered at this station are made without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, sesame and gluten.

### VEGAN, VEGETARIAN, & PLANT-BASED



Vegetarian items on campus are identified with the orange "V" icon. Menu items that are labeled this way do not contain meat or fish but may or may not contain dairy, eggs and/or honey.



Vegan items on campus are identified with the green "Vg" icon. Menu items that are labeled vegan do not contain any ingredients that come from animals.



Plant-based items only use ingredients from plants such as fruits, veggies, whole grains, legumes and nuts. They may also include honey and sugar.

### DINING WITHOUT GLUTEN

**Sizzle at CIW Dining Hall** features all items made without gluten. This station offers no gluten grill favorites like cheeseburgers, grilled chicken sandwiches, Beyond Burgers, chicken wings and more.

**All Dining Halls** offer pre-packaged gluten-free items including bagels, muffins, bread, brownies, yogurt, cereal, milk (cow, almond, soy, oat and Lactaid), pretzel/hummus packs, chips, bars and ice cream.

**SPECIAL MEALS/ITEMS AVAILABLE UPON REQUEST:** Items listed below can be prepared separately to minimize risk of cross-contact. Order times may vary, to avoid waiting we suggest that you request your items in advance by contacting the dining hall manager or ordering on Grubhub.

- |                |                   |         |                    |              |
|----------------|-------------------|---------|--------------------|--------------|
| • Hamburger    | • Chicken Tenders | • Pasta | • Tofu Stir Fry    | • Sandwiches |
| • Cheeseburger | • French fries    | • Pizza | • Chicken Stir Fry | • Salad      |

## SPECIAL ACCOMMODATIONS & NUTRITION CONSULTATIONS

Our Registered Dietitians are available to meet and discuss dining options, accommodations, resources on campus and more. Topics typically discussed during individual sessions are: basic nutrition guidelines, eating healthy on and off-campus, nutritional supplements, eating on the run, pre and post-workout foods, guidelines for vegans and vegetarians, general health and wellness, food allergies and more. Please contact our dietitians to best determine how BUDS can help meet your dietary and nutritional needs.

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