



# Celiac Disease/Gluten Intolerance

**Celiac Disease/Gluten Intolerance** is a digestive issue triggered by gluten, a protein found in foods like bread, pasta, cookies, and pizza crust, which comes from wheat, barley, and rye. People with this condition can have allergic reactions when they accidentally consume foods containing gluten. To help you navigate your dining options safely, Dining Services is dedicated to keeping you informed about what's in your food.

You can find detailed nutritional and ingredient info for everything served in The Atrium at Eickhoff and 1855 using the **Everyday App**. This app allows you to see menu offerings at each station, the full ingredient list, identify the eight most common allergies, along with nutritional details like calorie and fiber content. You are able to filter items by your allergy such as peanuts, tree nuts, milk, eggs, soy, wheat, shellfish, and fish, since many allergens can be hidden in meals.

TCNJ Dining Services is committed to providing a variety of healthy options for all students. For those with allergies, we have our **Simple Servings** station, which is a dedicated dining hall station that offers hot flavor-forward meals prepared without eight of the nine most common allergens. If you would like to know more about Simple Servings, refer to the Simple Servings section [here](#). In addition, we have **Simple Zone**, an area dedicated to serving foods that are gluten-free, peanut free, and tree-nut free! Simple Zone offers many gluten-free dry goods and frozen foods, as well as dedicated equipment to use. Simple Servings and Simple Zone both offer a dedicated space in The Atrium at Eickhoff with specialized equipment, ensuring safe, gluten-free options while minimizing the risk of cross-contamination.

Our campus retail locations also offer gluten-free choices, like grilled chicken, toss-to-order salads, and fresh fruit. Plus, check out our **Simply to Go** line for convenient gluten-free options perfect for busy students. Additionally, our **C-Store** also has many gluten-free snacks available for purchase, which are great for between class or late night snacking.

Students, faculty, and staff are welcome to join our monthly Dining Services Committee meetings. You can find the schedule for dates, times, and locations [here](#).

Any student having questions about the foods served should contact : Ava Gamba, Registered Dietitian, at [sdhrd@tcnj.edu](mailto:sdhrd@tcnj.edu), Vincent Papp, General Manager, at [vincent.papp@sodexo.com](mailto:vincent.papp@sodexo.com).

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