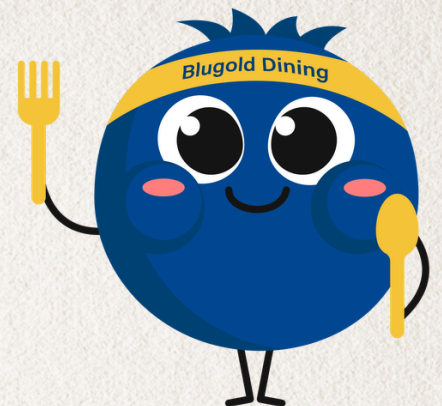


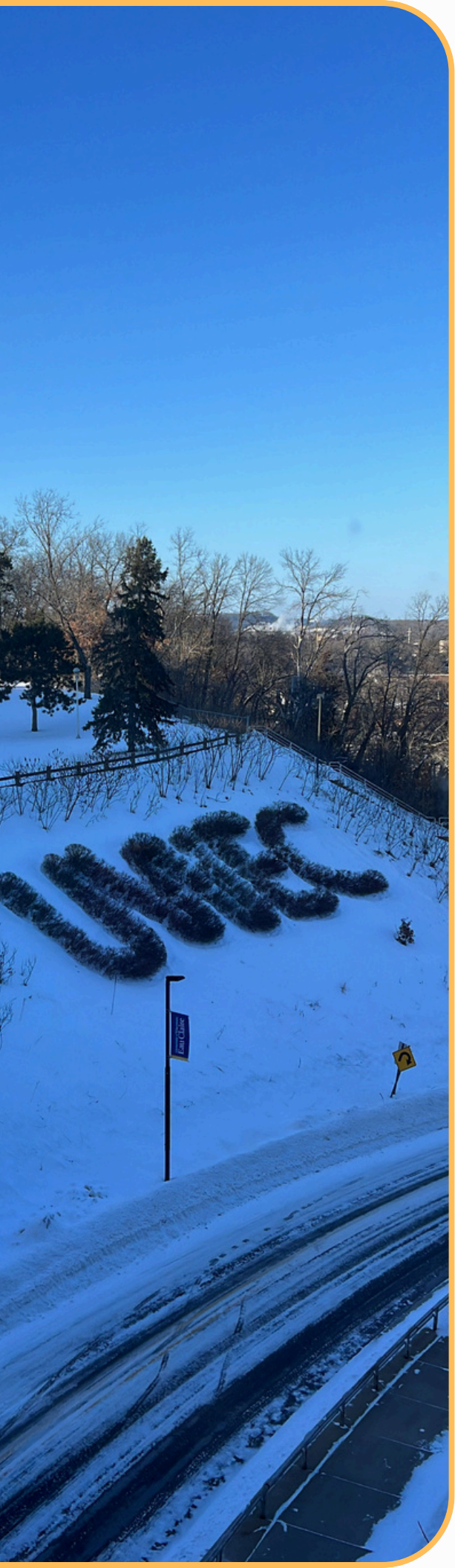


Dining for all

*A Guide to Navigating
Food Allergies and
Dietary Restrictions
with Blugold Dining*

@UWECdining 
Blugold Dining 
uwecdining.sodexomyway.com 





Food Allergies, Intolerances, & Medical Needs

Welcome to Blugold Dining! Our dining team is here to make sure you have a safe, delicious, and social experience when you dine across campus! Health and safety are a top priority for all students dining with us. We prioritize health and wellness to support your specific dietary needs and lifestyle. Our approach includes offering nutritious food choices, providing accommodations for special dietary needs, promoting nutrition education, and offering access to our Registered Dietitian, Executive Chef and/or General Manager. We take pride in serving you wholesome ingredients, preparing recipes accurately, and providing nutritional analysis and ingredient statements through our online menus and nutrition calculator. From our General Manager to our front-line servers, we work carefully to address food allergies, dietary restrictions, and other special diets. Blugold Dining understands students with food allergies face more barriers and stressors than others. Please use this guide that we have created as a guide to support your dietary and safety needs.

Lucas Flaherty, RDN, CD

Campus Dietitian.
Contact him via email:
lucas.flaherty@sodexo.com



Safe Dining Tips

We want to meet one-on-one with anyone who has individual dining needs to ensure that your dining experience is safe, delicious, and social. For students with medical conditions that impact their ability to dine well on campus, we strongly encourage a conversation with our Registered Dietitian, Executive Chef, and/or General Manager. In many instances, our dining team can easily assist with special needs.

Blugold Dining is committed to accommodating your dietary needs. We take pride in serving wholesome ingredients and providing nutrition information for our menu items that includes top 9 allergens and gluten. We work hard to address food allergies and other special dietary needs.

Here are steps you can take for a safer dining experience.



MEDICATION & EMERGENCIES

- Educate yourself on what to do if an allergic reaction occurs.
- Always carry your emergency medication with you.
- Educate your friends about the signs & symptoms of an allergic reaction and the steps they should take if necessary.
- Dining services **does not store or offer epinephrine**, but Eau Claire EMS carries and can administer epinephrine 24/7 during the academic session.

COMMUNICATION

You are your own best advocate!

- Never guess about a food item. Introduce yourself to the dining staff and if you are concerned about ingredients, just ask our staff. We are here to help provide a safe dining experience.
- Schedule a consultation with Bugold Dining's Registered Dietitian to create a dining plan.
- Contact the dietitian at lucas.flaherty@sodexo.com to set up an appointment.

PLANNING

- Once a week, review menus online or through the Everyday app.
- While we try our best to ensure up-to-date online menus sometimes menu changes occur, so make sure to review the allergens at point of service or ask a staff member.
- Start with the items that are safe for you, like food served at our Simple Servings and Simple Zone located in Riverview Cafe.

• Consider items that meet your allergy needs offered in other areas. Look for made-to-order menu items that could work with slight modifications, such as a deli sandwich made without gluten.

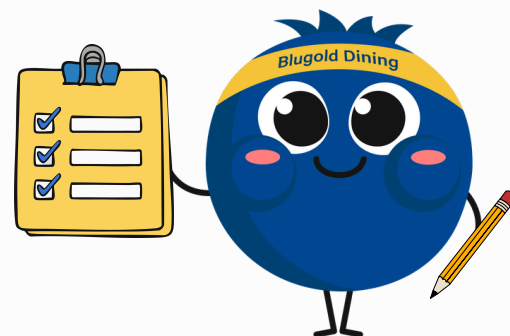
• Keep in mind that self-serve areas are more prone to cross-contact between foods, so feel free to request the untouched "back-up" stock of menu items.

3 CHECKS FOR SAFETY

KNOW YOUR EMERGENCY PLAN

CHECK MENUS AHEAD OF TIME

ASK IF UNSURE!



Your Responsibilities

It's our goal to provide students who identify as having food allergies or dietary restrictions with the necessary information so you may make confident food choices.

- Read our allergen disclaimer (see future page).
- Review the resources available on campus to help manage your dietary needs.
- Speak to the Registered Dietitian, Manager and/or Chef on duty for any questions regarding allergen and ingredient information.
- Do not consume anything with your allergen in it. When in doubt, seek clarification about an ingredient or dish if you are unsure.

Your Resources



The following resources are available to help you manage your food allergies or dietary restrictions:

- Individual meetings with the Registered Dietitian to discuss an individualized plan, navigating the dining halls, and managing your restrictions. (lucas.flaherty@sodexo.com)
- Dining Services staff such as Managers, Chefs, and Registered Dietitian are here to provide additional information and help.
- Online menus with ingredient and allergen information

•Everyday App

•Dining Website- SodexoMyWay

- Allergen contains statements on digital menu boards and menu cards to indicate the presence of the top 9 allergens plus gluten.
- Allergen platforms in our dining halls (see future page for more details)
- Specialty menu items made without allergens or gluten that are available upon request.
 - Example: pizza, pasta, sandwiches, burgers, waffles, etc.

*Occasionally, Dining Services cannot meet a student's medical needs within normal service. We may require additional medical documentation to enable us to develop a more specific meal plan accommodation. In this situation, please visit **UWEC SHS (Student Health Service)** for details and instructions on how to submit a meal plan accommodation request. This process is for those with medically documented diagnosis/-es that need to request special dining accommodations or have medically prescribed diet plans for the treatment of a medical condition. Together, our departments work to serve our students with medical needs related to dining on campus.*

RESIDENTIAL VS RETAIL



RESIDENT DINING

To support students with food allergies and dietary restrictions, Blugold Dining offers several options made without allergens across our residential dining hall Riverview Cafe

- Our Simple Servings station, located at Riverview Cafe, is free from the top 8 allergens: milk, eggs, wheat, soy, peanuts, tree nuts, shellfish, and sesame. Meals served at this station are prepared using dedicated equipment and utensils to reduce the risk of cross-contact
- Simple Zone, a pantry stocked with items like bread, waffles, and snacks made without gluten, wheat, nuts, tree nuts and dairy is accessible at Riverview Cafe
- The Simple Zone station at the Dining Hall offers prepacked gluten-free breads

RETAIL DINING

We have multiple retail locations across campus that you may choose to visit as a student. Across these locations, you will find options made without allergens as well.

- Full ingredient and allergen information is available upon request at Davies, The Cabin and Einsteins Bagels
- Gluten-Free pasta available at the pasta station in Davies Marketplace
- Gluten-Free bun are available at the grill in Davies Marketplace
- The Dietitian or other team member can assist in finding other options at the Marketplace



Our facility prepares and serves menu items containing gluten and the top nine food allergens including: Milk, Eggs, Shellfish, Soy, Peanuts, Wheat, Sesame, Fish, and Tree Nuts. We follow safety protocols when preparing the menu items, however, we cannot eliminate the possibility of cross-contact or declare any item free of any allergen or gluten. Our Dining staff is NOT trained to administer epinephrine and does not keep medication on hand. Therefore, guests with life-threatening food allergies who may need to use epinephrine should be carrying their own.

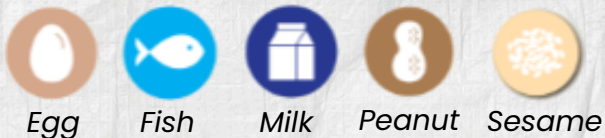


DINING MENUS AND ALLERGEN LABELING

Our menus provide contains statements specifically highlighting the top 9 allergens (milk, eggs, shellfish, fish, tree nuts, peanuts, wheat, soy, sesame) and gluten. Guests may check on the presence of allergens prior to planning their meals using the Everyday app. The information is also posted on menu boards in the dining center. The absence of an allergen listed on posted or electronic signage is not a guarantee that the product is free of that allergen as other recipes are prepared in the kitchen that do contain food allergens. The guest is responsible for communicating their allergy to the Manager, Executive Chef and/or Registered Dietitian on duty to ensure safety.

Download the *Everyday App* with the QR code below to view the menus, ingredient lists, and allergens of each menu item for safe dining hall navigation. You are able to filter the menu by allergen.

Look for these icons on our digital menu boards:



Download the *Everyday App* with the QR code above to see our menu & the allergens!

ALLERGEN PLATFORMS



SIMPLE SERVINGS



ALLERGY-FRIENDLY FARE

All foods offered at the Simple Serving station are naturally free of milk, eggs, wheat, soy, shellfish, peanuts, tree nuts and gluten. Straightforward preparation techniques assure transparency of ingredients, and help students prepare to be responsible for their own shopping and cooking in the future. The lunch and dinner menus change daily and include varied protein options: fish, beef, pork, chicken and turkey. All side dishes are vegan, containing no milk, eggs, or meat products.

Simple Servings team members are carefully trained to prepare and serve safe food. We provide training throughout the year for all employees, and our managers and supervisors also hold AllerTrainU™ certificates. While the Simple Servings station is designed to allow customers an easy way to avoid allergens and gluten, we encourage our customers with special dietary needs to connect with our Executive Chef, Registered Dietitian, and General Manager to ensure an enjoyable dining experience. Please contact us at dining@uwec.edu.

Location: Riverview Cafe in Hilltop

Our facility prepares and serves menu items containing gluten and the top nine food allergens including: Milk, Eggs, Shellfish, Soy, Peanuts, Wheat, Sesame, Fish, and Tree Nuts. We follow safety protocols when preparing the menu items, however, we cannot eliminate the possibility of cross-contact or declare any item free of any allergen or gluten. Our Dining staff is NOT trained to administer epinephrine and does not keep medication on hand. Therefore, guests with life-threatening food allergies who may need to use epinephrine should be carrying their own.

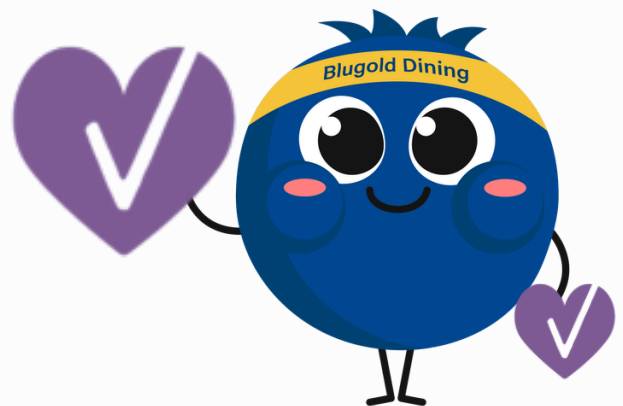
ALLERGEN PLATFORMS



SIMPLE ZONE

Simple Zone is our campus dining “pantry” where food items needed by students with Celiac disease or food allergies are housed with precautions against cross-contact. It gives students the ability to be involved in their own allergen-safe meal preparation. There are a variety of items made without gluten, peanuts, tree nuts, and dairy, such as cereals, breads, bagels, and more each day. Simple Zone features its own designated toaster and prep area.

Location: Riverview Cafe in Hilltop



Our facility prepares and serves menu items containing gluten and the top nine food allergens including: Milk, Eggs, Shellfish, Soy, Peanuts, Wheat, Sesame, Fish, and Tree Nuts. We follow safety protocols when preparing the menu items, however, we cannot eliminate the possibility of cross-contact or declare any item free of any allergen or gluten. Our Dining staff is NOT trained to administer epinephrine and does not keep medication on hand. Therefore, guests with life-threatening food allergies who may need to use epinephrine should be carrying their own.

MEET OUR TEAM



Lucas Flaherty

RDN, CD

Blugold Dining's Campus Dietitian
Email Lucas to book an appointment:
lucas.flaherty@sodexo.com

Lucas has a bachelors of science in Dietetics from Iowa State University. He has been a dietitian for 8 years and has spent six of those in the university campus setting. He was previously at Drake University in Des Moines, Iowa before joining the Marquette Dining team in the fall of 2020. His passion for leading a healthy lifestyle is driven him to empower people of all ages to reach their healthiest potential through food and nutrition. He has helped hundreds of students manage their allergies and successfully navigate the dining halls safely, as well as help manage chronic conditions, meet weight goals, and encourages healthy eating for sport performance. His approach to healthy eating does not revolve around diets or calorie counting. His job as dietitian is to simplify the way we think about food and how to use it in the most therapeutic ways.



Andy Solomon

Operations Manager



Kent Laidlaw

*Resident Dining
Executive Chef*



Shawn McManus

Retail - Catering Chef