



COVID-19 Update

FOOD ALLERGIES @STANFORD ACCOMMODATIONS

R&DE Stanford Dining is proud to offer accommodations for students with food allergies and specialized dietary requirements through the Food Allergies @Stanford program. Our nutritionists work with each student individually to determine the dining strategy that best meets his or her dietary needs. Your Food Allergies @Stanford support team includes the Stanford Dining nutrition team, chefs and managers who work together to ensure you have an exceptional dining experience. Here you will find information about the steps we take to support students with food allergies and other special dietary needs.

CROSS-CONTACT PREVENTION

Our foodservice staff receive comprehensive training on cross-contact prevention for food allergies. We implement protocols in our kitchens to avoid shared services with allergen-containing foods and to ensure that all food surfaces are regularly clean and sanitized to remove traces of food allergens. If it's necessary to produce a food on shared surfaces or equipment, the food item will be labeled as containing "trace allergens" to indicate that food allergens may be present.

PREPACKAGED MEALS

In response to campus efforts to prevent the spread of COVID-19, our dining operations have shifted from a self-serve model to providing prepackaged foods. Prepackaged meals, beverages and condiments help to prevent cross-contact of food allergens during food service. Many prepackaged meals contain multiple food items and ingredients so it's important to review food labels for all menu items in a prepackaged meal to ensure none of your allergens are present.

MENUS & LABELING

Daily menus are available at rdeapps.stanford.edu/dininghallmenu and detailed labels are provided for our core menu items in all dining halls. Our menus and labels identify ingredients, list any top 10 allergens (coconut, egg, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, wheat) and indicate if a dish is vegan, vegetarian and gluten free. If an item contains ingredients made in a shared facility or on shared equipment with an allergen, that allergen will be labeled with an asterisk (e.g. wheat*). Some foods in the dining halls are prepared on equipment that may contain trace amounts of multiple allergens so these foods are labeled as containing "trace allergens". If you have any questions in the dining halls about specific ingredients or how a food was prepared, please consult with your dining hall manager.

INGREDIENTS

ALLERGENS

DIETARY QUALITIES

R&DE STANFORD DINING
Fresh Food, Quality Ingredients

Mongolian Tofu Stir Fry

Ingredients: **organic tofu**, bell peppers, green beans, red onion, canola/olive oil blend, green onions, garlic, salt, pepper, mongolian stir fry sauce (alcohol free tamari, hoisin sauce, beet sugar, corn starch, vegetarian oyster sauce)

Allergens: COCONUT*, EGG*, FISH*, MILK*, SESAME, SHELLFISH*, SOY, TREE NUTS*, WHEAT, TRACE ALLERGENS

VEG

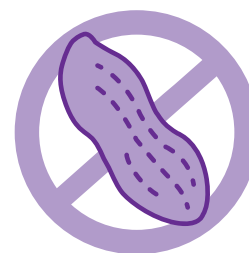
MINDFUL MEAL PROGRAM

To help supplement the food options available to those with food allergies in each dining hall, we provide at least one entree at every meal that is free from the top 9 allergens: egg, fish, milk, peanuts, sesame, shellfish, soy, tree nuts, wheat. The Mindful Meal will be identified on its label and on our online menus, to make it easier to choose an option that meets your dietary needs. We also regularly offer additional sides, snacks and baked goods in the dining halls that meet Mindful Meals standards. Please note that these food items may contain coconut so be sure to review the label if you have an allergy to coconut or an ingredient outside of the top 9 allergens.

NUT SENSITIVE DINING @ WILBUR

(Spring 2021)

Wilbur Dining Hall has been designated as nut-sensitive for Spring quarter 2021. The staff have been trained to support students with severe nut allergies with the temporary closing of Ricker. Students with peanut and/or tree nut allergies can request housing in Wilbur along with other housing-related accommodations through the Office of Accessible Education (OAE).



Steps to ensure a positive dining experience with food allergies and other dietary needs:

- STEP 1** We strongly recommend students register their food allergy or medically necessitated dietary need with the Office of Accessible Education (OAE). Stanford Dining works closely with OAE to help accommodate the dietary needs of students. To learn more about registering with OAE visit oae.stanford.edu/students/registering-oae.
- STEP 2** Complete the Stanford Dining Dietary Accommodations form on our website rde.stanford.edu/dining/eat-well-stanford and submit to nutritionist@stanford.edu.
- STEP 3** Set an appointment with Stanford Dining's Nutritionist to discuss your dietary needs and available accommodations. Appointments can be made for phone or Zoom conversations by visiting stanfordnutritionist.acuityscheduling.com.
- STEP 4** Join the Food Allergies @Stanford community and help us continue to improve the Food Allergies @Stanford program through your involvement and feedback.



Stanford Dining's nutrition team is here to help you manage your dietary needs on campus. We personally review all ingredients, recipes and menus for allergens and train R&DE staff on food allergy accommodations. If you have any questions or issues relating to food allergies, specialized dietary requirements, or nutrition, please email nutritionist@stanford.edu to arrange a personal consultation.



We've proudly partnered with FARE (Food Allergy Research & Education) to improve the college experience for students with food allergies through enhanced awareness, accommodations and training.

Disclaimer:

Please inform your server if you have a food allergy and direct ingredient questions to a manager. While we take many precautions to correctly identify ingredients and prevent cross-contact, we are unable to guarantee the absence of potential food allergens in our food or facilities. It is, therefore, ultimately the responsibility of the individual to judge whether or not to question ingredients or consume food items.