

OHIO
UNIVERSITY

FOOD ALLERGENS AND DIETARY ACCOMMODATIONS

A guide to food safety on campus.

OHIO.EDU/FOOD



UPDATED: APRIL 2025

OHIO UNIVERSITY
Culinary
SERVICES



LOCAL PRODUCE & PRODUCTS

OHIO UNIVERSITY

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FOR BOBCATS. BY BOBCATS.

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OHIO's Commitment

Our goal is to provide students with the tools and support they need to be **active** in the management of their food allergy or food-related medical condition, building skills and knowledge to transition into college life and beyond.

We strive to:

- Make nutrition and ingredient information available and transparent to make informed choices.
- Make arrangements to support students in participating in the college dining experience.
- Train staff to implement best practices for reducing risks of cross-contact.



Student Responsibilities

- **Meet with the Dietitian:** Schedule a meeting with our Registered Dietitian to develop a plan for safely navigating campus dining.
- **Be diligent in the management of your food allergies:**
 - Avoid food allergens.
 - Reach out to Student Accessibility Services, if appropriate.
 - Make your campus support system aware of your food allergies and symptoms of an allergic reaction.
 - If prescribed epinephrine, carry it with you at all times.
- **Use Online Menus:** Familiarize yourself with signage, nutritional icons, and campus menus.
- **Reach Out:** When in doubt, refer all questions to the Registered Dietitian, Executive Chef, or Manager.
- **Follow Up:** Reschedule and follow up with the Dietitian as often as needed when there are changes or challenges. If we don't hear from you, we assume you are successfully navigating campus dining.



Dining & Accommodations Overview

The District

- All items served at this dining court are free from peanut and tree nut ingredients.

Margarets

- Located at The District, Margaret's offers a menu without the presence of Top 9 Allergens.

OHIO Eats App

- Approved students can order from Nelson or District, dine-in or carry-out.

Smooth Moves

- Use your meal plan for a smoothie meal combo. Offerings contain no gluten, peanut, or tree nut ingredients.

Allergen Labeling System

- Refer to daily menus on our website and menu screens at each dining station for labeling of major allergens and gluten.

Gluten-Free Bakery

- Our gluten-free bakery is tested regularly and items are sealed when distributed to venues.

Staff Training

- Our chef team, management and select cooks receive food allergy management training with accredited Allertrain allergen management training program.

Registered Dietitian and Culinary Accommodation Team

- We have a dietitian on staff to support you, as well as specially-trained staff at each residential dining location to assist students with questions, requests, or custom-tailored meals.

Meet the RD

We offer a Registered Dietitian as a free resource for all students to assist as you safely navigate campus dining, meet your health goals, and get the best value out of your meal plan. Kari can also assist in making a dining accommodation plan, connecting you with chefs to develop a customized dining plan based on your unique needs.



Kari Saunders
Registered Dietitian

SCAN
ME!



CulinaryDietitian@OHIO.edu

Tips for Safe Dining

What is Cross-Contact?

- **Cross-contact** occurs when one food contacts another food and unintended mixing of food components occurs.
- We strive to reduce the risk of cross-contact in each of our venues.

To Reduce Your Risk:

- **Let Staff Know About Your Allergy:** You may ask a dining employee to change gloves, switch out utensils, and re-clean the area for your food to be prepped.
- **Take Caution With Fried Foods:** Fryers at all locations may come in contact with any of the Top 9 allergens and gluten.
- **Be Aware:** Regular bakery items are produced in a facility that also handles peanuts, tree nuts, and other common allergens.
- **Ask For Separate Servings:** You may request a portion of any item stored behind the counter that has not been on the self-service line.

Get the latest on allergen-friendly dining at OHIO.



Online Menu

We strive for transparency in our ingredients and provide detailed nutritional information for everything we serve. This information can be found online at:

OHIO.edu/Food/Menus

1. Pick your Venue
2. Select the Item
3. Find Nutritional Info & Allergens

Menu Legend

- L** Contains Lactose
- V** Vegetarian
- VN** Vegan
- E** Contains Eggs
- F** Contains Fish
- GF** Gluten Free
- LI** Local Ingredient
- P** Contains Peanuts
- S** Contains Soy
- NG** No Gluten Ingredients
- SS** Contains Sesame
- SH** Contains Shellfish
- TN** Contains Tree Nuts

Seasoned Curly French Fries **V** **S**

Vegan Chickenless Breast **V** **VN** **S** **NG**

— OUCOOKING —

Blackened Pork Loyn **NG**

Breaded Catfish **E** **F** **S**

Brown Rice **V** **VN** **S** **NG**

Corn Dog **E** **S**

Deli Ham **NG**

Deli Turkey **NG**

Roasted Cauliflower **V** **VN** **NG**

Sliced Salami **NG**

Breaded Catfish Nutrition Information

Breaded Catfish

Nutritional Information	Amount Per Serving	% Daily Value *
Serving Size: 4 OZW Calories 140	Fat 6.7g	5%
<small>* Percent Daily Values (% Daily Value) are based on a 2,000 calorie diet.</small>	Saturated Fat 2.6g	13%
	Trans Fatty Acid 0g	0%
	Cholesterol 22.6mg	8%
	Sodium 596.1mg	25%
	Carbohydrates 14.5g	5%
	Dietary Fiber 0.9g	4%
	Total Sugars 0.9g	
	Added Sugar 0g	0%
	Protein 11.7g	21%

% Daily Value: Protein 21% Fat 5% Carbohydrates 5% Dietary Fiber 4% Cholesterol 8% Trans Fatty Acid 0% Vitamin A - IU 0% Calories 7% Saturated Fat 13%

INGREDIENTS: 4oz Breaded Catfish Fillet (Catfish, Water, Yellow Corn Meal, Bleached Wheat Flour, Salt, Modified Food Starch, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Sodium Tripolyphosphate, Dehydrated Onion, Paprika, Partially Hydrogenated Soybean Oil, Spices, Dried Egg Whites, Wheat Gluten, Silicon Dioxide (Added to Prevent Caking), Sodium Hexametaphosphate, Sodium Alginate, Xanthan Gum.), Optimax Canola (High Oleic Canola Oil And Hydrogenated Soybean Oil With Dimethylpolysiloxane)

ALLERGENS: Eggs, Fish, Wheat, Soybeans



SCAN ME!

The Top 9 Allergens



WHEAT



FISH



MILK



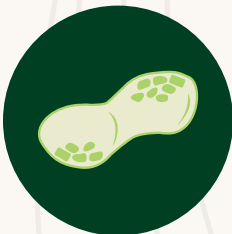
EGGS



SHELLFISH



SOY



PEANUTS



TREE NUTS



SESAME

While the majority of food allergies in the US are caused by 9 foods known as the Top 9 Allergens, it is possible for a person to be allergic to nearly any food or food component.

Symptoms

Allergic reactions can range in severity. Symptoms can include:

Itching

Redness

Hives

Vomiting

Stomach Pain

Throat Tightness

Diarrhea

Difficulty Breathing

Coughing or Wheezing

Tingling Around Mouth or Limbs

Anaphylaxis

A very severe allergic reaction is called anaphylaxis. If anaphylaxis is suspected, call 911 and treat immediately with epinephrine.

ICON GUIDE

- M** CONTAINS MILK
- VT** VEGETARIAN
- VN** VEGAN
- E** CONTAINS EGG
- F** CONTAINS FISH
- GF** GLUTEN FREE
- P** CONTAINS PEANUTS
- S** CONTAINS SOY
- NG** NO GLUTEN INGREDIENTS
- SS** CONTAINS SESAME
- SH** CONTAINS SHELLFISH
- TN** CONTAINS TREE NUTS

The OHIO Eats App

COMING SOON! Order ahead in the OHIO Eats app.

- Introducing app ordering at Nelson Commons and The District for students requiring dietary accommodations.
- Inclusive and discreet, this allows students to order ahead for pick-up or dine-in.
- Skip the line at Margaret's by ordering through the app.
- To obtain access, students must meet with the registered dietitian and determine reasonable need for accommodation.



SCAN
ME!

Allergen friendly!



Margaret's

The District features “Margaret’s Made for You,” a concept where students with special dietary needs can go to receive a delicious and fresh meal made to order.

- Allergen friendly ingredients.
- Chef-designed bowls.
- Favorite comfort foods.
- Home-cooked favorites.

MARGARET'S
— unique for you —

Dining Responsibilities

Please be aware that all Ohio University culinary locations prepare items containing egg, fish, milk, peanuts, shellfish, soy, tree nuts and wheat. If you have a food allergy or other individual dietary need, please ask for a manager to assist you.

Students with severe food allergies or whose individual dietary needs require accommodation such as special menu planning or special food preparation should consult our dietitian, Kari Saunders at 740.593.1165 or culinarydietitian@ohio.edu, for additional information or support.

Ohio University Culinary Services makes every attempt to deliver up to date nutrition and food-allergen information, but cannot guarantee an item that we prepare to be allergen-free. The information found on our nutrition cards and on our website is obtained from the latest USDA Standard Reference database, our vendors, or by individual packaging and is accurate to the best of our knowledge. Our staff is taught the severity of food allergies and/or individual dietary needs and is shown ways to minimize the possibility of cross-contact within our locations.

Please be advised that there are instances when certain ingredients may be substituted on the actual day of preparation. Commercial manufacturers may change their formulations without our knowledge or other factors may occur that are beyond our control. Additionally, there is always a possibility for cross-contact to occur. Due to these conditions, Ohio University Culinary Services cannot guarantee that any item prepared in our kitchen is totally free of a certain ingredient or allergen. Individuals with food-related dietary concerns should be aware of this risk and understand that Ohio University Culinary Services will not assume any liability for adverse reactions to foods consumed, or items with which one may come into contact while eating at any Ohio University Culinary Services location.

More Information

American Academy of Allergy, Asthma, and Immunology: AAAAI.org
Food Allergy Research & Education (FARE): FoodAllergy.org





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**Menus & Nutritional Info
Are Available on our App!**

**OHIO
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- Mobile Ordering
- Rewards Points
- Digital Punch Cards



**Download
Today!**