

CAMPUS DINING AT SAINT MARY'S COLLEGE

## **FOOD ALLERGY AND MEDICAL CONDITION ACTION PLAN**

Accommodating Individualized Dietary Requirements  
Including Food Allergies, Celiac Disease, Intolerances, Sensitivities, Diabetes,  
Other Medical Conditions, and Diets for Religious Observances



CAMPUS  
**DINING**  
AT SAINT MARY'S COLLEGE

## Individual Dietary Needs Statement

Welcome to Saint Mary's College! If you have dietary restrictions or special dietary requirements, please know you are in good hands. Our award-winning team is trained and certified\* to meet the dietary needs of students with many different medical conditions. Whether you are diabetic, vegan, lactose intolerant, have food allergies, a broken jaw, or celiac disease, Campus Dining can accommodate your dietary needs safely, nutritiously, and deliciously.

Campus Dining will also make its best effort to accommodate students whose dietary requirements may differ due to religious and cultural backgrounds.

Students with dietary needs who require special meal planning or food preparation must have their physician fill out the dietary needs form on page 3 and return it to Jocie Antonelli, program director, nutrition services (jantonel@nd.edu; (574) 631-0106). Ms. Antonelli will then work with you one-on-one to create a plan that meets your needs.

Campus Dining will also try to accommodate the dietary needs of the College's faculty, staff, and guests, where possible. Faculty, staff, and guests of the College with special dietary needs should submit their questions or requests to Jocie Antonelli in advance of their visit (or meal), if possible, so that Campus Dining can work to provide and prepare nutritious food that safely meets their needs.

\*All of Campus Dining managers and chefs are certified to meet the dietary needs of individuals with food allergies and celiac disease in conjunction with FARE and MenuTrinfo.

# CAMPUS DINING

Have questions? Contact Jocie Antonelli, RD, via email at [jantonel@nd.edu](mailto:jantonel@nd.edu) or by phone at 574/631-0106

Full Name \_\_\_\_\_ SMC Meal Plan \_\_\_\_\_

Local Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

SMC e-mail Address \_\_\_\_\_ SMC Student Year \_\_\_\_\_

**STUDENT NOTE:** Fill in the information requested above and give the form to your physician to complete the following, specifying your dietary needs, and then have your physician fax the form to Jocie Antonelli, RD, at 574/631-7994. An appointment will then be set to discuss your specific needs in detail.

## FOR PHYSICIAN'S USE ONLY - Please check all that apply

- |                                              |                                            |                                                   |
|----------------------------------------------|--------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Dairy Allergy       | <input type="checkbox"/> Peanut Allergy    | <input type="checkbox"/> Diverticular Disease     |
| <input type="checkbox"/> Lactose Intolerance | <input type="checkbox"/> Tree Nut Allergy  | <input type="checkbox"/> Crohn's Disease          |
| <input type="checkbox"/> Wheat Allergy       | <input type="checkbox"/> Fish Allergy      | <input type="checkbox"/> Irritable Bowel Syndrome |
| <input type="checkbox"/> Gluten Intolerance  | <input type="checkbox"/> Shellfish Allergy | <input type="checkbox"/> Ulcerative Colitis       |
| <input type="checkbox"/> Celiac Disease      | <input type="checkbox"/> Corn Allergy      | <input type="checkbox"/> Short Bowel Syndrome     |
| <input type="checkbox"/> Egg Allergy         | <input type="checkbox"/> Sesame Allergy    | <input type="checkbox"/> Oral Surgery             |
| <input type="checkbox"/> Soy Allergy         | <input type="checkbox"/> Diabetes          | <input type="checkbox"/> Other, please note*      |

\*\* Organic diet is not considered a valid medical necessity.

What are the patient's possible reactions to the above-indicated allergen(s) or conditions?

What are the medically necessary accommodations to help manage the health of the patient?

Indicate the length of time a special diet will be required

Ongoing  Temporary from \_\_\_\_\_ till \_\_\_\_\_

Is the patient currently under continuing physician's care?  Yes  No

Date of last visit \_\_\_\_\_

Printed Name and Title of Physician \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

When completed, please email to Jocie Antonelli, RD, at [jantonel@nd.edu](mailto:jantonel@nd.edu)

## Code of Conduct for Students with Individual Campus Dining Dietary Needs

Students with individual dietary needs are expected to act as their own advocates, and understand their own personal responsibilities, for purposes of communicating their dietary restrictions and needs to Campus Dining. By initialing each statement below, you agree to commit to understanding your own personal responsibilities as they relate to your dietary needs.

As a student with special dietary needs, I understand that my responsibilities include:

- \_\_\_\_\_ Providing medical documentation outlining my dietary needs and corrective measures.
- \_\_\_\_\_ Understanding my dietary limitation(s) and following my prescribed diet to the best of my ability.
- \_\_\_\_\_ Carrying appropriate medication(s) such as epinephrine or anti-histamines at all times.
- \_\_\_\_\_ Teaching a friend at SMC how to assist me if I have an allergic reaction and cannot help myself.
- \_\_\_\_\_ Notifying the College's dietitian if any food-allergic reactions occur.
- \_\_\_\_\_ Asking for ingredient labels or speaking with one of the dining hall managers if I have questions.
- \_\_\_\_\_ Knowing that fried foods can be a source of cross-contamination and consumption therefore can pose a risk if I choose to consume. (If I am not sure if an item is fried, I will ask for a manager or chef.)
- \_\_\_\_\_ Meeting with the dietitian at least once a year.
- \_\_\_\_\_ Ensuring my contact information on file with the College, and information regarding my dietary requirements, are kept current at all times.
- \_\_\_\_\_ Promptly notifying the College's dietitian or dining hall manager if I have any problems or concerns.
- \_\_\_\_\_ Understanding my meals may take longer to prepare than others so it may be safely prepared for my personal consumption.
- \_\_\_\_\_ Picking up meals at the time I have specified. If I will be late, I will inform dining hall management.
- \_\_\_\_\_ If the chefs are specially preparing my meals and I fail to pick them up 3 times without prior notification, I am subject to losing this special meal privilege.

By signing below, I acknowledge I have read and understand my responsibilities as a student with individual dietary needs as outlined above. I understand that failure to comply with these responsibilities may result in the College serving and/or me inadvertently consuming food that does not meet my dietary needs, and may also result in the discontinuation of certain privileges.

Student Name (print) \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

## DINING AT SAINT MARY'S COLLEGE

Saint Mary's College is a special place. One of the things that helps make it special is the strong sense of community. Students promote and strengthen that sense of community when they share meals together. To that end, we want all students, regardless of their food allergies and/or medical condition(s), to enjoy the shared experience of dining together. The College will work with each student on a case-by-case basis to accommodate their specific dietary needs. **Please note however that all students living on campus are required to have a meal plan.**

### FOOD ALLERGIES

We can accommodate students' food allergies, whether those allergies are mild or severe. Dining options available to students with food allergies range from eating off the general lines while relying on our line card labeling system, to having meals specially prepared by our chefs. We can also bring in specialty products where needed to meet a student's restrictions. The food we specially prepare will depend in part on the student's comfort level, and on the safest available options. These items are tailored to the dietary needs of each student, and are stored in the student's preferred dining hall. These options and others will be discussed when students meet with our dietitian to determine an appropriate meal plan. Additionally, deep-fried foods have a higher rate of cross-contamination and we generally advise against their consumption.

### CELIAC DISEASE

Saint Mary's has a number of students who need to follow a gluten free (GF) diet. We have options to accommodate GF students in the dining hall. Starting with our line cards, many of our regular dining hall items are naturally gluten-free. Many of our students simply refer to these line cards to navigate their dining hall choices. Of course this does not prevent cross-contamination of naturally gluten-free foods once they are out on the dining hall lines. For this reason we are happy to hold portions of some items back in the kitchen to eliminate that risk. We also have a special gluten free area in the dining hall. Students usually take items from this area then head out to the general dining room to gather other items to complete their meal. As with food allergies, we can also specially prepare gluten-free meals for students who coordinate with the College's dietitian. Additionally, deep-fried foods have a higher rate of cross-contamination and we generally advise against their consumption.



Menus & allergen icons

### TYPE 1 DIABETES

Students with type 1 diabetes need to know the carbohydrate content of the food they consume. Students with type 1 diabetes often find it difficult to adhere to the College's traditional meal plan when on an insulin schedule. For this reason, Campus Dining has created a special diabetes meal plan that affords more flexibility than its standard meal plans. Students should speak with the College's dietitian to get more details about the plan.

### JAW PROBLEMS

Accidents happen, and each year a small number of students suffer from broken jaws. The College also has several students each year who have difficulty chewing as a result of chronic jaw problems. Campus Dining regularly works with students who suffer from broken jaws or chronic jaw problems, and can accommodate their needs for soft or liquid diets. Students who need a modified texture diet should contact the College's dietitian.

## RELIGIOUS RESTRICTIONS

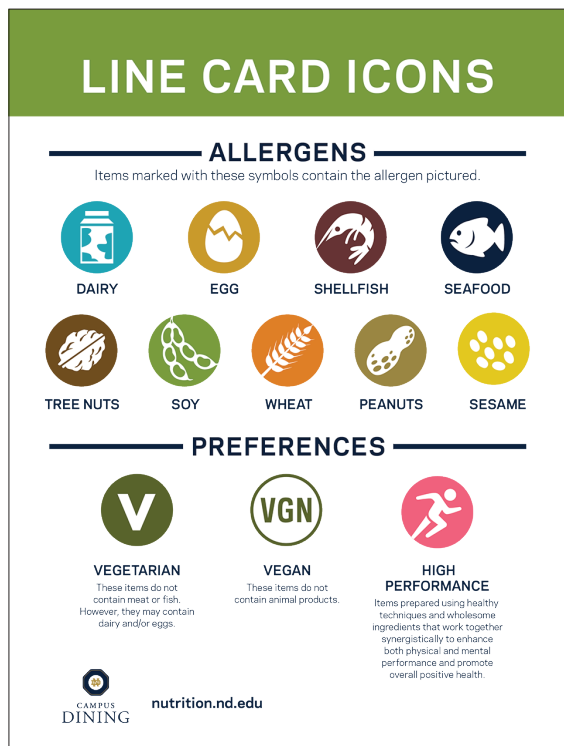
Although we are a Catholic institution, we serve and accommodate students from all religious backgrounds. If you are in need of kosher meals, halal meat, or other religious dietary accommodations, our dietitian can explain our options and procedures.

## OTHER MEDICAL CONDITIONS

Campus Dining has been accommodating all manner of medical conditions – from the more typical allergies to extremely rare health conditions - for a very long time. Students who have a special dietary need that is not addressed above should contact the dietitian who will help coordinate as necessary to ensure safe, healthy, and happy dining.

## LINE CARDS

In Noble Family Dining Hall, we use line cards that label the 9 major allergens: wheat, eggs, dairy, sesame, soy, fish, shellfish, peanuts, and tree nuts. These line cards are of great assistance to students and guests with food allergies. Below is an example of our line cards and corresponding allergen key.



**LINE CARD ICONS**

**ALLERGENS**  
Items marked with these symbols contain the allergen pictured.

- DAIRY (Milk can icon)
- EGG (Cracked egg icon)
- SHELLFISH (Shellfish icon)
- SEAFOOD (Fish icon)
- TREE NUTS (Walnut icon)
- SOY (Soybean icon)
- WHEAT (Wheat stalk icon)
- PEANUTS (Peanut icon)
- SESAME (Sesame seeds icon)

**PREFERENCES**

- VEGETARIAN**  
These items do not contain meat or fish. However, they may contain dairy and/or eggs.
- VEGAN**  
These items do not contain animal products.
- HIGH PERFORMANCE**  
Items prepared using healthy techniques and wholesome ingredients that work together synergistically to enhance both physical and mental performance and promote overall positive health.

CAMPUS DINING nutrition.nd.edu



**Roasted Cream of Potato Soup**

Icons for allergens: Dairy, Egg, Shellfish, Seafood, Tree Nuts, Soy, Wheat, Peanuts, Sesame. Preference icons: Vegetarian (V), Vegan (VGN), High Performance (HP).

**Allergens: Eggs, Milk, Soy, Wheat**

Soups  
Lunch

1/27/2040



## DISCLAIMER

Campus Dining makes every attempt to deliver up-to-date nutrition and allergen information. The information on our website and line cards is obtained through our vendors or by individual packaging, and is accurate to the best of our knowledge. Please be advised that manufacturers may change their formulations without our knowledge, or other factors may occur beyond our reasonable control that may also alter the formulations of the food we serve. Also all Campus Dining locations prepare food containing the top 9 food allergens. For these reasons, Campus Dining cannot guarantee any item prepared in its kitchens will be free of a certain ingredient or allergen, and thus will not assume liability for adverse reactions to food consumed. We require students and guests to carry necessary medications with them at all times when dining in one of our locations.