

Guide To Dietary Wellness

W&M | DINING



WELCOME

Our Philosophy

We are committed to nourishing all guests by providing nutritious options that fit their needs, no matter where they dine on campus. We support those with food allergies, intolerances, and other dietary restrictions by providing the knowledge and resources necessary for them to make informed food choices in our dining locations.



Your Safety Is Our Top Priority

Here's how we are prepared to serve you.

Staff Training

Managers and supervisors are AllerTrain® certified. AllerTrain® is an ANAB-accredited third-party allergy training program that prepares our dining team to:

- Identify the top 9 food allergens including hidden or uncommon sources.
- Understand how the increase in food allergies impact our roles within dining. Express their
- Commitment to an inclusive environment that allows students with allergies to dine safely alongside the campus community through shared meals.
- Train employees about allergens, including reducing the risk of cross-contact and handling special meal requests.
- Recognize common symptoms of a food allergy reaction and respond.

OUR COMMITMENT

How We Can Help You

1

MEET

Contact our dining team to discuss your allergy, gather information on managing them, and learn about navigating campus dining. We will accommodate your individual needs and help you find safe food options on campus.

2

SUPPORT

We can provide additional support after the initial meeting. This includes meeting the culinary team who can address any allergy-related questions and concerns. It's an opportunity for us to thoroughly review available food options.

3

MONITOR

Throughout the year, the Dining Team is available to assist you. Feel free to contact us with any further questions or concerns.

Food allergies

Anyone can be allergic to any food though these foods cause most allergic reactions

THE BIG 9

- SESAME
- SOY
- EGGS
- MILK
- FISH
- PEANUTS
- TREE NUTS
- SHELLFISH
- WHEAT

Even tiny traces of allergens can cause severe reactions

Prevent allergic reactions following these tips:

- Always wash your hands before preparing food
- Follow recipes & avoid making unapproved changes
- Refer all ingredient questions to managers
- Use clean utensils to handle allergen-friendly food

Severe reactions

can occur if someone eats or touches food they're allergic to, symptoms include:

- Hives, itching, swelling
- Difficulty breathing, swallowing
- Weakness, dizziness, fainting
- Vomiting, nausea, diarrhea

Call 911 immediately if someone is experiencing severe symptoms

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Aramark relies on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

YOUR MANAGEMENT

You are the most important advocate for your own health. Please review your responsibilities when managing a food allergy in the campus dining locations:

Schedule a meeting with our Dining Team to develop a plan.

Learn how to navigate our dining locations safely.

Consult disability/ accessibility services or student health services for additional accommodations if necessary.

Other campus services may provide additional guidance for accommodating special dietary needs, such as preferential housing if you need to be closer to a specific dining hall.

In case of exposure, carry medication (e.g., EpiPen, Benadryl, etc.) with you always.

Consider informing friends you normally dine with about your medical needs in case of an emergency.

Be proficient in the self-management of your food allergy(ies).

- Notify dining services staff of your food allergy(ies).
- Avoid foods to which you are allergic.
- Recognize the symptoms of an allergic reaction.
- Know how and when to tell someone you might be having an allergy-related problem.
- Carry emergency contact information with you.
- Carefully read the menus and recipe description information available to you.

We love feedback!

If you have questions or concerns regarding the ingredients in a particular food, or if you notice something that is problematic for your allergy, please contact us or ask to speak with the manager on duty so that we can promptly address your concern. You can text us at 855-611-2473 or email us at dining@wm.edu

We make every effort to provide you with the information you need to make informed decisions while dining on campus. However, the possibility for a reaction does exist in community dining.

To Reduce the Risk of Cross Contact:

- Ask a dining employee to change their gloves, use new utensils or a fresh pan at made-to-order stations.
- Speak to a dining employee if you need access to allergy-friendly designated equipment. Items from self-serve stations, such as the salad bar, can be offered from behind the serving line if requested.
- Take extra precautions at all stations where cross contact may be more likely to occur, such as the bakery, salad bar, and grill.



IN CASE OF A REACTION

If you are exhibiting symptoms of an allergic reaction, including anaphylaxis, please follow these steps:

- 1** Administer your EpiPen or take an antihistamine as soon as possible.
- 2** Get help immediately—call 911 or indicate to someone around you to call 911.
- 3** Notify a dining staff member as soon as possible about your experience so they can address your concerns.

Please be sure to carry prescribed medication such as an EpiPen with you at all times.

YOUR RESOURCES

The following services from W&M Dining are available to help you manage your food allergy(ies) or restrictions.

An Individual Informational Meeting

with the W&M Dining staff, including our Registered Dietitian, to help you develop an individual plan to navigate the residential dining facilities.

Nutrition signage

located at each station with nutrition facts and descriptions of each recipe.

Golden Apron Program

See a team member wearing a gold apron to get connected with onsite resources or an onsite manager.

Access To Our Text Service

855.611.2473

This number can be used for a variety of reasons

- Accessing manufacturer provided ingredient labels and nutrition information
- Requesting access to individually packed items that have a high likelihood of cross-contact such as jelly, butter, or even utensils
- Giving general feedback
- Asking for manager assistance within the dining hall

Our On-Site Registered Dietitian

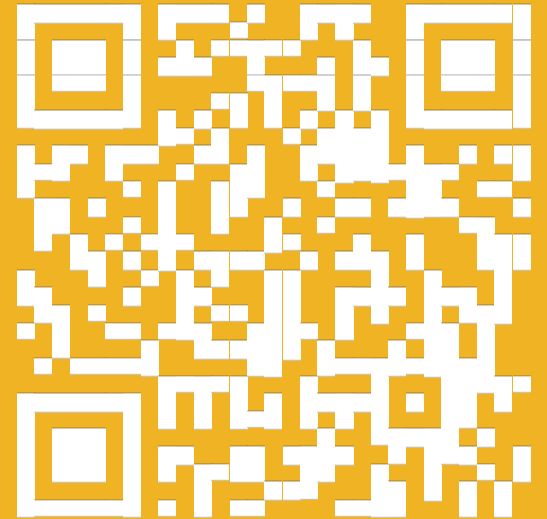
maintains an open-door policy and is available for support and consultation.

Email: vick-rebecca@aramark.com

For more information on locations, including hours and meal plans, visit:
williamandmary.campusdish.com

Or contact us at:
dining@wm.edu

Scan to view our
menus.



Fun Fact:

We have an A+ rating from PETA regarding our plant-based options and support for Vegan diets.

W&M Dining Website

Online Menus

Our interactive menus allow you to view daily or weekly menus, giving you the power to plan your meals in advance. Clicking on individual menu items will also open in depth nutrition, ingredient and allergen information. You can also add the item to your meal calculator.

Ingredient & Allergen Information

To view this information, click on the menu item on our website. Please note that while substitutions have become less common, they do still occur. When a substitution is received, it will cause an incomplete ingredient and allergen statement to populate for that item. For complete information for these items, you may reach out to our Registered Dietitian.

Contact Information & Feedback

Easily view our staff's contact information and customer survey links, so you can provide any feedback you may have.

**You can visit our website at
www.williamandmary.campusdish.com.**

**We are also available via text us at 855-611-2473 or
email at dining@wm.edu**

DIETARY ICONS



A style of cooking and eating emphasizing healthy plants at the center of the plate. May contain a proportionally small quantity of animal protein.



Contains no meat, fish, or poultry.



Contains no animal products of any kind.



Lower in calories, saturated fat, and sodium AND at least one full serving of nutritionally dense ingredients like vegetables, lean protein, whole grains or fresh greens.



Whole grains are a leading ingredient in this item.

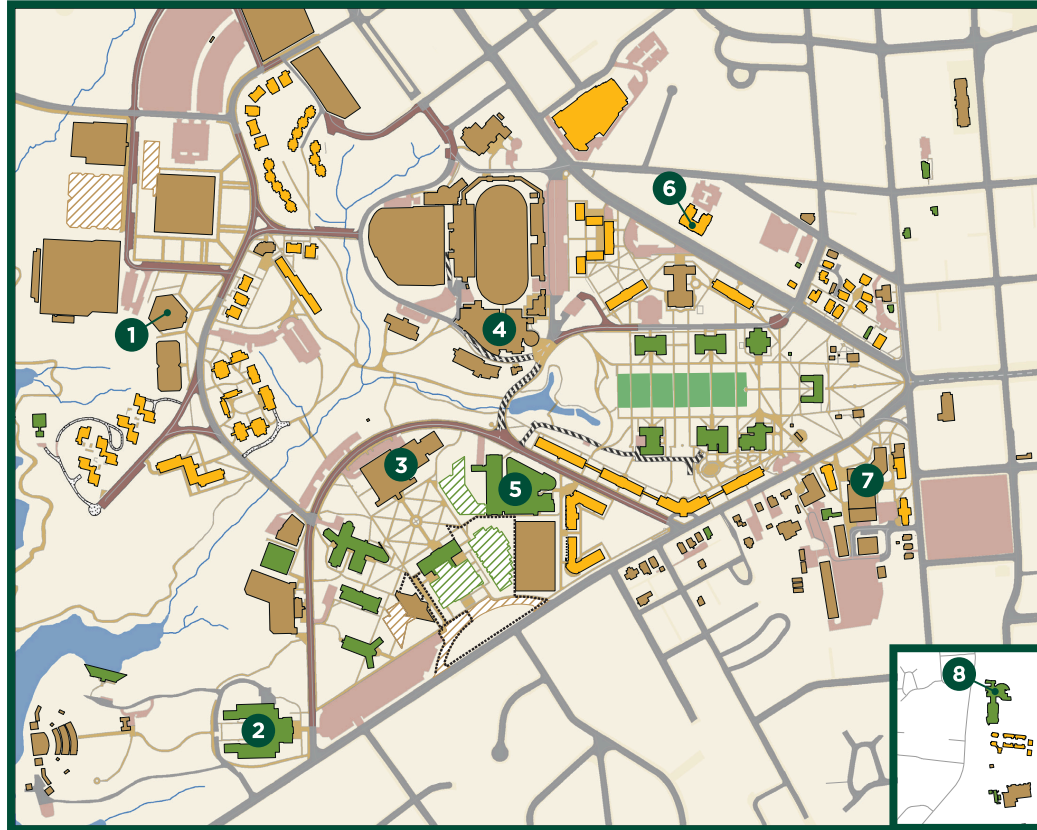


Selections made with ingredients that do not contain gluten.



Certified climate-friendly by the World Resources Institute. They have a low impact on the climate, making them a delicious way to help the planet.

IMPORTANT : Foods prepared without gluten containing ingredients may not be "gluten-free" as recipes are prepared in open kitchens where cross-contact is possible. Aramark relies on its manufacturers' ingredient listings in determining whether an ingredient contains gluten.



1
COMMONS DINING HALL
The Commons

1
TRIBE MARKET
The Commons

2
BOEHLY CAFÉ
Mason School of Business

3
COLUMN 15 COFFEE
Swem Library

4
FOOD HALL @ SADLER
Sadler Center

4
THE STUDENT XCHANGE
Sadler Center

4
TOWN CENTER COLD PRESSED
Lodge 11 | Sadler Center

5
INTEGRATED SCIENCE CENTER CAFÉ
Integrated Science Center

6
CHICK-FIL-A
Tribe Square

7
THE MARKETPLACE
Campus Center

8
DE JURE DELI
Law School

DINING LOCATIONS

ACADEMIC

RESIDENTIAL

OTHER CAMPUS BUILDINGS

TRUE BALANCE

The True Balance Station offers a complete meal made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts, and sesame). A dedicated and trained staff member will serve you from this station with a clean plate each time.

This station is AllerCheck™ certified, indicating that it follows the proper processes and procedures to minimize the risk of cross-contact and serves menu items prepared with verified ingredients. The True Balance station is audited by an independent agency at least once per year.

William & Mary was recognized within the Top 100 Allergen Friendly colleges by Spokin.

True Balance stations can be found in
Food Hall @ Sadler and Commons
Dining Hall





no soybean



no milk



no eggs



no wheat
no gluten



no peanuts



no sesame



no tree nuts



no shellfish



no fish

Dine without restrictions

Delicious meals made for your specific needs

Our chefs prepare specialized options from ingredients without the most common food allergens.*

See your manager for details.

*Aramark relies on our vendors' allergy warning and ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

true balance

everything you want nothing you can't



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