

Williams

Guide to Managing Food Allergies



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Our Philosophy

Williams College Dining Services is one of the leading campus dining programs in accommodating students with food allergies, food intolerances and food-related medical conditions. We take great care in providing information, knowledge and resources necessary for students to make informed food choices in all our dining locations. We work closely with Health Services, the Office of Accessible Education and the Office of Student Life to provide reasonable arrangements so that students can participate in as many on-campus experiences as possible. We recognize that students with food allergies may already experience limited diets and exert more time and effort managing their diets compared with students who do not have an allergy. We take into account each individual student's personal dietary needs and make every effort to provide helpful information needed to safely navigate the dining landscape.

Our goal is to provide students with the tools they need to be active in the management of their food allergy or food-related medical conditions within the dining locations in ways that provide a safe and supportive transition into college life.

We believe that good nutrition is essential to good health and well-being. That is why we are committed to nourishing each and every student by providing fresh, flavorful, healthy and nutritious foods every day.

Let us Know

It is our goal to provide students who identify as having food allergies, food intolerances or food-related medical conditions with the necessary information to make confident food choices.

Get to Know Dining Services

It's important to meet and communicate directly with Dining Services staff. They will be working daily to provide safe meals. Notify Dining Services of your food allergy as early as possible by completing the online Food Allergy Advisory Form at dining.williams.edu/allergies/allergy-form.

Work with the Office of Accessible Education

Did you know food allergies may be covered under the Americans with Disabilities Act? To learn more about the ADA, visit www.ada.gov. The Williams College Office of Accessible Education can be a valuable partner to students with food allergies by helping them stay safe and included. Contact the Director of the Office of Accessible Education at 413.597.4672 or glw3@williams.edu.

Stay on Top of Your Health Care

An important part of managing your food allergies is having a plan. First-year and transfer students must submit required health forms to the Williams College Health Center. Contact Health Services at 413.597.2206 for information on epinephrine prescriptions.

Live Safely in Your Dorm

Talk with your roommate about how you will handle food storage and preparation as well as eating in your dorm. Consider sharing your Emergency Care Plan with your junior advisor or house coordinator.

Your Management

It is critical for students to help manage their food allergies on campus. Take the time to understand your responsibilities and learn about the resources available to you.

1 Schedule a meeting with the dining services team to discuss your options and develop a plan so you can navigate the dining halls. To make an appointment, call Dining Services at 413.597.2049 or email dining@williams.edu.

2 Acquaint yourself with the food allergy resources available on campus through this booklet and the Williams Dining website at dining.williams.edu

3 Do not consume foods and ingredients to which you are allergic. Never take chances by eating or drinking something with no ingredient information.

4 Read the menus and ingredient information made available to you by visiting NetNutrition at dining.williams.edu/menus-nutrition to be better informed and plan ahead. Our website menus display the entire ingredient list for every menu item that is served.

5 When in doubt regarding ingredients or preparation of a particular food, check in with someone wearing a chef's hat or ask the onsite unit manager. If you do not know who these individuals are, please ask any Dining Services staff.

6 Due to the self-serve nature of campus dining halls, cross-contact is possible. If you have an epinephrine auto-injector, carry it with you at all times and be prepared to use it. **Dining Services staff are NOT trained or authorized to administer an epinephrine auto-injector.**

- 7** If you have any questions or notice something that is problematic for your allergy, please notify the dining services team so they can address your concern. Remember—we won't know there's a problem unless you tell us about it. If we do not hear from you, we believe that you are successfully managing dining on campus.

In Case of a Reaction

If you are exhibiting symptoms of an allergic reaction, including anaphylaxis, please take the following steps:

- **Carry your prescribed epinephrine auto-injector at all times.**
- Administer your epinephrine auto-injector as prescribed by your physician. **Dining Services staff are NOT trained or authorized to administer an epinephrine auto-injector.**
- Get help immediately—call 911 or indicate to someone around you to call 911. A call to 911 will automatically alert campus and town emergency responders.
- Notify Dining Services at 413.597.2121 and the Student Health Center at 413.597.2206 as soon as possible about your experience for follow-up and continued care as needed.

Tips for Avoiding Food Allergens



Peanuts

Peanut products are placed in designated zones in each dining unit to minimize the possibility of cross-contact. Recipes containing peanuts and peanut oil have been removed from the student dining program. Students with a peanut allergy are advised to use caution with bakery items due to shared equipment and shared production space. We operate nut-free salad bars and offer a variety of nut-free cereals. Alternative nut butters such as almond butter and SunButter® are also available. Many medical experts advise that people with peanut allergies also avoid tree nuts.



Tree Nuts

Tree nuts may be present in select themed meals. Students with a tree-nut allergy are advised to use caution with bakery items due to shared equipment and shared production space. We operate nut-free salad bars to help eliminate the potential of cross-contact. A variety of nut-free cereals is also available. Our in-house recipe for pesto is free of pine nuts and walnuts.



Eggs

Many of our baked goods and desserts contain eggs. Eggs are also present in mayonnaise. Students are asked to use caution with all baked goods and are encouraged to check ingredient labels of items they wish to eat. While egg whites contain the allergenic proteins, people with an egg allergy must avoid all egg products completely.



Fish & Shellfish

Entrées and mixed dishes prepared with fish or shellfish appear on the menu. Some dishes, particularly Asian cuisine, are prepared with fish sauce. We also use Worcestershire sauce, curry paste and Caesar salad dressing which may contain fish or shellfish as an ingredient. Students with fish and shellfish allergies are asked to check the menu and full ingredient listings on the product if available or by visiting NetNutrition at dining.williams.edu/menus-nutrition.



Soy

We use canola oil and olive oil for all cooking and food preparation. Students with soy allergies are asked to check the ingredients before consuming any foods. Almond milk is available in all dining venues.



Milk Allergies

Soy milk, almond milk and Lactaid® are available every day in campus dining facilities. We also offer Silk® yogurt, coconut milk yogurt and Tofutti®. However, milk and milk-based products are ingredients used in many of the menu items served. In addition, some manufactured items may contain milk in a variety of different forms. Students are asked to check the ingredients of the items they wish to eat.



Wheat Allergies

We offer a selection of gluten-free deli meats and salad dressings, cereal, bread, tortillas and pasta daily. We use gluten-free chicken, beef and vegetable bases in preparation of soups, sauces, gravies and casseroles. Be sure to check the ingredients of all foods you wish to consume. If you have any questions, ask the on-site dining unit manager or any dining staff for more information.*

*Even foods prepared without gluten-containing ingredients may not be gluten-free. Our recipes are prepared in open kitchens where cross-contact is possible and where ingredient substitutions are sometimes made. If you have celiac disease or gluten sensitivity, please notify the on-site manager to request an individually prepared gluten-free selection.

Coconut & Sesame

We use sesame and coconut and their derivative oils as ingredients in some of our recipes, and those foods are labeled accordingly. Because the FDA defines coconut as a tree nut, any manufactured product containing coconut is labeled “contains tree nuts” under the Food Allergy Labeling and Consumer Act (FALCPA). However, sesame is not covered under FALCPA. We cannot say for certain that sesame is not added as a spice or natural flavor in foods delivered to our facilities. Please check the ingredients of items you plan to consume and speak with the chef or on-site dining unit manager if you have any questions.

Avoid Cross-Contact

Cross-contact occurs when an allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen creating the potential for an adverse reaction. Since many foods in campus dining halls are self-serve, cross-contact is possible. Dining staff provide separate serving utensils for each item and frequently change utensils to mitigate cross-contact. All food production employees change gloves and clean utensils between recipes. Cooks adhere to standardized recipes and do not introduce any ingredients that are not on the recipe card. Regular production audits are performed to assess recipe adherence, production processes and to stay informed of newly purchased products. Williams College uses AllerTrain™ an ANSI accredited food allergy and gluten-free certificate program offered by MenuTrinfo, to train chefs, food and safety managers, cooks, servers and all other dining staff to safely serve students with food allergies, intolerances, sensitivities and celiac disease.

If you are concerned about cross-contact:

- Ask the dining employee handling your food to change their gloves or use clean utensils.
- Ask the dining employee handling your food to use a fresh pan at made-to-order stations.
- Ask the dining employee to serve your menu items from the back of the house that have not yet come in contact with the serving bar.
- Review allergen and ingredient information online by visiting NetNutrition at dining.williams.edu/menus-nutrition.

We make every effort to provide you with the information you need to make decisions about which foods to eat in campus dining halls. However, the possibility for a reaction exists in any community self-serve dining setting.

If you have been prescribed an epinephrine auto-injector, you should carry it at all times.

Your Resources

Williams College has a number of resources to help you navigate allergy-friendly options on campus.

- Online menus with full ingredient and nutritional information for all meals at each dining location are available at dining.williams.edu/menus-nutrition and on the mobile app “Eph Meals.” We use NetNutrition, an interactive tool for viewing menus, reading nutrient information and screening menus for allergens.
- Allergens listed on individual menu labels and online menus indicate the presence of the eight most common food allergens. We also label for coconut and sesame.
- Gluten-free bread products and cereals, dairy/milk alternatives, individually packaged condiments and a dedicated gluten-free toaster are available in all dining locations.
- Pre-ordered meals for students may be requested by text, email or online at dining.williams.edu.
- Food allergy trained on-site dining unit managers are available in every dining facility during operating hours for special dietary requests and to answer questions.
- Registered dietitians are available through Dining Services and Student Health Services to provide information and help you manage your individual dietary needs.
- The Student Health Center provides medical care and prescriptions for epinephrine auto-injector/medication.
- The Office of Accessible Education is a resource for students with health-related food consumption conditions. Staff determine what accommodations are needed and can facilitate requests.

Important to Note

Williams College Dining Services uses manufacturer-provided ingredient information, and we do not confirm the presence or absence of an allergen. We periodically review ingredients to verify ingredient labeling is consistent with what is provided by the manufacturer. However, ingredients listed may be subject to change without notification, and products prepared in our kitchen may have come in contact with common food allergens.

Please direct any questions regarding an allergy or food ingredients to any of the following individuals or the onsite dining unit manager:

Robert Volpi, Director of Dining Services
413.597.2049
rvolpi@williams.edu

Gayle Donohue, Assistant Director of Student Dining
413.597.2048
gdonohue@williams.edu

Mark Thompson, Executive Chef of Dining Services
413.597.2050
mthomps2@williams.edu

Sheilah Printz, Registered Dietitian, Dining Services
413.597.6760
sp14@williams.edu

If you have any questions about meal plans or about the online process for changing your meal plan, please contact dining@williams.edu or 413.597.2121.

Additional Information

Celiac Disease: A genetic autoimmune disorder triggered by eating gluten, a protein found in wheat, barley and rye. For persons with celiac disease, the consumption of gluten-containing foods results in an immune response that attacks the small intestine, damaging the villi that promote nutrient absorption which can lead to malnutrition. A strict gluten-free diet is the only current treatment.

Non-Celiac Gluten Sensitivity: Some people experience symptoms seen with celiac disease when they have gluten in their diet yet do not test positive for celiac disease. The term non-celiac gluten sensitivity is generally used to refer to this condition, in which symptoms are resolved by eliminating gluten from the diet.

Wheat Allergy: An allergic reaction to foods containing wheat, specifically to proteins found in wheat. Exposure to wheat can trigger an allergic reaction that may result in a skin rash, itching and swelling, trouble breathing, wheezing and other symptoms.

Milk Allergy: An abnormal response by the body's immune system to milk and products containing milk. Cow's milk is the usual cause, but milk from sheep, goats, buffalo and other mammals also can cause a reaction.

Lactose Intolerance: Unlike a milk allergy, lactose intolerance doesn't involve the immune system. People who are lactose intolerant are missing the enzyme lactase, which breaks down lactose, a naturally occurring sugar found in milk and dairy products. While lactose intolerance can cause gastrointestinal discomfort, it is not life-threatening.

FODMAPs: A collection of short-chain carbohydrates and sugar alcohols found in foods naturally or as food additives. FODMAPs include fructose, fructans, galacto-oligosaccharides, lactose and polyols. A low-FODMAP diet is often used as an effective dietary therapy for Irritable Bowel Syndrome and related symptoms.

To learn more about food allergies and allergic reactions, visit Food Allergy Education & Research at www.foodallergy.org.

Campus Dining Locations

Driscoll Dining Hall

Full-service breakfast, lunch and dinner featuring a wide selection of organic ingredients and locally produced foods, a miso station, sushi bar and a “Meatless Monday” menu option.

Mission Park Dining Hall

Full-service breakfast, lunch and dinner including a char-broil grill serving burgers and sandwiches, a wide selection of authentic noodle bowls, made-to-order stir fry and freshly made pizza.

Whitman’s Dining Hall

Located in the Paresky Student Center, full-service breakfast, lunch and dinner featuring an oatmeal topping bar, char-broil grill, chicken rotisserie, specialty salads, made-to-order cold and hot deli sandwiches, smoothies, homemade gelato and a dedicated vegan station.

Lee Snack Bar

Located in the Paresky Student Center, featuring a variety of grilled entrees, freshly prepared soups, salads, sandwiches and wraps, and a wide selection of breakfast and bakery items throughout the day. Lee After Dark is open for late-night dining.

'82 Grill

Located on the lower level of the Paresky Student Center, offering homemade pizza baked in a stone hearth oven, toasted grinders, hot panini sandwiches and assorted beverages.

Grab 'n Go

Located in the lower level of the Paresky Student Center, offering a healthy and convenient alternative to traditional student dining halls. Bagged lunch options include gourmet sandwiches, a variety of salads, fresh fruit, beverage and snack. For more information on the Reusable Bag Program, go to dining.williams.edu/sustainability/reusable-containers.

Eco Café

Offering freshly prepared soups, salads and sandwiches, a variety of breakfast and bakery items, fair trade coffee and organic teas in the atrium of the Science Center. Open for breakfast and lunch only.

Food Allergy Disclaimer

Williams College Dining Services makes every effort to identify ingredients that may cause allergic reactions for those individuals with food allergies. Our food production staff receives training on the identification of potential allergens and on the severity of food allergies. Because of the number of meals served and the number of items used each day, along with food product changes from our food vendors, it cannot be guaranteed that every allergen in the food served will be identified and labeled. There's also a possibility that manufacturers of the commercial foods we use could change the formulation at any time, without notice. Students and other users of Dining Service facilities concerned with food allergies must be aware of these risks. Williams College Dining Services cannot assume any liability for adverse reactions to food consumed or items one may come in contact with while eating at any college dining facility or catered event. People with food allergies who may need to use an epinephrine auto-injector should carry one at all times. College dining staff are NOT trained to administer epinephrine auto-injectors and CANNOT provide or administer them.