



# 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



*Students with dietary needs who require special meal planning or food preparation must contact Student Access at [studentaccess@vanderbilt.edu](mailto:studentaccess@vanderbilt.edu).*

*Student Access will contact the Registered Dietitian for Campus Dining, who will then work with each student one-on-one to create a plan that meets their needs.*

## **OUR PHILOSOPHY** VANDERBILT UNIVERSITY CAMPUS DINING BELIEVES THAT PROPER NUTRITION IS ESSENTIAL TO GOOD HEALTH.

We are committed to nourishing each and every student by providing them with healthy, nutritious foods every day. We understand the impact food allergies can have on students as they exert more effort in managing their diets than their peers without allergies due to a more limited selection of options. We strive to support students with food allergies by providing the knowledge and resources necessary to empower students to make informed food choices in our dining locations.

Our objective is to provide students the tools and support they need to manage their food allergy or food-related medical condition on campus. We take into account each individual student's personal dietary needs and make every effort to accommodate those needs. This allows our students to have a smoother transition into their new life at Vanderbilt University.

Vanderbilt University is committed to ensuring the safety of our diners with food allergies. This is why we have partnered with MenuTrinfo to provide guidance and support for allergen-free dining. MenuTrinfo oversees our policies, procedures, ingredient approval, staff training, and monthly allergen testing in our dining halls. With their help, Vanderbilt University has become a leader in allergen free dining, recently receiving the 2023 AllerTrain award for "Best Overall Food Allergy Program for Universities".

# AWARDS & CERTIFICATIONS

## AllerTrain™

Voted 2023's Best Overall Food Allergy Program for Universities



### CERTIFIED FREE FROM™

The Certified Free From™ accreditation comes with ISO support from MenuTrinfo®, LLC, a leading expert independent food allergy food service company since 2010. To become “certified”, the venue must pass a rigorous audit addressing not only ingredients but cross-contact or microscopic presence of contaminating allergens. To obtain and maintain certification, schools must verify all ingredients, have strict rules for food sourcing, pass monthly allergen testing protocols and receive MenuTrinfo’s approval of new ingredients.



All residential dining halls (except for Rothschild) are Certified Free From™ peanuts and tree nuts.

### EBI - TOP 9 ALLERGEN FREE KITCHEN

E. Bronson Ingram is our Allergen Free platform which is Certified Free From the top 9 allergens: wheat, dairy, egg, soy, peanuts, tree nuts, fish, sesame, and shellfish. Here you can find tasty sauté bowls, salads, wraps and other allergen free treats! This venue appeals to non-allergy students too!



### THE KITCHEN AT KISSAM - CERTIFIED GLUTEN FREE

The Kitchen at Kissam, located at the Kissam Center, the hub for Warren and Moore College Halls, is a certified free from gluten kitchen and offers a variety of breakfast and dinner options.



# ACCOMMODATIONS

## 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 online labeling system, to having meals specially prepared by our chefs through our **OrderIT ordering system**. 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. When dealing with life-threatening food allergies, or medical conditions, we generally recommend that students allow our culinary staff to specially prepare their meals via our OrderIt order system (see page 5 for more information). These options and others will be discussed when students meet with the dietitian to determine an appropriate accommodation.

## CELIAC DISEASE

Vanderbilt recommends all students with celiac disease to be accommodated through our OrderIt meal ordering system. This is the safest option to avoid cross contact with gluten/wheat. Every meal prepared on our ordering system is prepared in The Kitchen at Kissam, which is Certified Free from Gluten TM by MenuTrinfo. If students with celiac disease decide to eat food on campus prepared outside of the OrderIt ordering system, The Kitchen at Kissam, or outside of our EBI location, there may be a chance of cross contact, and there is no guarantee that their meal is gluten free.

## MEDICAL CONDITIONS

Campus Dining is capable of accommodating all manner of medical conditions – from the more common allergies to extremely rare health conditions. Students who have a special dietary need that is not addressed above should contact the dietitian who will help coordinate as necessary to ensure a safe, healthy, and happy dining experience during your time at Vanderbilt.

## RELIGIOUS RESTRICTIONS

Vanderbilt Campus Dining labels halal protein and kosher menu items on our website as well as our digital menu boards. Zeppos Dining Hall features a mediterranean inspired menu with all kosher food. Additionally, Grins Cafe, located on campus in the Schulman Center for Jewish Life, is Kosher Certified by Rabbi Saul Strosberg. Holy Smokes Kosher Food Truck is also accessible to students. Campus Dining also offers an array of Kosher and Halal frozen meals throughout campus in various markets. Any additional questions regarding dietary religious restrictions should be directed to [dietitian@vanderbilt.edu](mailto:dietitian@vanderbilt.edu) and [eoav@vanderbilt.edu](mailto:eoav@vanderbilt.edu).

# "ORDER IT" ALLERGEN PROGRAM

VANDERBILT UNIVERSITY BELIEVES THAT ALL STUDENTS SHOULD HAVE ACCESS TO SAFE FOOD THROUGH CAMPUS DINING, REGARDLESS OF ANY ALLERGY OR MEDICAL CONDITION.

This is why Campus Dining has created an order ahead allergen meal program that accommodates our students with life threatening allergies who otherwise may not be able to dine at our campus locations.



- For students with food allergies and dietary related medical restrictions, we provide accommodations in partnership with Student Access. For all dietary related accommodations, you must submit documentation for accommodation requests via Student Access, which can be found using the QR code.
- Student Access reviews and maintains dining related documentation. Please note this may take 7-10 business days.
- If approved for dining accommodations by Student Access, the student will be formally referred to Campus Dining's Registered Dietitian, Emily Svennevik, at [dietitian@vanderbilt.edu](mailto:dietitian@vanderbilt.edu), to receive reasonable accommodations. It is the responsibility of the student to contact the dietitian after approval.
- The dietitian will meet with the student to determine eligibility for the program (Following these steps does not guarantee access to the ordering system. This decision will be made on a case by case basis.)
- If determined eligible for the program, student and dietitian will discuss next steps.
- The Registered Dietitian will continue to keep in close contact with the individual and check in periodically to monitor the process and provide assistance when required.



*Note: Students who are accommodated through this program include individuals with medical documentation that thoroughly explain a life-threatening food allergy to foods regularly prepared on campus or diagnosed celiac disease. If you believe you may qualify for this program, please contact student access to inquire ([studentaccess@vanderbilt.edu](mailto:studentaccess@vanderbilt.edu)).*



# IN CASE OF A REACTION

**IF YOU ARE EXHIBITING SYMPTOMS OF AN ALLERGIC REACTION, INCLUDING ANAPHYLAXIS, PLEASE TAKE ONE OR MORE OF THE FOLLOWING STEPS:**

- Get help immediately—call 911 or indicate to someone around you to call 911.
- Administer your to epinephrine auto-injectors or take an antihistamine as prescribed or recommended by your physician.

**Note: Vanderbilt Campus Dining supplies epinephrine auto-injectors in each dining hall.**

- Notify Vanderbilt University Dining staff as soon as possible about your experience so that they can address your concerns.
- Our staff is trained to call 911 when anaphylaxis symptoms occur.
- Contact Campus Dietitian when able to provide an update after reaction.

# STUDENT RESOURCES

## MANAGERS

The Chef Manager or General Manager on duty are available in residential dining halls and retail locations to address questions or concerns and serve as important resources. They are all EpiPen trained and AllerTrainU trained.

## LABELS

Access to the food labels upon request to review ingredients personally.

## ALTERNATIVE COOLER

Convenience of individually packaged allergen friendly foods in the alternative cooler which helps reduce risk of cross contact.

## GLOVE CHANGE REQUESTS

Upon request, dining staff will change gloves, or use fresh utensils or pans (at made to order stations) to reduce cross-contact concerns.

## REGISTERED DIETITIAN

An individual meeting with the Campus Dining Registered Dietitian to receive information and develop an individual plan to help you navigate the residential dining facilities.

## NETNUTRITION

Online interactive menus on Vanderbilt's Campus Dining NetNutrition webpage with daily menu offerings, in-depth nutrition information for every menu item, manufacturer-provided full ingredient listings and allergen information for those with food allergies, intolerances and/or preferences.

## PEANUTS & TREE NUTS

The following dining halls are certified free from peanut and tree nuts by MenuTrinfo: Kissam, The Commons, E. Bronson Ingram, Nicholas S. Zeppos, Carmichael Cafe, Rand, The Pub, and Commodore Pizza Kitchen. All other dining locations, including cafes and markets, do use nut-containing products.

## EBI

E. Bronson Ingram is a dedicated allergen free facility on campus. This facility is Certified Free From™ the top 9 allergens. This space is certified by MenuTrinfo and is Halal certified.

## HALAL

EBI Dining Hall is Halal certified. Students have access to halal poultry and beef menu items in other dining halls and an array of Halal frozen meals are available in various markets.

## KOSHER

Zeppos Dining Hall, Grins Vegetarian Cafe and Holy Smokes are all located on campus and accessible to students on the meal plan. Additionally, frozen Kosher meals are available in our Munchie Marts. You can find our Kosher "Taste of Nashville" partners on our website at [vu.edu/dining](http://vu.edu/dining) under "Where to Dine".



# CONTACT INFO

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Nashville, TN 37203

615.322.2999  
dining@vanderbilt.edu  
vu.edu/dining

**REGISTERED  
DIETITIAN** Emily Svennevik  
615.343.7038  
dietitian@vanderbilt.edu

**STUDENT ACCESS** 615.343.9727  
studentaccess@vanderbilt.  
edu

**STUDENT EQUAL  
OPPORTUNITY & ACCESS** 615.343.9336  
EOA@vanderbilt.edu

**NETNUTRITION** [vu.edu/menus](http://vu.edu/menus)

**Campus Dining makes every attempt to deliver up-to-date nutrition and allergen information. 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 and thus will not assume liability for adverse reactions to food consumed. All Campus Dining locations order food containing the top 9 food allergens and likely prepare food with all 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.**