



2025 | 2026



VANDERBILT UNIVERSITY
Campus Dining

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.

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. 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 and pass monthly allergen testing protocols.

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



EBI - TOP 9 ALLERGEN FREE KITCHEN

E. Bronson Ingram is our Allergen Free location, 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 dining hall 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, peanuts, and tree nuts kitchen and offers a variety of breakfast, lunch 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, using the alternative coolers, which contain food items free of the top 9 allergens, 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™ 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 kosher certified menus. 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. All whole muscle meats at our dining halls are certified Halal. Any additional questions regarding dietary religious restrictions should be directed to dietitian@vanderbilt.edu and 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, 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.



Students accommodated through this program include those with medical documentation of life-threatening food allergies or other diagnosed medical conditions that require dietary assistance. If you believe you may qualify, contact Student Access at 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:

In Case of an Allergic Reaction:

- Get help immediately—call 911, or ask someone nearby to call 911 or the Vanderbilt emergency line at 615-322-0160.
- Administer your epinephrine auto-injector 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 Campus Dining staff as soon as possible so they can respond appropriately and document the incident.
- Our staff is trained to call 911 and assist with administering epinephrine when symptoms of anaphylaxis occur.
- Contact the Campus Dietitian when you're able to provide an update following the reaction.
- If you have a known allergy, always carry your prescribed medication with you.

STUDENT RESOURCES

MANAGERS

The Chef, sous chef, 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 (vu.edu/menus) 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, Rand and The Pub. All other dining locations, including cafes and markets, 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. Zeppos kitchen prepares grab and go kosher entrees and sides that are available at the Commons Munchie Mart. You can find our Kosher "Taste of Nashville" partners on our website at vu.edu/dining under "Where to Dine".



CONTACT INFO

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NETNUTRITION 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.

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Note: Information in this publication is current as of July 2025 and is subject to change. For current information about Campus Dining, visit vanderbilt.edu/dining.