



VANDERBILT  
UNIVERSITY®

Campus Dining

# FOOD ALLERGY & 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 Services at [studentaccess@vanderbilt.edu](mailto:studentaccess@vanderbilt.edu). Student Access Services will contact the Registered Dietitian for Campus Dining. The Dietitian 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 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 in turn 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 Kitchens with Confidence, a division of MenuTrinfo. Kitchens with confidence (KWC) provides guidance and support for allergen free dining. They oversee 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 being awarded the 2021 Allertrain award for "Best Overall Food Allergy Program for Universities".

# AWARDS & CERTIFICATIONS

## AllerTrain™

Voted 2021'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-contamination 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.



Vanderbilt Campus Dining locations are also “Certified Free From™” peanuts and tree nuts in all residential dining halls. When we took this step, we became the first University Dining Program in the nation to go completely peanut and tree nut free.

### 2301 - TOP 8 ALLERGEN FREE KITCHEN

2301 is our Allergen Free platform located inside the Rand Dining Center. This platform is Certified Free From the top 8 allergens: wheat, dairy, egg, soy, peanuts, tree nuts, fish and shellfish. We also do not cook with sesame. Here you can find tasty sauté bowls, salads, smoothies and other allergen free treats! This venue appeals to non-allergy students as well with lines snaking out the door during a typical semester.



### KISSAM KITCHEN - CERTIFIED GLUTEN FREE

Kissam Kitchen, located at the Kissam Center, the hub for Warren and Moore College Halls, is a certified gluten free kitchen and offers acai bowls for breakfast and gluten free salads and grain bowls for lunch and dinner!



# ACCOMODATIONS

## 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 Kissam kitchen, which is Certified Free from Gluten TM by Kitchens with Confidence. If students with celiac disease decide to eat food on campus prepared outside of the OrderIt ordering system, Kissam kitchen, or outside of our 2301 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 menu items on our website as well as our digital menu boards. Grins Vegetarian Restaurant is located on campus in the Schulman Center for Jewish Life, in which the kitchen is Kosher Certified by Rabbi Saul Strosberg. In addition to Grins, Holy Smokes Kosher Food Truck is 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 restricitons should be directed to [dietitian@vanderbilt.edu](mailto:dietitian@vanderbilt.edu) and [EOA@Vanderbilt.Edu](mailto:EOA@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 student with life threatening allergies that otherwise may not be able to dine at our campus locations.

- Students seeking dietary assistance during the academic year should contact Student Access Services (SAS) at [studentaccess@vanderbilt.edu](mailto:studentaccess@vanderbilt.edu) with supporting medical documentation.
- Student Access Services (SAS) reviews and maintains dining related documentation. Please note this may take 7-10 business days.
- If approved for dining accommodations by SAS, the student will be formally referred to Campus Dining's Registered Dietitian, Emily Suttle 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 that 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 services (SAS) 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 Epi-pen or take an antihistamine as prescribed or recommended by your physician.\*  
\*\*Vanderbilt Campus Dining will be supplying Epi-pens in each dining hall beginning Fall 2022.
- 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.

**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 Vanderbilt University 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 & TREENUTS** The following dining halls are certified peanut and treenut free by Kitchens with Confidence: Kissam, The Commons, E. Bronson Ingram, Nicholas S. Zeppos, Rand, and 2301. All other dining locations, including cafes and markets, do use nut containing products.

**2301** Located in Rand Dining Hall, 2301 is a dedicated allergen free facility on campus. This facility is Certified Free From TM the top 8 allergens. We also do not cook with sesame. This space is certified by Kitchens with Confidence TM.

**HALAL** Access to halal poultry and beef in menu items in the dining halls and an array of Halal frozen meals throughout campus and in various markets.

**KOSHER** Grins Vegetarian Restaurant is located on campus in the Schulman Center for Jewish Life, in which the kitchen is Kosher Certified by Rabbi Saul Strosberg. In addition to Grins, Holy Smokes Kosher Food Truck is accessible to students as well as frozen Kosher meals in our Munchie Marts.



VISIT FOR MORE  
INFORMATION ON HALAL  
& KOSHER DINING

# CONTACT INFO

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## CAMPUS DINING

110 21st Ave South  
Suite 1120  
Nashville, TN 37203

615.322.2999  
dining@vanderbilt.edu  
vu.edu/dining

## REGISTERED DIETITIAN

Emily Suttle  
615.343.7038  
dietitian@vanderbilt.edu

## STUDENT ACCESS SERVICES

615.343.9727  
studentaccess@vanderbilt.edu

## STUDENT EQUAL OPPORTUNITY & ACCESS

615.343.9336  
EOA@vanderbilt.edu

## 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. All Campus Dining locations order food containing the top 8 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, as we do not stock or carry any medication.**