



NAVIGATING CAMPUS DINING WITH SEVERE FOOD ALLERGIES

WVU Dining Services prioritizes the safety and well-being of our students, especially when it comes to dining with food allergies. Students at risk of experiencing anaphylaxis can safely eat at the dining halls with peace of mind.

Campus dietitian, Leighann Scott, is here to answer your questions. To schedule an in-person or virtual meeting, email her at leighann.scott@mail.wvu.edu.

DINING HALLS

Students can use their dining plans at three excellent dining halls. On the downtown campus, students can stop by Hatfields at the Mountainlair or Summit Café at Summit Hall. On the Evansdale campus, students can eat at Café Evansdale within the Towers complex.

SIMPLE SERVINGS STATION

All dining halls have a Simple Servings station where students will be served allergy-free options. Simple Servings options are completely free from soy, gluten, wheat, dairy/milk, eggs, sesame, tree nuts, peanuts and shellfish. To avoid any chance of cross-contamination, Simple Servings options are prepared separately in the kitchens and plated by trained staff members (not self-serve). All dishes, utensils, carts, spices, seasonings, etc., are color coded and designated to this station. For more information, visit diningservices.wvu.edu/allergy-and-dietary-resources/simple-servings-and-mindful.

Other stations at the dining halls serve options that potentially contain allergens. However, all menu options are clearly labeled. We don't recommend trying other options without speaking with a chef or manager to confirm recipe ingredients and safe preparation.

ALLERGY INFORMATION ON DINING HALL MENUS

Dining hall menus can be found on the Dining Services website or within the Everyday app. You can view menus up to five weeks in advance and see the allergy and dietary information for each menu option. Additionally, menus are printed and available within the dining halls.

Menus on the website can be found on each dining hall page at diningservices.wvu.edu/locations/dining-halls. For instructions on downloading the Everyday app, visit diningservices.wvu.edu/locations/apps-and-resources.

Allergy Training for Dining Services Staff

Dining Services staff undergo allergy training for immediate reaction recognition and emergency response. The campus dietitian leads yearly mandatory allergy training. New hires receive training from their manager if hired post-campus training.

EpiPen Use and Emergency Protocol

Dining Services staff are trained to identify the need for an EpiPen injection (done by the student), call 911 immediately, alert their managers and wait with the student until an ambulance arrives. Students will be taken to Ruby Memorial Hospital, which is just minutes away from campus.

TIPS FOR EATING SAFELY IN THE DINING HALLS

- 1 Get introduced to Dining Services staff.** To ensure that the staff knows who you are, understands your needs and are aware of any specific requests, the dietitian can assist with introductions and give you a tour of the Simple Servings stations.
- 2 Use MyDtxt to chat with dining hall managers.** Get real-time responses from dining hall managers by texting them questions, comments or concerns. This service is especially helpful for requesting certain food items or checking availability.
- 3 Use disposables to avoid cross-contamination.** Ask for single-use utensils, cups and containers to avoid any chance of cross-contamination. When entering a dining hall, ask the cashier for a to-go container behind the counter.
- 4 Ask for food accommodations.** If you see something appetizing that is not available at the Simple Servings station, find a staff member and ask if it is allergy-free and can be prepared separately. For example, if you want a burger without a bun, ask a staff member to plate the patty without the bun to ensure it hasn't been contaminated. *This option should only be considered if you and the staff member are 100% confident that there is no risk for cross-contamination.*
- 5 Request bread, milk or dessert alternatives.** Dining Services provides gluten-free breads (mostly Udi's brand), non-dairy (soy and almond) milks and allergy-free desserts by request. They are stored away from the public to ensure your safety, so if you're interested in those options, ask a staff member for assistance. Nut-free and allergy-free desserts can also be requested ahead of time using the MyDtxt service.
- 6 Let us know how we can help.** Dining Services is here for you! Please don't hesitate to ask questions or request something you need. Contact the dietitian at leighann.scott@mail.wvu.edu for a one-on-one consultation if you would like more information.