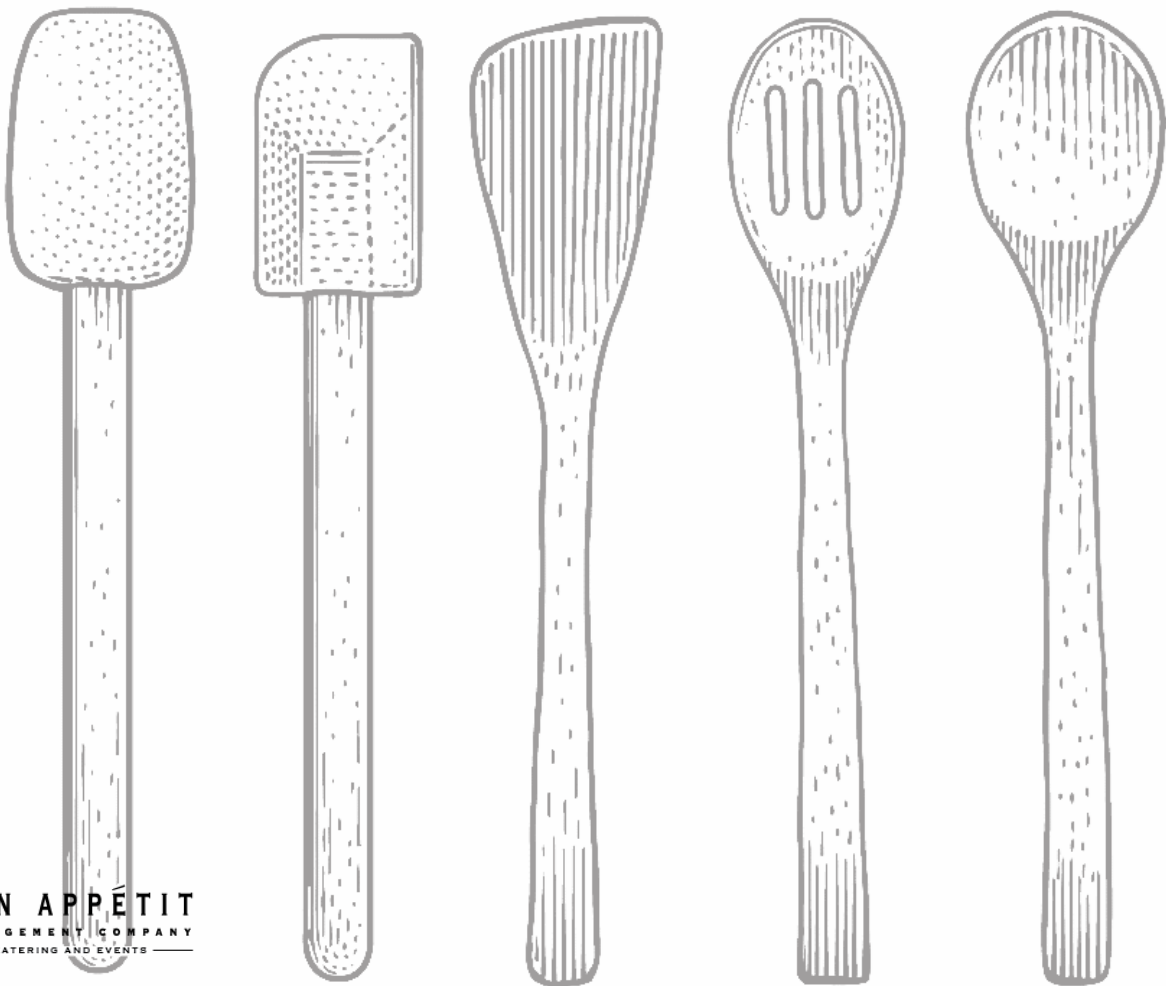


# FOOD ALLERGIES & CELIAC DISEASE

AT VASSAR COLLEGE



# CONTENTS



[Dining on Campus](#)

[Allergen Management on Campus](#)

[Your Resources](#)

[Food Allergies & Celiac Disease](#)

[Your Management](#)

[In Case of a Reaction](#)

[Meal Plan Exemptions](#)

[Contacts](#)

For menus, café hours, and more information on food allergies, intolerances, and special diets, go to [vassar.cafebonappetit.com](http://vassar.cafebonappetit.com).

# DINING ON CAMPUS



At Bon Appétit, we plan café-specific menus and cook from scratch in each location. From simmering stocks to finishing sauces and roasting meats, our approach to food allows us to provide fresh foods from whole ingredients. This allows students to customize many cafe options to meet their personal dietary goals. We would love to hear from you and can assist you in identifying food choices or even prepare meals tailored to meet your needs.

We take food allergies seriously. Our menu items are prepared from scratch in our kitchens each day using the freshest, highest quality selections available seasonally and regionally. If you have food allergy concerns, our well-trained chefs and/or registered dietitians are here to assist you with menu options to meet your dietary needs. Our chefs are the best resource for real time information about products and ingredients used in a specific dish that day.

While our culinary teams receive significant training about food allergens, please keep in mind that our dishes are prepared in open kitchens, the top-9 allergens are present in all Bon Appétit cafés, and other students may introduce allergens through foods they may bring into the cafe.

# ALLERGEN MANAGEMENT ON CAMPUS



Bon Appétit at Vassar College safely serves many students with food allergies every day. We have clear and concise protocols that take into account our open kitchens and from-scratch cooking methods to ensure students are fed safely. We also look to the recommendations from expert professional organizations, such as Food Allergy Research & Education (FARE), to guarantee our approach remains current and reflects best practice guidelines.

**Per our food allergen awareness protocol, we work to ensure that:**

- Managers and hourly associates participate in food allergy and celiac disease awareness training.
- Descriptive, responsible menu nomenclature identifies the top-9 allergens and gluten in naming and descriptions for house-made menu items.
- Ingredient questions are directed to chefs or managers.
- Relationships with food allergic guests are developed to foster direct communication in line with best practices outlined in the FARE restaurant guidelines ([foodallergy.org](http://foodallergy.org)).



# FOOD ALLERGIES

## THE TOP-9 ALLERGENS

*Bon Appétit at Vassar College communicates about the top-9 allergens using descriptive menu nomenclature. For house-made items, the name of the dish, or its restaurant-style description – which are listed on an online menu or station signage – reference any common food sources of the top-9 allergens as well as cooking methods (such as frying) which may risk cross-contact.*

*However, this does not capture all information regarding the subingredients in purchased products such as bread. This provides much of the information you may need while also letting you know when you might need to ask further questions. Bon Appétit at Vassar College feels strongly that it is safer for you to receive the most up-to-date information from a chef or manager at mealtimes and encourages you to ask questions*

*Examples of descriptive menu nomenclature:*

**HOUSE-ROASTED TURKEY AND HAVARTI SANDWICH** on rye bread with cabbage carrot citrus vinaigrette slaw

This menu name and description informs you that the menu item contains milk (Havarti), gluten (rye bread) and that the slaw is not mayonnaise-based (therefore no eggs). If you have a concern about subingredients in the purchased bread or cheese, you should ask to see the package for that product. This ensures that if there were any recent manufacturer (or local bakery) changes in formulation or concerns about cross-contact from shared manufacturing equipment, you have the most up-to-date information in real-time.

**PLAINTAIN AND SWEET POTATO TACOS WITH CHORIZO SPICED PORK**

If you have a concern about subingredients in the purchased tortilla, such as whether it's 100% corn and not a corn-wheat mixture, you can ask to see the package for the product. This ensures that if there were any recent manufacturer changes in formulation or cross-contact concerns due to shared equipment, you have the most up-to-date information in real-time.

**FRIED ROOT VEGETABLE AND POTATO FRITTERS WITH CRISPY PORK BACON**

This menu item name may help you to identify egg and wheat (flour) because it is a fritter. However, if you are unsure of the typical ingredients in a fritter, you should ask a chef or manager to determine if this option is safe for you. You will also know that part of the menu item is fried, which should alert you to ask us about the risk of cross-contact within our fryers and allows us to provide the most up-to-date information to you in real-time.

# CELIAC DISEASE & GLUTEN INTOLERANCE



Bon Appétit at Vassar College provides and labels options that are made without gluten-containing ingredients. Menu items identified with the “↓G” symbol on menus are prepared using ingredients that do not contain gluten and steps are taken to manage the risk of cross-contact.

We identify menu items in this manner (instead of “gluten-free”) because all of our food is prepared in open kitchens that handle gluten. For many, the steps we take to avoid cross-contact with gluten-containing ingredients allow them to safely dine with us. If you react to smaller traces of gluten, we can work with you individually to determine appropriate dining options.

## AVOIDING GLUTEN?



Gordon Commons offers an Oasis station dedicated to providing menu choices prepared with ingredients that are naturally without gluten-containing ingredients or alternatives to traditional gluten-containing options. At this station, food is prepared by a trained culinarian, in a designated area of the kitchen, and following specific procedures to eliminate risk of cross-contact.

Additionally, we offer a separate space for gluten free breads, pastries, cookies, and snacks in the Sweets area of the café that are made without gluten-containing ingredients. If you are looking for a certain brand of bread or another item, let us know! (see [page 13](#) for contacts)

# LET US TAKE CARE OF YOU AT THE OASIS



BETTER SERVING STUDENTS WITH SPECIAL DIETARY NEEDS

We understand that our students with special dietary needs, albeit food allergies, celiac disease, lactose intolerance, and many other medically necessary diets simply want a safe place to make food choices, quickly. To allow you to have readily available options that meet your needs, we offer OASIS - a destination in Gordon Commons where all meals prepared are made without the use of the top-nine allergens\* and gluten.

OASIS is a segregated station designed with your safety in mind and allows Bon Appétit to best manage ingredients from delivery to plate. All meals are prepared on designated equipment by a trained culinarian to avoid cross-contact. The station also houses easy access to specialty products to support diet variety for your medical need. The trained chefs can also customize a menu specifically for your dietary needs and restrictions.

**This destination in the café includes:**

- Full meal options made without the top-9 allergens and gluten.
- Easy access to specialty products in order to give you variety and avoid cross-contact.
- Screening and management of ingredients from delivery to plate.
- Designated production equipment.
- A culinary expert who can assist in directing questions about any other food choices in the café appropriately.



# AVOIDING NUTS?



We do not use peanuts or tree nuts as ingredients in the preparation of the menu items at Gordon Commons, with the exception of coconut. Almond milk is available at the self-serve beverage station as a milk alternative. Please note, products may change without our knowledge.

We cannot guarantee these allergens have not been introduced during a previous stage of the food preparation process or accidental cross-contact from outside sources. In all cafés, we encourage guests with food allergies or specific dietary concerns to speak with a manager for individualized assistance.

# NAVIGATING OTHER SPECIAL DIETS

We believe in a holistic approach to wellness, in which purposeful menu offerings support the well-being of students, enhance performance, and inspire connection and creativity. Specific icons on the menu allow our students to make informed food choices throughout our café(s).



**VG**

Contains absolutely no animal or dairy products. Every Bon Appétit location offers at least one vegan meal option at every meal period. Gordon Commons boasts a distinct vegan station, Root, which offers a complete plant-based meal at breakfast, lunch, and dinner.



**V**

Contains no meat, fish, poultry, shellfish, or products derived from these sources but may contain dairy or eggs. Every Bon Appétit location offers at least two vegetarian meal options at every meal period.



**K**

Contains only ingredients prepared in accordance with Jewish dietary law under supervision of a Rabbi. Kosher is a station in Gordon Commons where meals are served that have been prepared on-site. Dairy products are never used or served at this station. The Kosher station is open for lunch and dinner Monday-Thursday, lunch on Friday, closed on Saturday, and open for brunch and dinner on Sunday. Based on student feedback, we are offering a pre-order sandwich option for Saturday pick-up.



**H**

The chicken served in Gordon Commons is prepared in accordance with Muslim dietary law. In addition, we offer other Halal proteins at the Oasis station.

# YOUR MANAGEMENT

You also have a responsibility for communicating and participating in the management of your food allergy. You are strongly encouraged to:

**Understand your food allergy.** Recognize common sources of, and avoid, foods to which you are allergic. Know the signs and symptoms of a reaction, and carry any medication prescribed to you for food allergen management

**Notify appropriate parties of your allergy(ies).** You are encouraged to contact [Jenna Bernard, MS, CPT, RD](#), with Bon Appétit to discuss specific nutrition concerns.

We also request you work through the university's accommodation process and contact:

Accessibility and Educational Opportunity  
[aeo.vassar.edu](http://aeo.vassar.edu)

**Review menu names for food allergens.** Our chefs use restaurant style descriptors to indicate allergens whenever possible. Look for clues such as 'creamy' to call out the use of milk or 'breaded' to indicate something may include egg, milk, and wheat. Menus can be accessed at [vassar.cafebonappetit.com](http://vassar.cafebonappetit.com).

**Get to know your chefs.** If you have a question at any point, please ask. Our chefs can help answer questions about ingredients in a particular food; they understand the importance of your need and work daily to keep you safe. If you do not know who these individuals are, please ask a cashier or line attendant to assist you.

**Take steps to avoid cross-contact.** Cross-contact occurs when a food comes into contact with another food and their proteins mix, creating the potential for accidental exposure.

- Consider making more selections from served stations such as The Global Kitchen, Home, Oasis, and Kosher.
- If choosing a self-service area, we recommend that you speak with a chef or manager for the best options to reduce potential cross-contact concerns.
- Ask dining employees to change their gloves and to use a new utensil, or a fresh pan, at made-to-order stations.
- Avoid eating deep-fried foods. Frying oil is reused before being changed; this can lead to cross-contact because food fried in oil releases some of its protein, which is then absorbed by other foods in the same oil.
- At the salad bar or deli station, request produce or meat that is stored behind the counter.

**Keep an open dialogue.** Let our management team know what's working, what's not, and when in doubt - ask questions. If we do not hear from you, we believe that you are successfully navigating the dining facilities.

# YOUR MANAGEMENT

## Recognize signs and symptoms of an allergic reaction.

- Know how and when to tell someone you might be having an allergy-related problem.
- Properly use medications.
- Carry emergency contact information with you.
- Carry any medication (e.g. auto-injector, Benadryl, etc.) with you at all times.
- Consider informing those you commonly dine with about your medical needs in case of an emergency.



**FACE**  
itching,  
redness,  
swelling



**STOMACH**  
pain,  
vomiting,  
diarrhea,  
nausea



**AIRWAY**  
trouble breathing,  
coughing, wheezing,  
trouble swallowing and  
speaking



**TOTAL BODY**  
hives, rash,  
weakness, paleness,  
sense of doom, loss of  
consciousness

# IN CASE OF A REACTION

If you or someone you know has signs of an allergic reaction, please take the following steps:

1. Get help immediately. Call Campus Security by dialing x7333 from any campus phone or 845-437-7333 from a cell phone or indicate to someone that you need them to call for help on your behalf.
2. Do not go back to your room by yourself.
3. Administer epinephrine or take an antihistamine as prescribed by your doctor.
4. Follow-up with your physician or a medical provider.
5. Notify [Steve Scardina](#) (845-437-7507), Resident District Manager at Bon Appétit as soon as possible so they can address your concerns, begin an investigation, and help make adjustments in your eating plan if needed.

**If you have been prescribed an epinephrine auto injector, you should carry it with you at all times. Please know that Bon Appétit cannot store personal medications on behalf of students and guests.**

# MEAL PLAN EXEMPTIONS



Students requiring dining accommodations or seeking meal plan exemptions must submit an appeals form to Accessibility and Educational Opportunity. Appeals will be reviewed by Accessibility and Educational Opportunity and Bon Appétit at Vassar College for approval.

## CONTACTS



Stephen Scardina - Resident District Manager  
[stephen.scardina@cafebonappetit.com](mailto:stephen.scardina@cafebonappetit.com)

Jenna Bernard, MS, CPT, RD - Vassar Dining Campus Dietitian  
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Chris Mongeon - Director of Dining  
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Patricia Spreer - Sous Chef  
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### Gordon Commons

Jessica Smith - Assistant Director of Dining  
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### The Retreat

David Linnell - Assistant Director of Dining  
[dlinnell@vassar.edu](mailto:dlinnell@vassar.edu)

Kellie Fasano - Café Supervisor  
[kfasano@vassar.edu](mailto:kfasano@vassar.edu)

**FOOD-ALLERGIC INDIVIDUALS:** Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, tree nut, sesame products and other potential allergens in all our kitchens. Please direct questions to a chef or manager.