

NEWLY DIAGNOSED?

Nutrition counseling is available to help develop your knowledge & skills about your new food restrictions.

Make an appointment with our Registered Dietitian:

610-526-7400

or email nutrition@brynmawr.edu

Also, please complete the "Special Needs Diet Form"

www.brynmawr.edu/dining/dietary

RESOURCES

Food Allergy Research & Education (FARE)

www.foodallergy.org

Food Allergy Initiative

www.faiusa.org

American Academy of Allergy, Asthma & Immunology

www.aaaai.org

Celiac Disease Foundation

www.celiac.org

Crohns & Colitis

Foundation of America

www.ccfa.org

Food Allergies in the Real World

www.faanteenorg

BRYN MAWR COLLEGE

Erdman Dining Hall

610-526-7408 or email
erdmanmanager@brynmawr.edu

Haffner Dining Hall

610 526 7408 or email
haffnermanager@brynmawr.edu

UnCommon Grounds

610 526 7413

Haverford College

Haverford Dining Center

610 896 1108

The Coop

610 896 1806

gluten free

*allergy-friendly space where
you can eat without the worry*

More everyday choices for those
who need them!

Contact the our Dietitian for
access to "Free" space!

A GUIDE TO FOOD ALLERGY

RESOURCES ON CAMPUS



BRYN MAWR
DINING SERVICES

www.brynmawr.edu/dining

Haverford
DINING SERVICES

www.haverford.edu/diningservices

**Speak out!
Talk to us about
your allergy**

Creating relationships within dining services will make meal time a less daunting task.

Working together we can help you develop your knowledge about menu items that fit your food restrictions. Remember that we have a whole team of people who are here to help.

BE PROACTIVE

Introduce yourself to dining services professionals:

- **Unit Manager**
- **Assistant Manager**
- **Production Manager**
- **Cook & Chefs**
- **Shift Supervisors**
- **Student Supervisors**

...and discuss your needs!

KNOW YOUR ALLERGY

Nutritional analysis & ingredients of the recipes served at meals are posted on the dining website:

www.haverford.edu/diningservices/nutrition

Much of our cooking is done from scratch using fresh ingredients. We use many of the familiar brand name products you use at home, such as Heinz, Kraft, Dole, Sara Lee & Campbell's.

If you have an allergy or health condition that affects your diet, we also suggest that you set up an appointment with a provider at the Health Center.

Ask about it!

Visiting the dining hall? Ask us about:

- Special meal accommodations
- Gluten Free space in Haverford
- Gluten Free space in Erdman
- Gluten Free Pizza (Haffner)
- Gluten Free Stir Fry (lunch)
- Gluten Free Breads/Bagels
- Gluten Free Desserts
- Clean cookware & utensils at the sizzle station

OUR STANDARDS

Available in all Dining Halls:

- Vegetarian & meat options at every meal
- Haffner Hall serves additional vegan dishes
- Kosher options during Passover
- Lactaid® milk
- Soy milk & rice milk (calcium + B₁₂ Fortified)
- Skim, 2%, and chocolate milk
- Low-fat swiss cheese, cottage cheese, yogurt
- Three low-fat or fat-free dressings & three regular dressings on all salad bars

Recipe Standards:

- Menu labels identify all major food allergens specified by the FDA
- Canola oil is used in recipes requiring salad or vegetable oil
- All frying oils are Trans-Fat Acid Free
- All canned fruits are packed in water or juice
- Canned tuna is packed in water
- MSG is not added to any recipe (some purchased items may contain MSG)
- We only use soup bases without MSG
- Non-dairy margarine used instead of butter in recipes
- Gluten free soy sauce is used in recipes