

Newly Diagnosed?

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

Contact the Bi-College Dietitian, Natalie Zaparynski to make an appointment:

610-526-7417

nzaparynski@brynmawr.edu

Also, please complete the "Bi-Co Dietitian Special Needs Form"

www.brynmawr.edu/dining/nutrition-information-and-campus-dietitian

Resources

Food Allergy & Anaphylaxis Network

www.foodallergy.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.faanteen.org

Bryn Mawr College

Erdman Dining Hall

610 526 7411

New Dorm Dining Hall

610 526 7408

UnCommon Grounds

610 526 7413

Haverford College

Haverford Dining Center

610 896 1108

The Coop

610 896 1806

@ ERDMAN & THE DC

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!



Food Allergy 101

A Guide to Safe Dining
Resources on Campus

**DINING
SERVICES**

AT BRYN MAWR COLLEGE

www.brynmawr.edu/dining
www.haverford.edu/dining-services

**HAVERFORD
COLLEGE**

DINING SERVICES

Speak out!
Talk to us about
your allergy

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

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 our dining professionals:

- Unit Manager
- Assistant Manager
- Production Manager
- Cooks & 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:



<https://brynmawr.mcccompturition.netsmartcloud.com/>

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 (New Dorm)
- Gluten Free Stir Fry (lunch)
- Gluten Free Breads/Bagels
- Gluten Free Desserts
- Clean cookware & utensils at the sizzle station

Dining Hall Standards

- Available in all Dining Halls:
- Vegetarian and meat options at every meal
- New Dorm Dining Hall offers additional vegan dishes
- Erdman offers one dinner entree that is prepared Gluten Free, Shellfish Free, Dairy Free & Nut Free
- Kosher options available during Passover
- Lactaid 100 (100 percent lactose reduced, non-fat milk)
- Fortified Non-dairy milks
- Skim (non-fat) and whole milk
- Low-fat Swiss cheese at the deli bar
- Greek Yogurt
- Olive oil and vinegar available on salad bars
- High-fructose corn syrup free breads available at each meal

Dining Hall Recipe Standards

- All frying oils are trans-fat and acid free
- Our tuna is packed in water
- We do not add MSG to any recipe (some purchased items may contain MSG)
- We use gluten free soy sauce in our recipes
- All soup and sauce bases are gluten free

Items containing Big 8+1 allergens: peanuts, tree nuts, shellfish, milk, wheat, fish, eggs, and soy, are clearly labeled.



In 2021, we reanalysed our recipes so we can label our foods to indicate that we have not used an ingredient containing sesame.

We advise those with allergies or intolerances that our food is prepared in a common kitchen and we cannot guarantee any food does not contain that allergen.

Choices

- Six-week rotation menu served at Erdman
- Vegan, vegetarian and meat options at every meal
- New Dorm Dining Hall prepares additional vegan dishes
- Kosher options available during Passover