

The “Allergy Kitchen Pantry”

- › We provide a secure self service pantry for students with food allergies.
- › All students who wish to use this pantry must go through training with our dietitian, and sign an acknowledgement of responsibility.
- › A key will be provided after training.
- › Strict sanitation practices must be followed to prevent cross contamination.
- › You may choose to have your special meals left in the pantry for you to pick up at your convenience.
- › Special allergen free foods will be stocked; inventory will change according to the allergy needs of our current students.
- › We cannot meet everyone’s requests for specific brands, but we encourage your feedback on product quality.
- › The pantry has the following equipment: microwave, gluten free only toaster, plastic wrap and utensils.

Staff Training & Awareness

Having our staff aware of students limitations will insure a safe and pleasurable dining experience, which is of utmost importance to us. Please know that all Holy Cross Dining staff are required to attend annual food allergen awareness training regarding the potential severity of food allergies. Whenever you eat away from home, you should notify your server if you have a food allergy.

For additional information, contact:

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Dietitian / Nutritionist
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Food Allergies & Healthy Eating



Dining Services

Meal choices for students with food allergies

We know that it is important for you to have confidence in the safety of your meals. Food allergies can make eating away from home a challenge. Holy Cross Dining is committed to providing you with nutritious meals that you can enjoy without worrying about your food allergies. We work with students one-on-one to discuss their allergy or food intolerance and minimize allergic reactions.

Specially prepared allergen free meals are available through Kimball Main Dining Hall. We are able to provide meals that are safe from the most commonly known food allergens – other food allergy needs are addressed on a case by case basis.

Most common food allergens

- > Milk
- > Egg
- > Fish
- > Shellfish
- > Tree Nuts
- > Peanuts
- > Wheat/Gluten
- > Soybeans
- > Sesame Seeds



What are my choices?

Meals are prepared simply and under strict conditions to prevent cross contamination. Prepared meals will be wrapped, labeled with your name and ready for you to pick up. There are standard menu formats for the most common allergens. The General Manager and Chef at Kimball Dining Hall are available to discuss more complex foods pertaining to your allergy needs.

How to get started?

- ① Contact the director of Health Services, Martha Sullivan.
 - ② Provide Health Services with your medical records.
 - ③ Make an appointment to meet with the dietitian, Alyssa Pittman.
- > Learn about the process & options for ordering your meals.
 - > Accept or decline allergy kitchen privileges.

Ordering Allergen Free Meals

Once you have completed the above steps, you may order your meals by using one of two methods:

- ① Hard copy - paper order form
- ② E-mail

The paper format works best for those who find it helpful to plan several days in advance. Paper orders accepted until 8 p.m., e-mail special orders can be submitted until midnight before the day the meal is needed.

Privacy

We respect your privacy. Allergy information is shared only with those staff members directly involved with the preparation of your meals.

