



COLLEGE OF THE  
**Holy Cross**

Dining  
Services

# FOOD ALLERGY & SPECIAL DIET PROGRAM












## 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 food allergies. We work with students one-on-one to discuss their allergy and minimize allergic reactions.



## MOST COMMON FOOD ALLERGENS

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



## THE "ALLERGY KITCHEN PANTRY"

- Certified peanut and tree nut free.
- We provide a self-service pantry for students with food allergies.
- All students who wish to use this pantry must go through the process of being enrolled into the allergy program (which includes submitting specific medical documentation). Then they must meet with our Dietitian and sign an acknowledgement of responsibility.
- The majority of products stocked in the pantry will be allergen free (Enjoy Life). Other products, although gluten and nut free, may contain some common allergens.
- We cannot meet everyone's request for specific brands, but we encourage your feedback on product quality.
- The pantry has the following equipment: Microwave, gluten free toaster.

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## STAFF TRAINING & AWARENESS

Having our staff aware of student's limitations will insure a safe and pleasurable dining experience, which is of utmost importance to us. Please know that all Holy Cross Dining staff is required to attend a bi-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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