

# FBBC&TS DINING SERVICES FOOD ALLERGY ACTION PLAN

## We Are Here to Help You!

FBBC&TS Dining Services strives to insure a balanced meal for most individual dietary requirements. If you have severe food allergies or specific dietary requirements such as special menu planning or special food preparation, we will make every reasonable effort to accommodate your needs according to the terms of this plan.

If your individual dietary needs require accommodation, please have your doctor fill out the [dietary needs form](#) and return it to Kim Nihart, the director of health services. She will then contact you to talk about your individual requirements. Following that session, Kim Nihart and Terry Waltersdorf, dining services director, will work to develop a meal plan for you.

- [Kim Nihart](#), R.N., Director of Health Services—515.964.0601, ext. 219
- [Terry Waltersdorf](#), FMP, Director of Dining Services—515.964.0601, ext. 252

### Epinephrine Administration

The FBBC&TS Dining Services staff is not required to administer epinephrine (even with documentation). We will call Campus Security and 911 in case of emergency.

### Disclaimers

FBBC&TS Dining Services posts disclaimers at each entrance to Benson Hall. We do so because we want our guests with food allergies or other dietary requirements to be aware that we prepare items containing the Top 8 food allergens in our dining location.

### FBBC&TS Dining Code of Conduct for Students with Individual Dietary Needs

FBBC&TS Dining Services recognizes that students have specific dietary needs, and we provide the following accommodations, including:

- Gluten-free bread options
- Availability of portioned condiments to prevent cross-contact
- Menus highlighted for gluten-friendly
- Menu items highlighted for nuts
- One-on-one meal planning if required
- Annual staff training concerning food allergies and the steps that need to be taken to provide allergen-safe meals

In addition, FBBC&TS Dining Services expects students with individual dietary needs to be their own advocate and understand their personal responsibilities.

As a student with individual dietary needs, I understand my responsibilities include:

- providing medical documentation outlining my dietary needs and corrective measures to appropriate personnel
- understanding my dietary limitations and following my prescribed diet to the best of my ability
- carrying appropriate corrective measures, such as antihistamine or epinephrine, at all times
- teaching a friend at FBBC&TS how to help me if I have an allergic reaction and cannot treat myself
- notifying appropriate FBBC&TS personnel of any food-allergic reactions that occur
- asking for ingredient labels or speaking with the dining services director if I have questions about menu items
- keeping contact information and information regarding my individual dietary requirements current
- notifying the nurse or dining services director if I have any problems or concerns
- understanding my meal may take longer to prepare than others in an effort to keep it safe for my consumption

**FBBC&TS Dining Services makes every attempt to keep track of changing ingredients and food-allergen information, but we cannot guarantee an item that we prepare to be allergen-free.** We provide information to the best of our knowledge. However, there are instances when certain ingredients may be substituted on the actual day of preparation, commercial manufacturers may change their formulations without our knowledge, or other factors may occur that are beyond our control. Additionally, there is always the possibility that cross-contact could occur.

**Due to these conditions, FBBC&TS Dining Services cannot guarantee that any item prepared in our kitchen is free of a certain ingredient or allergen.** Individuals with food-related dietary concerns should be aware of this risk and understand that FBBC&TS Dining Services will not assume any liability for adverse reactions to foods consumed or items with which one may come into contact while eating at FBBC&TS.