

A GUIDE TO MANAGING DIETARY NEEDS

at

GEORGIA TECH



Tech Dining

Tech Dining knows that good nutrition is essential to good health. That is why we are committed to providing every guest with healthy, nutritious foods every day.

We support our guests who have food allergies by providing the information and knowledge necessary to make informed food choices in each of our dining locations. Guests with food allergies or specific dietary concerns should speak with a manager or registered dietitian nutritionist for individualized assistance.

When you are in one of our facilities, please direct any questions regarding an allergy or food ingredient to any management team member on duty.

Remember: Don't Be Shy! Self-Identify

We recognize that guests with food allergies already experience a more limited diet than those who do not and must spend more time and effort managing their eating patterns. We consider each guest's individual dietary needs and make every effort to provide detailed information to those with food allergies.

Our goal is to provide guests with the tools they need to manage their food allergy or food-related medical condition.

How to Self-Identify

1. Let us know about your allergies. Schedule a meeting with one of our dietitians to develop a plan to meet your nutritional needs. You can do this by emailing dietitian@dining.gatech.edu.



2. Be proficient in the self-management of your food allergy(ies):

- Avoid foods you are allergic to.
- Recognize symptoms of an allergic reaction.
- Know how and when to tell someone you might be having an allergy-related problem.
- Maintain knowledge of proper use of medications to treat an allergic reaction.
- While in the dining facilities, carry any medications you may need with you.
- Always carry emergency contact information with you.
- Review policies/procedures with Tech Dining and your physician should an allergic reaction occur.

3. Read the station signage, menus, and ingredient information made available upon request online at **dining.gatech.edu** and via Nutrislice.

4. When in doubt regarding ingredients in a particular food or dish, direct your questions to a manager on duty. If you do not know who these individuals are, please ask a cashier or another employee on duty to contact them.

5. Due to the self-serve nature of the residential dining halls, it is recommended you always carry your EpiPen™ with you.

The Power is in Your Hands

It's our goal to provide guests who identify as having food allergies or intolerances with the necessary information so they make confident food choices.

- You may ask a dining employee to change their gloves.
- You may ask a dining employee to use a new utensil or a fresh pan at a made-to-order station.



- Take caution with deep-fried foods. Recycled frying oil can potentially lead to cross-contact. Fried foods release protein, which may be absorbed by other foods fried in the same oil. (Examples include fried chicken, fried fish, mozzarella sticks, nuggets, onion rings, and french fries.)
- Take caution with bakery items. Any items prepared onsite may have come into contact with other ingredients in the kitchen.
- Guests may request produce or meats stored behind the counter from the employee working at the salad bar and deli stations.

Food Allergy Disclaimer

We handle and prepare egg, milk, wheat, shellfish, sesame, fish, soy, tree nuts, and other potential allergens in the food production areas of our facilities. We do not purchase peanut or peanut products in any of our all-you-care-to-eat facilities. However, we utilize products manufactured in facilities that use peanuts.

We aim to provide nutrition and ingredient information as complete as possible. Vendors may substitute ingredients without our knowledge, and menu items may be prepared near other ingredients and/or allergens, resulting in cross-contact with ingredients not listed.

Tech Dining uses manufacturer-provided ingredient information, and we do not confirm the presence or lack of an allergen. We periodically review ingredients to verify that ingredient labeling is consistent with what is provided by the manufacturer and how the food is produced in our facilities. However, please be advised that the ingredients listed may be subject to change without notification and that products prepared in our kitchen may have come in contact with common food allergens.

Please direct any questions regarding an allergy or food ingredients to any management team member on duty. You can also email any general questions to **dining@gatech.edu**.



Avoiding Cross-Contact

Cross-contact occurs when an allergen inadvertently transfers from a food containing an allergen to a food that does not have the allergen. Since some of the food in the dining facilities are self-serve, cross-contact is possible. Tech Dining provides separate serving utensils for each item and frequently changes utensils to mitigate customer cross-contact. We educate employees involved in the production process to change gloves and clean utensils between recipes to reduce cross-contact concerns. Each cook/front-line associate follows written standardized recipes to prevent other items not included in the recipe. If you are concerned that food in a self-serve area may have come into contact with a potential allergen, you can ask an on-site manager or chef to prepare you an allergen-free meal.

Your Resources

We provide the following resources to help you manage your food allergies:

1. **Dietitian Services** – You can schedule an individual meeting with the Tech Dining Dietitian to discuss your dietary concerns and develop a plan to navigate the dining facilities safely. Email the dietitian at **dietitian@dining.gatech.edu**.
2. **Executive Chefs** – Each residential dining facility has an executive chef that can address any questions or concerns that you have about food choices.
3. **Dining Management Team** – Tech Dining’s management team is available and ready to help you navigate through dining facilities, answer any questions, and help you with any issues that arise.
4. **Dining Staff** – Upon request, dining staff will change gloves or use fresh utensils or pans (at made-to-order or self-serve stations) to reduce cross-contact concerns.
5. **Menus** – Daily menus are available online for each residential dining location on the Tech Dining website, **dining.gatech.edu/menu**.



- 6. **Ingredient Lists** – Manufacturer-provided ingredient lists, provided upon request.
- 7. **Nutritional Information** – Recipe nutritional information and allergen listings on the Tech Dining website, dining.gatech.edu/menu.
- 8. **Station Signage** – Menu items are labeled with the recipes' names and any allergens at each station.



Chicken



Kosher



Tree nuts



Milk



Onion



Turkey



Egg



Peanuts



Vegan



Fish



Pork



Vegetarian



Garlic



Sesame



Wheat



Gluten Friendly



Shellfish



Beef



Halal



Soy



FAQs

1. What is a food allergy?

A food allergy is an adverse immune system reaction that occurs soon after exposure to a particular food. The immune response can be severe and life-threatening. Although the immune system normally protects people from germs, the immune system mistakenly responds to food as if it were harmful in people with food allergies.

2. What are symptoms of an allergic reaction to food?

Even a tiny amount of the allergy-causing food can trigger signs and symptoms such as digestive problems, hives, or swollen airways. A food allergy can cause severe symptoms in some people or even a life-threatening reaction such as anaphylaxis.

3. What is anaphylaxis?

Anaphylaxis is a severe allergic reaction that is rapid in onset and may cause death. Not all allergic reactions will develop into anaphylaxis. Most are mild and resolved without problems. However, early signs of anaphylaxis can resemble a mild allergic reaction. Unless obvious symptoms—such as throat hoarseness or swelling, persistent wheezing, fainting, or low blood pressure—are present, it is not easy to predict whether these initial, mild symptoms will progress to become an anaphylactic reaction that can result in death.

4. What do I do if I need assistance navigating the dining facilities because of allergen concerns?

Schedule a meeting with our dietitians to discuss your needs. They will help you develop a plan to safely dine with us.

5. Do you provide allergen training for your staff?

Yes, all Tech Dining chefs and managers receive certified allergen training. We also provide all staff members ongoing allergen training to make sure that everyone is up to date on any changes to allergen protocols.

6. Do your menus list out ingredients for all food offerings?

All online menus list out nutritional information, ingredients, and allergen information for each food item. This information can also be received by asking any manager on duty. Please remember that all online menu notifications are developed with certain products in the recipes. If our vendor substitutes a product then it may change the allergen information. Always ask a manager if you have any allergen concerns.

7. Should I assume what the ingredients are in a menu item?

Never assume. Although there might be a common item on the line, don't assume you know the ingredients. We have different products based on our vendors' availability, so an ingredient we use today can potentially be a different brand from time to time. The safest and most reliable practice is to ask every time you dine.

8. Who should I ask or talk to about a question on the menu?

Always ask the manager or chef. Our trained professional staff will be able to ensure you are provided with accurate ingredient information. You can locate a chef or the manager of each unit by asking one of the line associates to speak to a management professional to help you navigate our dining facilities.

9. What's the difference between "Gluten-Free" and "Avoiding Gluten"?

"Gluten-Free" means the food item contains less than 20 ppm of gluten, which can only be determined through laboratory testing. Since we prepare products in common kitchens with shared equipment, cross-contact can occur, making the item not "gluten-free." Avoiding gluten means our products do not include any fresh or manufactured food containing gluten.



dining.gatech.edu