A GUIDE TO MANAGING Dietary Needs at GEORGIA TECH
**Welcome to Tech Dining!** We are excited to have you as our guest. Your health and safety is our highest priority.

Be aware that we handle and prepare egg, milk, wheat, sesame, shellfish, fish, soy, tree nuts, and other potential allergens in our 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, there are products that we use that are manufactured in facilities that use peanuts.

We aim to provide nutrition and ingredient information that is as complete as possible. Vendors may substitute ingredients without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Guests with food allergies or other specific dietary concerns should speak with a manager for individualized assistance.

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

*Also remember:* Don’t be Shy! Self Identify.

**Thank you for dining with us!**

Tech Dining Team

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### Our Philosophy

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

We support our guests who have food allergies by providing information and knowledge that is necessary to make informed food choices in each of our dining locations.

We work together to provide reasonable arrangements so that guests may participate in the college dining experience as much as possible. 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 in managing their eating patterns than others. We take into account 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 that they need to be active in management of their food allergy or food-related medical condition within dining locations. We want to provide a safe and supportive transition into college life.

**How to Self-Identify**

**Guest responsibilities when managing a food allergy in the dining locations:**

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

2. **Be proficient in the self-management of your food allergy(ies) including:**
   - Avoid foods you are allergic to.
   - Recognize symptoms of allergic reactions.
   - Know how and when to tell someone you might be having an allergy-related problem.
   - Knowledge of proper use of medications to treat an allergic reaction.
   - Carry any medication you may need with you at all times while in the dining facilities.
   - Always carry emergency contact information with you.
   - Review policies/procedures with Tech Dining and your physician should a reaction occur.

3. **Read the station signage, menus, and ingredient information made available upon request and online at dining.gatech.edu to be better informed.**

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, if you have been prescribed an Epipen, carry it with you at all times.**

6. **If you notice something that is problematic for your allergy, please notify anyone on our management team on duty so that they can address your concern.**

7. **If you have a question at any point, please ask anyone on our management team.** If we do not hear from you, we believe that you are successfully navigating the dining locations.
Your Responsibilities

It’s our goal to provide guests who identify as having food allergies or intolerances with the necessary information so they may make confident food choices. It’s pertinent for these guests to help manage their food allergies or intolerances by doing the following to avoid cross-contamination:

- You may ask a dining employee to change his/her gloves.
- You may ask a dining employee to use a new utensil, or a fresh pan at made-to-order stations.
- Take caution with deep-fried foods. Frying oil is reused before being changed. This can lead to cross-contact because food fried in oil releases some of its protein, which is then 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 have the potential to come in contact with other ingredients in the kitchen.
- At the salad bar and deli station, guests may request produce or meats that are stored behind the counter from the employee working at those stations.

Food Allergy Disclaimer

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 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 of the Tech Dining directors, chefs, or any other manager on duty. You can also email any general questions to dining@gatech.edu.
Avoiding Cross-Contact

Cross-contact occurs when an allergen is inadvertently transferred from a food containing an allergen to a food that does not contain the allergen. Since some of the food in the dining facilities are self-serve, cross-contact is possible. Tech Dining provides separate service utensils for each item and frequently changes utensils to mitigate customer cross-contact. We also work to 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 is also instructed to follow standardized recipes as written so as not to introduce any item to the recipe that is not on the recipe card. Frequent production audits are performed to assess recipe adherence and production processes and to stay informed of new products being purchased.

If you are concerned that food in a self-serve area has been come in contact with a potential allergen, you can ask any team member to prepare you a fresh item in the kitchen.

Your Resources

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

1. Dietitian Services – You can schedule individual meetings with the Tech Dining Dietitians to discuss your dietary concerns and develop a plan to safely navigate through the dining facilities.
2. Executive Chefs – Each residential dining facility has a 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 and answer any questions and help you with any issues that arise. If you cannot find the manager on duty, ask any team member and they will get them for you.
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 are available on the Tech Dining website, dining.gatech.edu/menu

8. **Station Signage** – Menu items will be labeled at each station with the name and any allergens in the recipes.

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**Allergy Information**

Refer to the menus and ingredient information made available to you. We use manufacturer-provided information, and we do not confirm the presence or lack of an allergen.

Tech Dining periodically reviews ingredients to verify ingredient labeling is consistent with what is provided by the manufacturer. Ingredients listed may be subject to change without notification.

**WHEAT / GLUTEN ALLERGIES**

We offer a selection of deli meats and salad dressings that do not contain gluten. Gluten-free cereal is available daily, and gluten-free bread, pasta, and dessert items are available upon request. Be sure to check the ingredients of all food items you wish to consume. If you have any questions, just ask our on-site manager for more information. Even foods commonly prepared without gluten-containing ingredients may not be ‘gluten-free.’ Our recipes are prepared in open kitchens, where cross-contact is possible and where ingredient substitutions are sometimes made. If you have celiac disease or a gluten sensitivity, please notify your on-site manager to request an individually prepared a meal without gluten.

**MILK ALLERGIES**

A non-dairy milk option is available every day in residential dining facilities. However, milk and milk-based products are ingredients used in many of the menu items served. Items prepared with butter or margarine should also be avoided.

**SOY ALLERGIES**

Soybean oil is present in a large variety of products, most notably our cooking and frying oils. While studies have shown that highly refined soy oil is safe to consume for most with a soy allergy, if a medical professional has noted that you have a severe allergy, you should consider alternate options.
EGG ALLERGIES

Many of our baked goods and desserts contain eggs. However, desserts such as fruit crisps and gelatin parfaits do not contain eggs. Guests are asked to take caution with all baked goods and are encouraged to check ingredient labels of items they wish to eat.

FISH and SHELLFISH ALLERGIES

Beyond entrees and mixed dishes that contain fish or shellfish as a main component, please use caution when selecting Asian dishes, where fish or shellfish may be included in sauces. Additionally, some gravies and barbeque sauces may contain Worcestershire sauce, which also contains fish. Guests with fish and shellfish allergies are asked to check the menus and full ingredient list.

SESAME ALLERGIES

Beyond entrees and mixed dishes that contain sesame seeds as an ingredient, please avoid hummus and tahini-based sauces.

TREE NUT and PEANUT ALLERGIES

Tree nuts may be present in select dessert items. Guests with a tree nut allergy are advised to take caution with bakery items and any menu items that contain pesto, coconut, or coconut milk.

FAQs

1. 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.

2. Do you provide allergen training for your staff?
   Yes, all our 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.

3. Do your menus list out ingredients and for all food offerings?
   All online menus will 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.

4. 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 off 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.

5. 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.

6. What’s the difference between “Gluten-Free” and “Avoiding Gluten”?
   Avoiding Gluten means our products do not include any fresh or manufactured food that contains 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, it is possible that cross-contact can occur, making the item not gluten-free.

Contacts:
Georgia Tech’s Registered Dietitians – nutrition@gatech.edu
Tech Dining – dining@gatech.edu