We take food allergies and intolerances very seriously at Tufts Dining. We are committed to providing the best information to students so they can successfully avoid food reactions. The following services are available to help students with allergies stay safe:

- Unlimited access to our registered dietitian for menu consultation
- Introduction to our Dining Management Team to give students direct access to individuals responsible for food preparation
- Food labels for items with multiple ingredients, including allergen information

More services are listed on the inside panel.
Services Available to Students with Allergies

- Printed menu cycles with specific foods highlighted
- Access to online menus with an “allergen filter,” which enables individuals to print an allergen-free menu for any meal by specific location
- Providing individually packaged foods to replace bulk items that have a high likelihood of cross-contamination, such as jelly, cereals and deli items
- Purchasing foods specific to a student’s dietary needs when severe food allergies compromise the quality of the student’s diet
- Maintaining a separate toaster for students concerned about cross-contamination

Food Allergies & Intolerances

What’s the difference between a food allergy and a food intolerance? A food allergy involves the immune system; a food intolerance does not. An individual with a true food allergy must totally avoid the offending food, whereas someone with a food intolerance may be able to consume some of the food without suffering symptoms.

It’s not uncommon for students to be lactose intolerant. Carmichael and Dewick-MacPhie Dining Centers have several options for lactose-intolerant diets:

- Lowfat, lactose-free milk, soy milk and enriched organic rice milk
- Dairy-free “mozzarella” for students unable to tolerate cheese
- Soy yogurts for students unable to tolerate milk yogurt
- Dairy-free margarine
Food Storage for Those with Allergies & Intolerances
To provide students with allergies and intolerances greater food options, Tufts Dining stocks a variety of safe foods in designated areas at both Carmichael and Dewick. For food that requires refrigeration, there is a designated refrigerator/freezer in Dewick and a countertop refrigerator in Carmichael that contain food for students with allergies and intolerances.

Students with celiac disease or gluten intolerance should refer to our celiac brochure and speak with Julie Lampie, Tufts Dining’s registered dietitian. Brochures are available in our dining centers and online at http://dining.tufts.edu.

Becoming Well Informed
Multiple food allergies and intolerances are common among our students. Since allergens are often hidden in the foods we eat, printing ingredient information is vital to our students’ well-being. To that end, Tufts Dining has taken important steps to inform the student body about the ingredients we serve.

Food Fact Cards are posted for multi-ingredient foods, including entrees, vegetables, starches, pizza, soup, specialty salads, deli, bread and desserts at both Carmichael and Dewick. The Food Fact Cards include nutrient facts, ingredients and allergens, including peanuts, tree nuts, milk, eggs, soybeans, wheat, crustacean shellfish and fish.

All menu items containing peanuts, peanut butter and nuts have been identified with the name of the nut they contain. This is one additional step we’ve taken to better communicate when peanuts and nuts are present in a menu item.

When in doubt about ingredients in a particular food, direct your questions to the authorized
individuals in the dining centers: the manager, chef manager or lead cook. Our other dining staff have been trained not to answer questions regarding food ingredients.

Avoiding Cross-Contamination

Cross-contamination occurs when a food comes into contact with another food and their proteins mix, creating the potential for an allergic reaction. Since most of the food in the dining centers is self-serve, cross-contamination is certainly possible. To avoid cross-contamination:

Be aware of shared equipment and utensils. To access food from an uncontaminated source, please ask a Tufts Dining staff member for assistance. In addition, if you are concerned about cross-contamination by food handlers, please ask them to remove their gloves and wash their hands when necessary.

Do not eat deep-fried foods if you have food allergies. Frying oil is often reused before being changed; this can lead to cross-contamination because food fried in oil releases some of its protein, which is then absorbed by other foods fried in the same oil. Deep-fried foods include the words “fryolator canola oil” on the Food Fact Card. If you need assistance with identifying foods that are deep-fried, please ask.

Here are some, but not all, deep-fried foods at Tufts Dining: French fries and onion rings; chicken fingers, nuggets and cutlets; zucchini sticks and mozzarella sticks; fried fish, egg rolls, fried tofu and falafel.

In Case of a Reaction

We make every effort to keep students informed about the food being served, but there is always the possibility that a forbidden food will be consumed. Students with severe allergies are encouraged to always carry an EpiPen. Anaphylaxis is the most severe reaction and can be life-threatening.
If you or someone near you is exhibiting symptoms of anaphylaxis, please take the following steps:

- **Get help immediately**
- Call the campus police who will call the paramedics, or ask a Tufts Dining manager or employee to make the call
- Administer an EpiPen
- If you think you are having an anaphylactic reaction, never return to your room alone

**Online Resources**

On the Tufts Dining website, [http://dining.tufts.edu](http://dining.tufts.edu), we are proud to offer a useful Nutrition Analysis tool that allows you to review menus and access nutrition facts, ingredients and allergens. It covers food being served in Carmichael, Dewick-MacPhie, Hodgdon, Hotung Café, Mugar Café, The Commons, The Tower Café and Brown & Brew.

To access this tool, look under “Quick Links” on the left, and click on “Menus.” On the menu screen, click on the dining location you would like to look at. The dining location screen has three meals—breakfast, lunch and dinner—across the top. Next to each meal is a red apple. Click on that apple to get a list of all the menu items served that meal period. Then, you can click on any menu item to access nutrition facts, ingredients and allergens.

**QUESTIONS?**

Anyone with questions regarding food allergies or intolerances is encouraged to contact Julie Lampie, Tufts Dining’s registered dietitian. Julie is familiar with the food preparation and handling at Tufts Dining, as well as the ingredients of the items Tufts serves. She can help you manage your food allergy or intolerance.

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