

Celiac Disease/Gluten Intolerance

The College of New Jersey looks forward to working with you to address your culinary concerns. We are pleased to share with you our recommendations and the food selections we have available to best meet your dietary needs. It is highly recommended that anyone with Celiac Disease/Gluten Intolerance make an appointment with our Registered Dietitian at sdhrd@tcnj.edu, or our General Manager, Patrice Mendes, at mendes@tcnj.edu.

Celiac Disease/Gluten Intolerance is a digestive condition triggered by consumption of the protein gluten, which is found in bread, pasta, cookies, pizza crust and many other foods containing wheat, barley or rye. Allergic reactions frequently occur when an individual consumes a forbidden food which was hidden in a product. For this reason, Dining Services has taken important steps to inform you of the ingredients in the foods you eat. All nutritional & ingredient information for foods served in The Atrium at Eickhoff can be found by using one of two nutritional kiosks in the dining hall. Common allergens, including peanuts, tree nuts, milk, eggs, soybean, wheat, crustacean shellfish, and fish are also found on these kiosks, as many common allergens are hidden in food.

Additionally, most offerings from our dining menus can be viewed using our Nutritional Calculator which is located on the Dining Services website, tcnj.sodexomyway.com. This is a tool which will help you identify the eight most common allergens, as well as nutritional information such as calorie and fiber content.

TCNJ Dining Services is committed to providing every student with a wide variety of healthy options at every meal. With gluten-free students' specific needs in mind, a program called My Zone has been developed which offers fresh and frozen meals, sides and desserts as well as dry grocery items, beverages, snacks and more. Located and maintained at The Atrium in Eickhoff, My Zone provides quality specialty foods in a resident dining setting and eliminates the worries of our diners with a gluten intolerance. My Zone is a defined area with dedicated equipment, to obtain gluten-free entrees, snacks and breakfast items, in an environment that minimizes any chance of cross-contamination.

Our retail locations on campus also carry several gluten-free items such as grilled chicken, toss-to-order salads, fresh whole fruit, among other items on a rotation. We also have several gluten-free items available as part of our Simply To Go line, perfect for students on the go.

Dining Services prides itself on keeping an open line of communication with our customers. Students, faculty & staff can join us at our bi-weekly Dining Services Committee meetings. Our meeting dates, times & locations are listed at tcnj.sodexomyway.com/community/committee.html. Any student having questions about the foods served should contact our Registered Dietitian via email at sdhrd@tcnj.edu or Patrice Mendes at mendes@tcnj.edu.

