

## Welcome...

UVM Dining is dedicated to creating safe and enjoyable dining experiences for everyone. You can count on us to offer well-balanced meals featuring a variety of fresh ingredients. Plus, resources at your fingertips to help make eating healthy, the easy choice.

## Religious Accommodations

We recognize that we have a diverse student population and aim to provide dietary options for a variety of religious practices. We have a certified Kosher Kitchen that is operated by Vermont Kosher, LLC, under the Orthodox Rabbinical supervision of the Chabad of Vermont. Kosher dinners are available Sunday-Thursday at Redstone Unlimited. Also, Kosher sandwiches, salads, and wraps are available for purchase at all of our retail locations.

If you are fasting as part of your religious practice, please refer to our website for hours of service. If you have questions or concerns please contact the Registered Dietitian at (802)656-3566.

## Our Mission

UVM Dining promotes engagement in a healthy, sustainable food system while serving as a global leader in campus dining services. We connect the UVM community to the international food system through best practices in research.



(802) 656-3566



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UVMdining.com



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guidebook.com/app/UVMguide



406 South Prospect Street; Robinson Hall  
Burlington, Vermont 05405

# Nutrition Program & Services



## WHAT TO EXPECT WITH YOUR MEAL PLAN

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We recognize that no single meal plan fits the needs of everyone within the UVM community. That is why we offer a variety of options to ensure a pleasurable dining experience for all. No matter what meal plan you are on, you'll have access to:

- Allergen-friendly foods
- Nutrition facts
- Ingredient information
- Knowledgeable staff
- Registered Dietitian

## DIETARY NEEDS

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UVM Dining has a Registered Dietitian on staff to assist students on an individual basis. If you have a food allergy or dietary need, schedule an appointment at (802) 656-3566 for individual meal planning.

We work closely with UVM Student Accessibility Services [SAS] to develop reasonable accommodations for students with medical dietary needs. Please contact the SAS for further support services.

## JUST ASK!

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Looking for other dietary options? Have a question about a menu item? Want to make a substitute? Just ask! Our dining staff is happy to assist you. Need additional dietary support? Contact our Registered Dietitian at (802) 656-3566. Also, visit [UVMdining.com](http://UVMdining.com) for additional nutritional information.

## FOOD INTOLERANCES & ALLERGIES

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UVM Dining follows principles and guidelines from Food Allergy Research and Education (FARE). Our staff is trained on food allergies and how to avoid cross-contact in preparing food. However, this does not completely eliminate the risk of contact with gluten and other allergens in our dining locations. We recommend the following options as your safest dining choices on-campus:

### MY ZONE

A gluten-free, peanut and tree nut-free area reserved for students with food allergies and other dietary needs. Located inside our four unlimited dining locations, the My Zone is a pantry for students to be involved in their own allergen-safe meal preparation. These areas are equipped with a designated microwave, refrigerator, toaster, gloves and allergen-free prep surfaces. Plus, there is a hot foods menu, made to order with comfort food classics. We ask the campus community to respect these spaces for those who truly need them.

### FOUR

This station debuts in fall of 2019 at Redstone Unlimited, located on Redstone Campus. This station is free of gluten, peanuts, tree nuts and shellfish. Place your order on a kiosk, enter in your pager number and, we'll buzz you when your meal is ready.

### SIMPLE SERVINGS

Simple Servings is our allergen-safe, dining option for customers with food allergies, gluten intolerance, as well as those who prefer foods

made simply. The stations offer a plated meal prepared without the seven most common allergens: peanuts, tree nuts, shellfish, wheat, soy, milk products and eggs. In addition, all foods are made without gluten containing ingredients. Plus, separate equipment, storage spaces, utensils and preparation areas are used to minimize risk for cross contact. Simple Servings is located inside Central Campus Dining and Hillis Millis Dining.

## FOR YOUR HEALTH

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These colorful menu icons help customers select meals that cater to their dietary needs and personal preferences. Look for them on menus posted at your favorite dining location as well as, on our on-line menus. Visit [UVMdining.com](http://UVMdining.com) or UVM Dining Compass app to access our online menus, which include nutritional facts, allergens and logos. All of our dining locations offer a daily mix of vegan and vegetarian options.



### MINDFUL

Is our healthy choice selection, indicated with a heart-shaped logo. Mindful balances nutrition with enticing flavors to create an indulgent way to enjoy a healthy lifestyle. Mindful meals encourage consumption of vegetables, whole grains and lean proteins meeting the following nutritional criteria:

- ≤600 calories or less
- ≤35% or less of total calories from fat
- ≤800 mg or less of sodium

