

SIMPLE SERVINGS

STUDENTS GUIDE TO SAFE AND DELICIOUS ALLERGEN FRIENDLY MEALS AT SAGA

Timing: Plan ahead to avoid coming to dining just before closing.

Planning: Review the online menu to plan your week then use the “Bite” App daily.

- ✔ Your first option is always Simple Servings—our gluten free and allergy safe station located at Saga
- ✔ Apart from Simple Servings, look for gluten-free items served apart from gluten-containing foods.
- ✔ Avoid items prepared in a deep fryer or flat-top grill
- ✔ If you see gluten-free items at regular stations, **ask** for a portion from the back-up pan served with a clean spoon.
- ✔ Lastly, look for recipes that will work for you with slight modifications. Ex: baked fish without bread crumbs. Communicate with chef to plan when & where you'll be.
- ✔ Ask Saga's Simple Servings staff to assist you in getting gluten-free breads and sandwich fillings, since the deli area has many gluten-containing foods.

Communication:

- ✔ Create a plan with General Manager and Chef considering your schedule & needs. If you need a modified item, ask the chef if it is possible, and let him know when and where you will be eating the meal.
- ✔ Your contact person is General Manager Dave McCandless
MCCANDLESSD@hws.edu

A Personal Pantry

My Zone is a “pantry” where food items needed by customers with celiac disease or food allergies can be housed with precautions against cross-contamination. This special area gives students the ability to be involved in their own allergen-safe meal preparation. My Zone will always be free of gluten-containing ingredients and products, as well as tree nut and peanut products.

My Zone First

My Zone will be the students’ first stop during a meal. To ensure My Zone is free of gluten and nuts, no other food is permitted to be brought into the zone. For this reason, student will take their allergen-safe ingredients from My Zone out to the rest of the dining area.

Student Involvement

- Students maintain control over managing their own allergy when foods are pre-packaged because they are the only ones handling them.
- Students can work closely with managers and chefs to negotiate which products are stocked.
- My Zone can be a “fall back” area when none of the offerings at other stations are appropriate for the student’s dietary restrictions.
- My Zone is comforting to students and parents concerned about allergy management in the college setting.