

# STUDENTS GUIDE TO SAFE AND DELICIOUS MEALS WITH YOUR FOOD ALLERGY

**Carry your Medication:** *Your mom is totally right about this.*

**Timing:** *Plan ahead to avoid coming to the dining hall just before closing. Intended menu items may have sold out and have been replaced.*

**Planning:** *Plan a time once a week to review the online menu, planning your week with the “selected items” report. Use the “Bite” App daily.*

Start with items that are safe for you, and at a served station.

Next look at allergen-free items offered in a self-serve environment, which you can request from the untouched “back-up.”

Lastly, look for recipes that will work for you with slight modifications. Ex: baked fish without bread crumbs

Now you know the plan to discuss with your chef !

**Communication:** *Get an email and phone number for your primary contact in dining. Learn one another’s schedules.*

Create a plan with the chef outlining when and where you will eat each week.

If you need a modified item made, ask the chef if it is possible, and let him/her know when and where you will be eating the meal.

Give a 20 minute “heads up” text or call when coming in for your special meal so that items can be prepared to reduce your wait.

If you aren’t going to be in for that special meal, let the chef know, so that he/she doesn’t waste food and effort.



***Check it 3  
Times!***

- 1. Online menu**
- 2. Menu sign at station**
- 3. Observe food for allergen - ask if unsure!**