

GUIDE TO MANAGING FOOD ALLERGIES

2025-2026



WELCOME

Our Philosophy

We are committed to nourishing all guests by providing nutritious options that fit their needs, no matter where they dine on campus. We support students with food allergies by providing the knowledge and resources necessary for them to make informed food choices in our dining locations.

Your Safety Is Our Top Priority

Here's how we are prepared to serve you.

Staff Training

Managers are AllerTrain® certified. AllerTrain® is an ANAB- Accredited third-party allergy training program that prepares our dining team to:

- Identify the top 9 food allergens including hidden or uncommon sources.
- Understand how the increase in food allergies impacts our roles within dining.
- Express their commitment to an inclusive environment that allows students with allergies to dine safely alongside the campus community through shared meals.
- Train employees about allergens, including reducing the risk of cross-contact and handling special meal requests.
- Recognize common symptoms of a food allergy reaction and respond appropriately.

OUR COMMITMENT

1 MEET

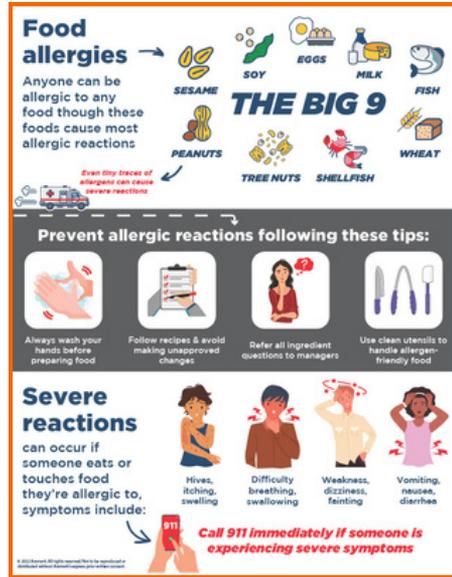
Contact our dining team to discuss your allergy, gather information on managing them, and learn about navigating campus dining.

2 SUPPORT

We can provide additional support after the initial meeting. This includes meeting the culinary team and dietitian who can address any allergy-related questions and concerns. It's an opportunity for us to thoroughly review available food options.

3 MONITOR

Throughout the year, the dining team is available to assist you. Feel free to contact us with any further questions or concerns.



Aramark relies on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, We cannot guarantee that any food item will be completely free of allergens.

YOUR MANAGEMENT

You are the most important advocate for your own health. Please review your responsibilities when managing a food allergy in the campus dining locations:

Schedule a meeting with our dining team to develop a plan.

Learn how to navigate our dining locations safely.

Consult disability/accessibility services or student health services for additional accommodations if necessary.

Other campus services may provide additional guidance for accommodating special dietary needs, such as preferential housing if you need to be closer to a specific dining hall.

In case of exposure, carry medication (e.g., EpiPen, Benadryl, etc.) with you always.

Consider informing friends you normally dine with about your medical needs in case of an emergency.

Be proficient in the self-management of your food allergy(ies).

- Notify dining services staff of your food allergy(ies).
- Avoid foods to which you are allergic.
- Recognize the symptoms of an allergic reaction.
- Know how and when to tell someone you might be having an allergy-related problem.
- Carry emergency contact information with you.
- Carefully read the menus and recipe description information available to you.

We love feedback!

If you have questions or concerns regarding the ingredients in a particular food, or if you notice something that is problematic for your allergy, please contact us or ask to speak with the manager on duty so that we can promptly address your concern.

We make every effort to provide you with the information you need to make informed decisions while dining on campus. However, the possibility for a reaction does exist in community dining.

To Reduce the Risk of Cross Contact:

- Ask a dining employee to change their gloves, use new utensils or a fresh pan at made-to-order stations.
- Speak to a dining employee if you need access to allergy-friendly designated equipment.
- Items from self-serve stations, such as the salad bar, can be offered from behind the serving line if requested.
- Take extra precautions at all stations where cross contact may be more likely to occur, such as the bakery, salad bar, and grill.



IN CASE OF A REACTION

If you are exhibiting symptoms of an allergic reaction, including anaphylaxis, please follow these steps:

- 1 Administer your EpiPen or take an antihistamine as soon as possible.
- 2 Get help immediately —call 911 or indicate to someone around you to call 911.
- 3 Notify a dining staff member as soon as possible about your experience so they can address your concerns.

Please be sure to carry prescribed medication such as an EpiPen with you at all times.

CLEMSON DINING WEBSITE

Online Menus

Our interactive menus allow you to view daily or weekly menus, giving you the power to plan your meals in advance. Clicking on individual menu items will also open in depth nutrition, ingredient and allergen information. You can also add the item to your meal calculator.

Ingredient & Allergen Information

To view this information, click on the menu item on our website. Please note that while substitutions have become less common, they do still occur. When a substitution is received, it will cause an incomplete ingredient and allergen statement to populate for that item. For complete information for these items, you may reach out to our Registered Dietitian.

Contact Information & Feedback

Easily view our staff's contact information and customer survey links, so you can provide any feedback you may have.

You can visit our website at
www.clemson.campusdish.com

Or

Email our Registered Dietitian at
nutrition@clemson.edu.

DIETARY ICONS



Vegetarian selections are items that do not contain meat, fish, or poultry.



Vegan selections are items that do not contain any animal-derived products including honey, dairy, and eggs.



Eat Well selections contain lower in calories, saturated fat, and sodium and at least one full serving of nutritionally dense ingredients like vegetables, lean protein, whole grains or fresh greens.



Plant-Forward selections feature a style of cooking and eating that emphasizes healthy plants at the center of the plate which have many heart health benefits.



Cool Foods Meals have a low impact on the climate, making them a delicious way to help the planet. Low Carbon meals have at least 38% lower carbon emissions than the average meal. Learn more at eatcoolfoods.org.



Food that does not include gluten containing ingredients. Foods prepared without gluten containing ingredients may not be 'gluten-free' since recipes are prepared in open kitchens where cross-contact is possible. Aramark relies on its manufacturers' ingredient listings in determining whether an ingredient contains gluten.

YOUR RESOURCES

The following services from Clemson Dining are available to help you manage your food allergy(ies) or restrictions.

Our Management Team

is available to help.

When in doubt, if you have questions and want to consult with our dining team regarding ingredients in a particular food, find the nearest employee to help you connect with our supervisors or managers.

Nutrition Signage

located at each station with nutrition facts and descriptions of each recipe.

Online Menus at

clemson.campusdish.com

Access daily menus and ingredient listings for all three of our all-you-care-to-eat dining halls, as well as links to nutrition and allergen information.

Email Questions to

our Registered Dietitian, Hannah Scott, MHS, RDN, LDN, at nutrition@clemson.edu. Schedule a consultation, dining hall walk-through, and more.

For more information on locations, including hours and meal plans, visit:

clemson.campusdish.com

TRUE BALANCE & NAKED FOOD STATION

True Balance and Naked Food Station

locations offer a complete meal made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shell-fish, fish, tree nuts, peanuts, and sesame). Guests are discouraged from entering the area carrying foods taken from outside the station.

These locations are AllerCheck™ certified, indicating that they follow the proper processes and procedures to minimize the risk of cross-contact and serve menu items prepared with verified ingredients.

True Balance can be found in Schilleter

Naked Food Station can be found in The Dish at McAlister

true balance
everything you want nothing you can't

NAKED FOOD STATION



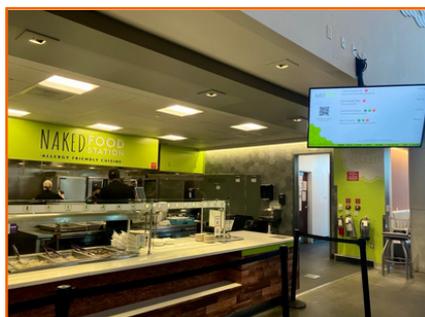
Dine without restrictions
Delicious meals made for your specific needs

Our chefs prepare specialized options from ingredients without the most common food allergens.*
See your manager for details.

*Allmark relies on our vendors' allergy warning and ingredient substitutions. Recipe revisions and cross-contact with allergens is possible. Allmark cannot guarantee that any food item will be completely free of allergens.

- no soybean
- no milk
- no eggs
- no wheat
- no peanuts
- no sesame
- no tree nuts
- no shellfish
- no fish

true balance
everything you want nothing you can't



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