

# More info on... Special Dietary Needs

## What if I have a special dietary need?

Over the years, Residence dining has accommodated countless students with food allergies and/or intolerances. A very extensive **six-week residence menu rotation**, which can be viewed online, ensures that all students have their nutritional needs met.

For students with severe allergies, it is strongly recommended that they introduce themselves to the Unit Manager in their residence. For the first weeks in September, it is imperative that the student work closely with our Residence Dining Staff. They have been trained in safe food handling and know the importance of food safety in the prevention of cross-contamination as well as the possible complications that can arise when a food allergen is consumed by a person with an allergy.

Our Nutrition Manager is also available to help students during these potentially challenging first few weeks of school. For students with severe allergies, it is strongly recommended that they contact the Nutrition Manager prior to their arrival in September. Meeting times can be scheduled with the Nutrition Manager over the summer in an effort to become familiar with our food allergy accommodation policies. Meetings can also be scheduled for move in week with students, parents, and key leaders within the residence operations.

These are all arrangements that should be made in advance with the Hospitality Services Nutrition Manager, **Anne Zok** (519.661.3855). We also recommend that all students with food allergies/intolerances complete a **Food Allergy Emergency Plan Form**. Once completed and returned to us, this form is posted in the kitchen area, out of public view. We have found the Food Allergy Emergency Plan Form to be a very effective communication tool enabling our staff to more effectively meet the special dietary needs of our students.