

# **FOOD ALLERGIES** ON CAMPUS

*UD Dining supports students who have food allergies by providing information & knowledge that is necessary to make informed food choices. Here is how students can be proactive in the management of their food allergies:*

1. **CONTACT UD DINING DIETITIAN** TO DEVELOP A PLAN TO SAFELY NAVIGATE DINING ON CAMPUS
2. **BE AWARE** THAT FOOD PREPARED IN OUR KITCHEN MAY HAVE COME IN CONTACT WITH COMMON FOOD ALLERGENS - SPECIAL MEASURES CAN HELP MINIMIZE RISKS
3. READ STATION SIGNAGE, MENUS & INGREDIENT INFO IN ORDER TO **BE BETTER INFORMED**
4. BE AWARE OF **HIGH-RISK** FOODS & LOCATIONS (I.E. BAKERY)
5. NOTIFY THE MANAGER ON DUTY IF YOU HAVE A **QUESTION OR CONCERN** DURING A MEAL SO IT CAN BE ADDRESSED IMMEDIATELY

## **INDIVIDUAL RESPONSIBILITIES**

1. ALWAYS CARRY YOUR **EPINEPHRINE AUTO-INJECTOR** (I.E. EPI-PEN) AS PRESCRIBED/RECOMMENDED BY YOUR PHYSICIAN
2. BE PROACTIVE IN **SELF-MANAGEMENT** OF YOUR ALLERGIES
3. **KNOW WHAT TO DO** IN THE EVENT OF AN ALLERGIC REACTION (SEE BELOW)
4. **SCHEDULE A CONSULTATION** WITH UD DINING DIETITIAN AND STUDENT HEALTH SERVICES

## **ALLERGIC REACTIONS**

1. **GET HELP IMMEDIATELY** - CALL 911 ON UD LIVESAFE APP OR 2222 FROM AN ON-CAMPUS PHONE
2. **ADMINISTER YOUR EPINEPHRINE AUTO-INJECTOR** OR TAKE AN ANTIHISTAMINE AS PRESCRIBED/RECOMMENDED BY YOUR PHYSICIAN - **DO NOT IGNORE MINOR SYMPTOMS**
3. **DO NOT RETURN** TO YOUR ROOM OR RESIDENCE BY YOURSELF - **GO TO STUDENT HEALTH SERVICES**
4. **NOTIFY UD DINING** OF FOOD-RELATED REACTIONS AS SOON AS POSSIBLE TO ADDRESS THE INCIDENT

## **RESOURCES**

- » CONTACT **UD DINING DIETITIAN** DEBRA MILLER, RD, LDN AT (302) 831-1008 OR [DML@UDEL.EDU](mailto:DML@UDEL.EDU)
- » VISIT [UDEL.EDU/DINING](http://UDEL.EDU/DINING) ► "ALLERGENS & DIETARY RESTRICTIONS" ► "GUIDE TO MANAGING FOOD ALLERGIES"
- » CONTACT **STUDENT HEALTH SERVICES** AT (302) 831-2226
- » VISIT [UDEL.EDU/STUDENTHEALTH](http://UDEL.EDU/STUDENTHEALTH) OR EMAIL [HEALTHYHENS@UDEL.EDU](mailto:HEALTHYHENS@UDEL.EDU) FOR PROGRAMS & SERVICES