

# *Guide to Managing* **Food Allergies**

University of Tennessee at Chattanooga



# Table Of Contents

**Welcome . . . . . 3**

Learn about our philosophies and safety as they pertain to your food allergy(ies).



**Our Commitment . . . . . 4**

Learn how we work together so you can dine on campus as safely and frequently as possible.



**Your Management . . . . . 5**

Learn how to manage your food allergy(ies).

**Our Resources . . . . . 7**

Learn about the resources available to you to help manage your allergy(ies).



**Campus Specific Information. . . . . 8**

Learn about our campus.



# Welcome

## Our Philosophy



We are committed to nourishing all guests by providing nutritious options that fit their needs at Crossroads. 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

Our Residential dining managers and supervisors 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.
- Recognize common symptoms of a food allergy reaction and respond appropriately.



# Our Commitment

## *How We Can Help You*

1

### MEET

Contact our dining team at Crossroads to discuss your allergy, gather information on managing them, and learn about navigating campus dining. We will accommodate your individual needs and help you find safe food options on campus.

2

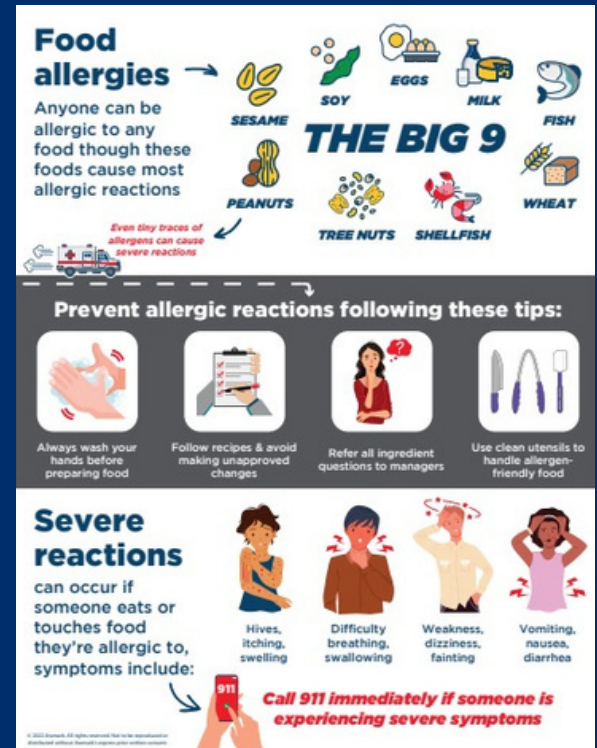
### SUPPORT

We can provide additional support after the initial meeting. This includes meeting the culinary team 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 Crossroads with any further questions or concerns.



We rely 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 Campus Dietitian 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.

Scan the QR Code to fill out the Food Allergy Meal Plan Modification Request Form:



**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.**

# Your Resources



## Our Management Team

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

## Menus online at

[Mocsdining.campusdish.com](https://mocsdining.campusdish.com)



## Nutrition signage

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

## Email questions to

**Jordan Yseth, RDN, LD**  
**Dietitian**

[yseth-jordan@aramark.com](mailto:yseth-jordan@aramark.com)  
423-304-6163

**Cody Combs**  
**Executive Chef**

[combs-cody@aramark.com](mailto:combs-cody@aramark.com)

**Jacob Davis**

**Food Service Manager**

[davis-jacob@aramark.com](mailto:davis-jacob@aramark.com)

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

[Mocsdining.campusdish.com](https://mocsdining.campusdish.com)

# True Balance

**The True Balance Station offers a** complete meal made without gluten and the top 9 food allergens (milk, eggs, wheat, soy, shellfish, fish, tree nuts, peanuts, and sesame). A dedicated and trained staff member will serve you from this station with a clean plate each time.

This station is AllerCheck™ certified, indicating that it follows the proper processes and procedures to minimize the risk of cross-contact and serves menu items prepared with verified ingredients. The True Balance station is audited by an independent agency at least once per year.

Coming this Fall 2025 at Crossroads



## 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.*

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



**true balance**  
everything you want nothing you can't



# Crossroads



**Gluten-free options are available upon request, including gluten-free bread, pasta, and pizza crust**

**Look for these items to help find food that fits your life:**



# Sample Ingredient List

Creamy Caesar Dressing (2 tablespoon)



Creamy Caesar dressing

Nutrition

Add to Meal Calculator

Serving Size 2 tablespoon

AMOUNT PER SERVING

|                       |               |
|-----------------------|---------------|
| Calories              | 140           |
| Total Fat             | 15 g          |
| Saturated Fat         | 2.5 g         |
| Trans Fat             | 0 g           |
| Cholesterol           | 0 mg          |
| Sodium                | 270 mg        |
| Total Carbohydrates   | less than 1 g |
| Dietary Fiber         | 0 g           |
| Total Sugars          | 0 g           |
| Includes Added Sugars | 0 g           |
| Protein               | 1 g           |

**INGREDIENTS:** CREAMY CAESAR DRESSING (SOYBEAN OIL, DISTILLED VINEGAR, WATER, APPLE CIDER VINEGAR, ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAN 2% OF GARLIC,\* SUGAR, TABASCO ® BRAND PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SPICE, MUSTARD FLOUR, ANCHOVIES, MALTODEXTRIN, CARRAGEENAN, XANTHAN GUM, BETA CAROTENE (COLOR). \*DRIED.)

**CONTAINS:** FISH, MILK

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, ARAMARK CANNOT GUARANTEE THAT ANY FOOD ITEM WILL BE COMPLETELY FREE OF ALLERGENS.

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.

ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.

For detailed nutrition and ingredient information, including allergens and dietary preferences, please visit: [mocsdining.campusdish.com](https://mocsdining.campusdish.com)

**INGREDIENTS:** CREAMY CAESAR DRESSING (SOYBEAN OIL, DISTILLED VINEGAR, WATER, APPLE CIDER VINEGAR, ROMANO CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS LESS THAN 2% OF GARLIC,\* SUGAR, TABASCO ® BRAND PEPPER SAUCE (DISTILLED VINEGAR, RED PEPPER, SALT), SPICE, MUSTARD FLOUR, ANCHOVIES, MALTODEXTRIN, CARRAGEENAN, XANTHAN GUM, BETA CAROTENE (COLOR). \*DRIED.)

**CONTAINS:** FISH, MILK

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, ARAMARK CANNOT GUARANTEE THAT ANY FOOD ITEM WILL BE COMPLETELY FREE OF ALLERGENS.

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY.

ADDITIONAL NUTRITION INFORMATION AVAILABLE UPON REQUEST.



[Mocsdining.campusdish.com](https://mocsdining.campusdish.com)

