

Food Allergies and Special Diets

Quick Start Guide (Dining Services)

Getting Started: Notify the Dining Services team of your dietary needs:

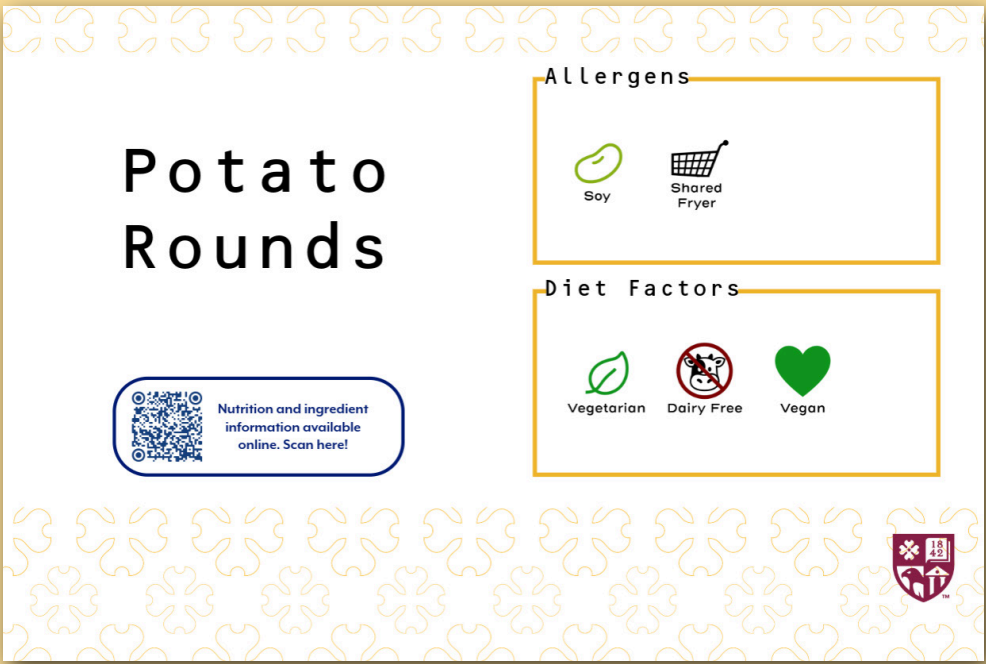
1. Complete the Food Allergy and Special Diet Intake Form
 - a. Find the form online at <https://webforms.roanoke.edu/fasdintake>
2. Meet with the campus registered dietitian Kelleigh O'Toole (otoole@roanoke.edu)
3. Meet the chefs and collaborate with them to ensure your needs are met



To-Do

- Notify the Roanoke College Dining Services team of your food allergy or special diet
- Be proficient in self-management of your food allergies or special diet
- Carry epinephrine
- Read the menus, ingredient information, and available signage to make informed food choices
- Ask questions!
- Let us know how we can help

Look for signage at point-of-service or point-of-sale for nutrition, allergen, and diet information



Scan for daily menus!

Filter daily menus by diet factor or allergen, read ingredient lists, and view nutrition information with the interactive menu

NGA
No Gluten Added

No Gluten Added indicates the item does not contain gluten and recipes are made without gluten-containing ingredients. Care is taken campus-wide to minimize or reduce cross-contact with gluten containing foods, but our kitchens are not certified gluten free.



Dairy Free

Dairy Free indicates the item does not contain dairy and recipes are made without dairy-containing ingredients.



Vegetarian

Vegetarian indicates the item does not contain meat, poultry, or fish.



Vegan

Vegan indicates the item does not contain animal products or animal-derived products.



Shared Fryer

Shared Fryer indicates the item itself may not contain a certain allergen, but cross contact with other allergens is possible due to the use of shared fryers.

Allergen Icons: the food contains this allergen



Wheat



Peanut



Milk



Egg



Fish



Shellfish



Tree Nuts



Soy



Sesame



Vinegar



Coconut



Alcohol



Tomato



Onion