

# ALLERGY-FRIENDLY DINING QUICK GUIDE

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## CONNECT WITH US

Share your feedback with us!



[food@dal.ca](mailto:food@dal.ca)  
[dietitian@dal.ca](mailto:dietitian@dal.ca)



[dal.campusdish.com](http://dal.campusdish.com)



Visit our office in  
**Howe Hall, Lower Level**



We host monthly **Town Hall** events in our dining halls where residents can connect directly with the Food Services team about any questions, concerns, or suggestions.

Watch our monthly event calendar for dates and times.

Food allergies and sensitivities can certainly be stressful, especially when living away from home and eating in a large dining area.

However, our Food Services team has several measures in place to create the safest dining experience possible and ensure students with special dietary requirements have plenty of tasty, nutritious food to choose from.

## LOOK FOR STAFF IN PURPLE SHIRTS

PAL's are "Purple Allergy Leaders".

As special dietary needs increase in frequency, more knowledgeable team members who can thoughtfully answer questions are valuable. Having this colorful purple shirt as an indicator allows our guests with special dietary needs to have additional people they can connect with beyond the supervisor or manager.

These employees have been given additional specific customer service education around how to support these guests within their operation. They have also taken the **TrainCan Allergy Safety course** and passed the certification exam.



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## DID YOU KNOW...?



Our campus dining halls **do not use any peanut or tree nut ingredients** in any recipes or offerings.

However, make sure to read the labels on any pre-packaged products, as some may have been prepared in a facility where they may have come in contact with nuts.

## ON-CAMPUS DIETITIAN

Our on-campus dietitian, **Liz Muggah**, is available to help with specific dietary requirements and navigating our dining halls. She is available for one-on-one appointments to support you with:

- managing allergies and intolerances
- eating a balanced diet while living in residence
- managing nutrition-related chronic illnesses
- nutrition for athletic performance
- dining with religious or cultural considerations
- nutrition solutions for university and residence life
- residence dining menu questions

**Contact Liz at [dietitian@dal.ca](mailto:dietitian@dal.ca) or book an appointment online.**



## DIETARY FRIDGE

Dietary fridges with no gluten and no dairy options are available in every dining hall. These fridges generally include:

- Non-Dairy Milks (Oat & Soy)
- Lactose free Milk
- No Gluten bread
- No Gluten Wraps
- No Gluten Waffles and Muffins

**The location of the fridge may vary, so if you can't find it, make sure to ask a staff member!**



# NO GLUTEN ZONE



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# NO GLUTEN DINING

## PASTAS

*(Available between 11:30 a.m.–2:00 p.m. and 4:30 p.m.–9:00 p.m.)*

GF pasta option and pasta sauce are always available. Just ask and a staff member will make your dish to order!

## SOUPS

Most of our soups do not contain gluten, however make sure to check the signage for the **NG** icon just to be sure!

## AFTERNOON GRILL

*(Open from 2:00 p.m.–4:30 p.m.)*

Serving no gluten pasta, burgers, and grilled cheese. Plus, ask for eggs made to order! **Order no gluten dishes at the True Balance station.**

## PIZZA

*(Available from 11:30 a.m.–2:00 p.m. and 4:30 p.m.–9:00 p.m., made to order)*

We have GF pizza crust! Just ask one of our staff to make you a fresh GF pizza — made to order!

## DIETARY FRIDGE WITH GLUTEN-FREE BREAD PRODUCTS

Monitored throughout the day and restocked, but if it's running low, please ask a staff member.

## GLUTEN-FREE SNACKS AND DESSERTS

Allergen friendly snacks and desserts such as granola bars and cookies are also available on request at the checker stations in the dining halls.

## DELI BAR

Just ask for a sandwich on GF bread or wrap (found in fridge), wrapped in parchment paper and grilled on our panini press.

## SALAD BAR

Make your own salad! There are many no gluten ingredients to choose from.

## GLUTEN-FREE TOASTER

Each dining hall has a toaster dedicated to no-gluten foods. However, use of this toaster is not monitored, so we cannot guarantee that this toaster has not been contaminated by gluten containing foods. If cross-contamination is a concern, access to toaster bags can be arranged by the dietitian to help prevent cross-contamination in the shared toaster.

### TIP:

Ask the staff member near the deli and salad bars for fresh ingredients from behind the counter. This reduces the risk of cross-contamination!



**TIP:** Look for the No Gluten icon on signage to identify dishes that are safe!



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# FOOD LABELLING

All of our dining halls adhere to food labelling standards to call out important dietary requirements and identify food options.



## NO GLUTEN

Options include main dishes, GF pasta, soups, grill options, GF made-to-order pizza, sandwich options, salad bar, GF bread products, and a pantry of special GF items like cookies, snacks, and cereals stocked based on requests.



## NO DAIRY

Milk alternatives are available in the small refrigerator with the gluten-free breads. Dishes that do not contain dairy-based ingredients are marked with the icon.



## HALAL

This icon is added to items containing only Halal-certified meat and that have been reviewed to ensure there are no haram ingredients. Options include plant- and animal-based proteins, halal chicken, halal burgers, rennet-free cheese, vegan, and vegetarian options.



## VEGAN

Options include breakfast items with a variety of vegan proteins, hot vegan dishes, daily soup, dairy alternatives, and made-to-order stations offering pasta, deli, salad bar, and destination selections.



## VEGETARIAN

Options include breakfast items with a variety of vegetarian proteins, made-to-order stations including pasta, destination, and salad bar, plus daily pizza and soup options.

## HAVE A DIETARY REQUIREMENT? TELL US

Residents are asked to **self-identify** any special dietary requirements on their application.

This information is provided to the Food Services team to aid them in **designing menus** and **connecting with residents** to help them navigate our dining halls.

If you have a dietary concern that you did not previously disclose, **it is important you reach out to the dietitian** to ensure this is included in our records.

**When ordering in the dining hall, it is important that you communicate clearly with our staff about your dietary requirements** to ensure the food you are served meets your needs, or that the staff member can further assist you by providing a made-to-order option or restocking items that may be running low.





## TRUE BALANCE STATION (HOWE HALL ONLY)

Howe dining hall offers a stand-alone **True Balance** station to better serve students with food allergies.

True Balance is found at many Aramark-managed dining locations, featuring recipes developed without the most common food allergies plus all sources of gluten, and prepared using allergen-focused safety protocols.

This area includes **separate prep areas** and **cooking appliances** to further **reduce risks of cross contamination** and ensure the safety of those with severe allergies.

Due to the risk of cross-contamination, **self-service is not permitted**; however, you are welcome to **request as much food as you want** from staff at the station.



**Food prepared at this station is safe for 9 of the 11 most common allergens, including:**

- dairy
- eggs
- peanuts
- tree nuts
- shellfish
- soy
- mustard
- sesame
- gluten

