

MANAGING FOOD ALLERGIES AND INTOLERANCES

HILLTOPPER

NUTRITION



OUR PHILOSOPHY

Transitioning from life at home to college can be a big change, especially for students with food allergies. Western Kentucky University Restaurant Group is committed to supporting students with food allergies by providing the necessary information and knowledge for the student to make an informed choice in our dining locations. We work together to provide arrangements so those students may participate in the college dining experience as much as possible. Our goal is to provide the tools needed in order to take control of their dietary needs.

WHO WE ARE

Kelci Murphy, RDN, LD
Registered Dietitian Nutritionist
Health Services, Room 1074
(270) 745-4650
kelci.murphy@wku.edu

WKU Restaurant Group
DSU, Room 1045
(270) 745-2416
wkurg@wku.edu



@wkudietitian



@wkudietitian



@wku_dietitian

INTOLERANCE VS. ALLERGY

A true food allergy causes the immune system to react in a way that affects different organs in the body. Allergic reactions range in severity and symptoms. Symptoms are generally seen on the skin through hives, itchiness, and swelling, but gastrointestinal symptoms are also common (i.e. diarrhea and vomiting). A more severe reaction is anaphylaxis which can result in difficulty breathing, dizziness, or loss of consciousness. An injection of epinephrine is needed for immediate treatment, or anaphylaxis can be fatal.

Unlike a food allergy, an intolerance takes place in the digestive system. This occurs when food is unable to be digested properly. This is due to enzyme deficiencies, sensitivities or reactions to food additives and/or naturally occurring chemicals in food.

THE FACTS

Up to 15 million Americans have food allergies. You are not alone.

Almost 30% of children have more than one food allergy.

The CDC reports that the prevalence of food allergies in children increased by 50% between 1997-2011 (FARE, 2017).

There is no cure for a food allergy. Food allergies are managed, and that is where the WKU Restaurant Group and WKU Dietitians can help!

YOUR MANAGEMENT

1. Notify the WKU Restaurant Group of your allergy or intolerance through the Student Accessibility Resource Center (SARC) to coordinate services and accommodations.

Downing Student Union, Room 1074

Email: sarc.connect@wku.edu

Phone: (270) 745-3030

2. Schedule a meeting with our Registered Dietitian Nutritionist to develop a plan to dine appropriately on campus.

Health Services, Room 1074

Email: kelci.murphy@wku.edu

Phone: (270) 745-4650

3. Be proficient in the self-management of your food allergy(ies):

- Avoid foods to which you are allergic
- Recognize symptoms of allergic reactions
- Know how and when to alert someone if you're having an allergic reaction
- Know about the proper use of medications used to treat allergic reactions

4. Be aware that **cross-contact is possible** due to self-serving in some locations. To reduce the risk of cross-contact:

- Notify employees of your allergy
- Request a glove change, new pan or utensil
- Dine at Simple Selections, the allergy-friendly station on campus

5. Read the menus and ingredient information that is available online at www.wku.edu/wkurg and at food stations in our campus restaurants.

6. If you have questions or concerns at any time regarding your allergy, please contact our Registered Dietitian or Executive Chef. If we do not hear from you, it is assumed you are maneuvering well through the dining locations independently.

ALLERGY FRIENDLY STATION

Simple Selections is one of the newest stations added to the Fresh Food Company. It serves as our allergy friendly station and is an area made without milk, egg, soy, peanuts, tree nuts, fish, shellfish, gluten, wheat, and sesame. Simple Selections has its own storage, cookware, and dish washing equipment. By having a separate operation area, Simple Selections is dedicated to avoiding cross-contact, all while serving fresh food to students that may have the aforementioned food allergies.



SIMPLE SELECTIONS

BUILD YOUR OWN

Pasta

Grain Bowl

Pizza

Sandwich

(rice and beans always available)

11:00 a.m- 2:00 p.m.

Made without the top 9 allergens

SPECIFIC ALLERGY INFO



PEANUTS

Peanuts can be included in some chocolate candy. Peanut oils may contain peanut protein. Most options containing peanuts are labeled as such in Fresh Food Company.



EGGS

Eggs are present in baked goods, bread, pizza crust, mayonnaise, and other dishes. Students are advised to check ingredient labels of items they wish to eat.



SHELLFISH

Students with a shellfish allergy should know that there may be shellfish items on the menu. Please read our labels at each station before eating.



MILK

Manufactured items may contain butter. We ask students to please check our ingredient label for milk.



TREE NUTS

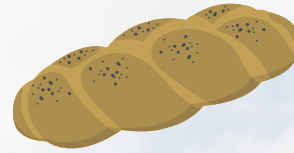
Tree nuts may be used in meal preparation. Use caution with menu items that contain pesto, kung pao, coconut or coconut milk.

SPECIFIC ALLERGY INFO



SOY

Soy, canola, olive and corn containing vegetable oils are used for cooking and frying foods. Students with food allergies should steer clear of fried foods.



WHEAT

All deli meats and salad dressings are gluten-free. We offer gluten-free pasta and pizza upon request.



FISH

There are some fish items on the menu. Dishes that include fish sauce, Worcestershire sauce, curry paste or Caesar dressing should be avoided. Please check menu items upon consumption.



SESAME

Sesame seeds are commonly found in baked goods, hummus, tahini, soups, crackers, dressings, sauces and more. Make sure to read ingredient labels and ask about potential allergens.

Always read the posted signs at meal stations and ask to speak with a Registered Dietitian, manager or supervisor if you have questions. Students with allergies are advised to take caution when dining on campus. We encourage you to visit our Simple Selections station in the Fresh Food Company in Downing Student Union for a meal without ingredients containing milk, egg, soy, peanuts, tree nuts, fish, shellfish, gluten, wheat, and sesame.

MORE RESOURCES

2022-23 Campus Restaurant Map



Our goal is to make every effort to ensure safe dining at campus restaurants for all students with food allergies. It should be noted that we prepare our foods in commercial kitchens that are susceptible to cross-contact. Ingredients and nutritional content may vary per recipe depending on substitutions and revisions; therefore, students should consistently check recipe cards at food stations or request to speak with a manager. Please visit these sites for more information on leading an allergy friendly life:

wku.edu/hilltoppernutrition

<https://www.wku.edu/wkurg/campusmap.php>

www.acaai.org

www.foodallergy.org