

# HOSPITALITY SERVICES

## FOOD ALLERGY / DIETARY RESTRICTION RESPONSIBILITIES



STUDENTS ARE RESPONSIBLE FOR:

**1. Self-identify**

If you haven't already done so, please complete the *Hospitality Services Food Allergy / Dietary Restriction Identification Form*. This helps our culinary team become familiar with you and your individualized dietary needs. In addition, prior to any meal or snack selection, always identify yourself to our culinary support team as having an allergy or dietary restriction. We can better accommodate you and help to make your dining experience a great one if we know what you need!

**2. Carry identification**

Our campus is pretty big, and you are sure to meet a lot of people, many who may not know about your allergy. Identification, such as a medic alert bracelet can provide important information in an emergency. Please wear at all times, if applicable.

**3. Carry your Auto-Injector**

If you have an Epinephrine Auto-Injector(s) for an allergy, we highly recommend carrying it with you at all times. It is also recommended that you carry a second dose in case of emergency. Students are also responsible for ensuring their Epinephrine Auto-Injector(s) are effective and have not expired.

**4. Educate those around you**

Tell your residence staff, roommates, friends, and others you interact with on a regular basis about your dietary restriction or allergy, how to recognize symptoms of an exposure, what to do and where you keep your Epinephrine Auto-Injector. They can only help in the case of an emergency if they are aware.

**5. Ask before you eat**

Before you put anything on your plate or place an order, make sure the chef or server knows about your dietary restriction or allergy. If you are unsure about any ingredients or menu items, always ask the dining hall supervisors, unit managers, and/or chefs.

**6. Follow the plan and advice provided**

Living with food allergies or dietary restrictions means being prepared and staying safe. Once you arrive to campus, follow the plan and advice provided to you. If dining away from your usual residence dining hall, check out menus and options ahead of time, if possible. If you have any concerns at any time during the year, please follow-up with Western University's Registered Dietitian within Hospitality Services ([nutritionservices@uwo.ca](mailto:nutritionservices@uwo.ca)).

Visit Food Allergy Canada for more information and resources: <https://foodallergycanada.ca/>

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### HOW HOSPITALITY SERVICES CAN SUPPORT YOU:

**1. We can help ... but only if we know!**

We are not an allergen- or gluten-free facility. We are very happy to work with you and identify appropriate foods, but can only help if we know who you are. If you have an allergy or dietary restriction, please self-identify.

**2. We take allergies and dietary needs seriously**

We strive to create a positive and safe dining experience for all students. Our hospitality services team understands the serious nature of allergies and dietary restrictions. We use best practices when preparing and serving any individuals with dietary needs.

**3. Informed choices**

We support informed food choices on campus. We do this by including dietary icons and providing ingredient information for our foods. If you are unsure of the ingredient information or do not see dietary icons on a menu item, please ask!

Examples of our dietary icons include:



*\*Not an exhaustive list, additional dietary icons available*

**4. Staff Training**

Our staff receive food safety training and annual allergen training. They are aware of the importance of proper allergen risk management and preventing cross contamination. Come speak to our staff for help finding appropriate food choices.

**5. Accommodation**

Our registered dietitian, unit chefs, managers, and supervisors will work with you to ensure appropriate menu options are available. Tell us about your needs, food likes and dislikes and anything else that can enhance your dining experience.

**6. Open communication**

We strive to maintain an open line of communication with all of our students who have serious allergies and dietary needs. Throughout your time on campus please keep in touch to provide feedback, ask questions or with any requests you may have. Let us know how we can best support you. A quick email is all it takes!