



# Allergen Consumer Guide

# Overview of Programs

**campus**  **dish** is a perfect way to view our menus and ingredients for foods we serve in our dining halls. Learn more about the app on **Page 1**.



**Allergen Captains** are present at each dining hall location. Learn more about how these Allergen Captains can help accommodate you in the dining hall and answer your questions on **Page 4**.

**Nutritionists** are available to assist students with navigating the dining hall and can also help make special accommodations. Learn more about contacting your Nutritionist on **Page 6**.



# Campus Dish App

Sun Devil Dining has a great resource called **Campus Dish** that provides dining hall menus, ingredients, allergens and nutrition information at any time of the day. You can download Campus Dish app free of charge on your phone or by visiting the website on your computer at **ASU.CampusDish.com**.

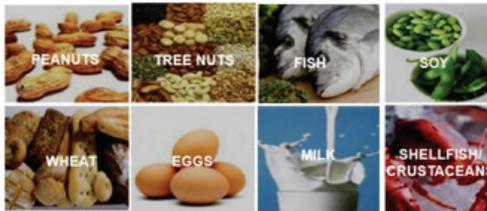
Campus Dish provides menus for Breakfast, Lunch and Dinner for all eight dining halls. There are 5 dining halls on the Tempe campus and 3 dining halls on our satellite campuses (Downtown, West and Polytechnic). Students can view menus before entering the dining hall and even view menus a week or two ahead of time for meal planning. Menu filters are available to highlight certain allergens or eating preferences.

The screenshot displays the ASU Campus Dish app interface. On the left, a 'Meal Calculator' shows 1 item selected with a total of 80 calories. The 'Amount Per Serving' table lists: Calories 80, Total Fat 5g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 185mg, Sodium 70mg, Total Carbohydrate less than 1g, Dietary Fiber 0g, Sugars less than 1g, and Protein 6g. The main menu area shows items for Wednesday, February 23, including 'Roasted Sweet potatoes' (80 Calories) and 'Red Quinoa' (110 Calories). A 'Select Items to Exclude' dialog box is open, listing allergens: Egg, Fish, Milk, Peanuts, Shellfish, Soy, Tree Nuts, and Wheat. A 'Select Special Diets' dialog box is also open, showing options for Halal, Kosher, Made Without Gluten, Vegan, and Vegetarian. The background shows a menu item 'Jasmine Flavored Thai long grain rice' with 130 calories.

# We Can Accommodate:

## Common Allergens

Sun Devil Dining accommodates for the Top 8 Allergens:



Sun Devil Dining will ensure you have a safe and successful dining experience with us. Please let our staff know of your allergy or intolerance. Staff awareness will help ensure your meals are safe and allergen-free. Our Campus Dish app can also show the ingredients of all items served in our dining halls.

## Vegan & Vegetarian

Sun Devil Dining also focuses on providing vegan and vegetarian options at all dining locations. Each station in the dining hall currently provides vegan and vegetarian options, as well as a dedicated plant-based station called the Daily Root.

Look for our green vegan and vegetarian leaves in the dining hall. Keep in mind, you can be creative by visiting several stations to make a complete vegan or vegetarian meal. Our on-campus markets also carry many vegan and vegetarian options.



## Diets Avoiding Gluten

Whether you have Celiac disease, a wheat sensitivity, or are avoiding wheat or gluten for preference, it is important to note that we do not operate a gluten-free facility. There is a small chance of cross-contamination with any allergen, so if you have Celiac disease, please contact our Nutritionist to see what your options are. Currently, we do carry many gluten friendly items in our dining halls that are available upon request daily:

- Gluten-Free Cereals
- Vegan & Gluten-Free Waffle
- Gluten-Free Bread, Buns & Wraps
- Gluten-Free Pizza Crust
- Gluten-Free Pasta

## Peanuts and Allergens

Sun Devil Dining works hard to prevent peanut cross contamination. When we serve items contains nuts or tree nuts, we do our best to label the items with a “Contains Nuts” sign. Campus Dish is also a great way to see if an item contains nuts. It is important to note that we do not operate a nut-free facility. All of our bakery and dessert items come from our own Rosie’s Bakery and may contain traces of tree nuts or peanuts. Keep a look out for these signs:



# Allergen Captains

The Sun Devil Dining Nutritionists implemented an **Allergen Captain** program to ensure our staff is trained and prepared to answer questions regarding allergens and prepare allergen-friendly items. We have 2-3 Allergen Captains per location, with one available at all times of the day. We have on-going training for our Allergen Captains to ensure they are trained and up-to-date on our newest products and recipes.

You can find your Allergen Captain and ask them questions about ingredients, preparation methods, or even to prepare you something separately if needed. Our Allergen Captains can also show you ingredient labels or recipes to ensure you feel safe and comfortable.



Keep an eye out for an employee wearing an Allergen Captain pin, or a purple uniform or hat. Introduce yourself and build a relationship with your Allergen Captains and supervisors so they have a better idea of how to best accommodate you. We love our students!

# Important Signs

## Food Allergy Awareness



Our Food Allergy Awareness poster is meant to advise our customers that products prepared in our kitchens may have come into contact with common food allergens. You can direct any questions regarding an allergy or ingredients to the food service director, supervisor, or Allergen Captain.

## Allergen Captain Logo



Keep an eye out for employees wearing a pin, hat or uniform with this logo. The people wearing this logo are your Allergen Captains and will help accommodate you in the dining hall and answer questions regarding food allergies or ingredients.

## Identifiers & Leaves

We have different ways to identify items in our dining halls. We use red “Contains Nuts” signs to label items with nuts, and we have green “leaves” to denote if something is vegan or vegetarian.



# Nutrition Services

Here on campus we have a Nutrition team that offers several nutrition services. Among nutrition events, samplings and informational tables, our Nutritionists can also provide student consults. Our Nutritionists are great resources to help you navigate the dining hall for food allergies, dietary restrictions, finding vegan and vegetarian options, and even teach you how to eat healthier if you wish! The Nutritionists work closely with our Chef, Supervisors, Allergen Captains and staff to be able to accommodate our students.

## Feel You're Still Not Safe?

If you are still unsure about being able to eat safely in our dining halls, feel free to request a Meal Plan Exemption request form. For certain medical or religious reasons, you may be eligible for a Meal Plan Exemption after our Nutrition Team reviews your request form. You can request a form from your campus Nutritionist or by e-mailing Sun Devil Dining.

### Contact Us

Sun Devil Dining & Nutrition Team

Phone: 480-727-5672

Email: [SunDevilDining@asu.edu](mailto:SunDevilDining@asu.edu)

Web: [SunDevilDining.com](http://SunDevilDining.com)

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