

NUTRITION & ALLERGENS GUIDE



Dining and Culinary Services

UNIVERSITY HOUSING

UNIVERSITY OF WISCONSIN-MADISON

Built for your **success.**



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EXPLORE OUR MARKETS

Welcome to campus! We invite you to visit one of our dining markets, coffee & ice cream shoppes, or convenience stores located across campus. We are proud to offer **fresh, nutritious, and made-from-scratch food** in all our venues. Our markets offer all-you-care-to-eat (or buffet-style) service where you pay a flat rate for your meal.

SOUTHEAST MARKETS



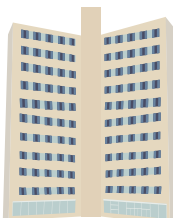
STARBUCKS

In Smith Hall



GORDON AVE. MARKET

770 W. Dayton St.



RHETA'S MARKET

In Chadbourne Hall



LOWELL MARKET

610 Langdon St.

LAKESHORE MARKETS



LIZ'S MARKET

In Waters Hall



FOUR LAKES MARKET

In Dejope Hall



CARSON'S MARKET

1515 Tripp Cir.

ADDITIONAL OPTIONS



SHAKE SMART

Shakes, bowls, sandwiches & more located in Bakke Recreation & Wellbeing Center



THE BEAN & CREAMERY

Coffee and ice cream shoppe located in Four Lakes Market



FLAMINGO RUN

Convenience stores in Four Lakes, Gordon Ave., and Rheta's Markets



ELECTRIC EATS

Sustainable food truck



SOUTHEAST CAFÉ

Smoothies, açaí bowls, & more located in Gordon Ave. Market

MARKET LOCATIONS

LAKESHORE NEIGHBORHOOD

SOUTHEAST NEIGHBORHOOD

RESIDENCE HALLS

- | | |
|---------------|--------------|
| ① Dejope | ⑲ Tripp |
| ② Phillips | ⑳ Waters |
| ③ Bradley | ㉑ Chadbourne |
| ④-⑪ Kronshage | ㉒ Barnard |
| ⑫ Sullivan | ㉓ Sellery |
| ⑬ Cole | ㉔ Witte |
| ⑭ Leopold | ㉕ Merit |
| ⑮ Humphrey | ㉖ Ogg |
| ⑯ Jorns | ㉗ Smith |
| ⑰ Slichter | ㉘ Lowell |
| ⑱ Adams | |

DINING MARKETPLACES

- ① FOUR LAKES MARKET/ DEJOPE
- ② CARSON'S MARKET
- ③ LIZ'S MARKET/ WATERS
- ④ RHETA'S MARKET/ CHADBOURNE
- ⑤ GORDON AVE. MARKET
- ⑥ STARBUCKS/ SMITH
- ⑦ LOWELL MARKET/LOWELL

NAVIGATE THROUGH A VARIETY OF CHOICES

Students with food allergies or special dietary needs will find a **variety of choices** at University Housing Dining locations, and we pride ourselves on providing food that is both **delicious and nutritious**.



Over 15,000 recipes



6 convenient market locations



Allergen-friendly food options



Carry-out and delivery options



Online meal planning resources



Consultations with a registered dietitian

Icons from www.flaticon.com





WE'LL HELP YOU CUSTOMIZE YOUR DIET

Dining and Culinary Services serves exceptional meal options for those with dietary restrictions due to health concerns, food allergies or religious observances. We strive to keep our customers happy and healthy by providing resources that highlight our **allergen friendly options**. By cooking fresh alternatives, our dining venues give you flexibility to eat what you want, when you want it.

To help you easily identify healthy meal options, a **customized line sign** accompanies each menu item in our dining venues. The sign identifies **common allergens** as well as serving size, information on calories, fat, carbs, and protein.

SPECIFIC MENU INFORMATION

Students with food allergies or special dietary needs will find a **variety of choices** in University Housing Dining locations. We work towards labeling items with common allergens and encourage students to review the nutrition information for items they purchase. Our staff takes care to avoid cross-contact whenever possible but this risk is never completely eliminated. Residents with food allergies are reminded to use caution in the community food situations. Please approach a staff member if you have questions.

<https://go.wisc.edu/housing-menus>



LOOK FOR OUR FOOD TRAIT ICONS

Food items labeled with the following symbols **contain** these allergens. Allergens are listed under each menu item and can be filtered on our **Nutrislice** menu. Check all of the allergens you would like to avoid and the list of menu items appearing will only show items that do not contain these ingredients.



TREE NUTS



DAIRY



PEANUTS



FISH



SESAME



SHELLFISH



WHEAT



SOY



EGGS

These icons placed on our menus to indicate food items contain these allergens.

Dietary Preferences



Foods with this symbol are identified as vegetarian entrees. Eggs and cheese are included in this category.



Foods with this symbol are identified as vegan items. vegan includes no meat, no dairy, no eggs, no honey and we use beet sugar that has not been filtered with bone char.



Foods with this symbol are identified as halal items.



DISCOVER AVAILABLE RESOURCES

Establishing a healthy relationship with food is an important part of learning.

Nutrislice allows you to make informed decisions about your food choices. However, because foods are prepared in a commercial kitchen, there may be some **risk of cross contact** with allergens and gluten. Also, manufacturers may **change their formulations of ingredients** without notice. We strive to ensure that this information is correct, but we are not able to guarantee **100% accuracy**.

<https://go.wisc.edu/housing-menus>



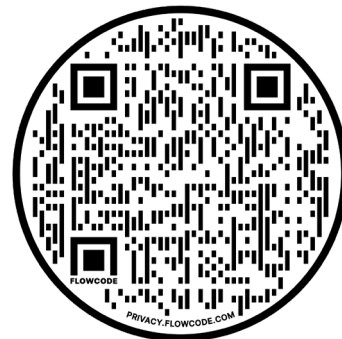
To select well-balanced meals that meet your dietary needs, you can visit **Nutrislice** on our website to explore the menus for our dining venues online and screen for allergen friendly food items.

Nutrislice can help you manage food allergies at the dining venues, but if you are prone to severe allergic reactions, we encourage you to consult our registered dietitian.

CHECK OUT THE UW FROZEN MEALS PROGRAM

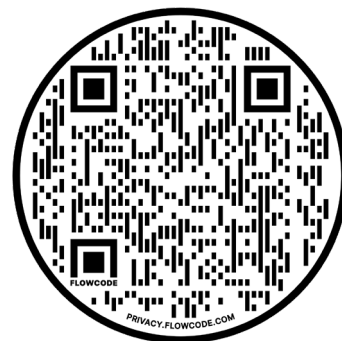
Housing Dining's Frozen Meal takes unserved food from our dining market and creates pre-packaged frozen microwavable meals. These meals are available at no cost for pick-up at The Crossing or Hillel to any student.

 @frozenmealsuw



DINING ORDERIT APP

OrderIT is an app for students with severe allergen & dietary needs. To find out more, contact dietitian@housing.wisc.edu and we'll determine if OrderIT is a good fit for you.



ALLERGY/DIETARY SELF-DECLARATION FORM

Do you have a food allergy or dietary need that you need an accommodation for? Let us know. Fill out this self-declaration form and let us know and our housing dietitian will be in touch.



MEET OUR DIETITIAN



Agnes Sherman, MS, RD, CD

Agnes Sherman, Dining Assistant Director - Nutrition and Sustainability, graduated from UW-Madison with a degree in Dietetics. She focuses on allergen and food safety, and will work directly with students to help them to successfully navigate our markets while managing dietary allergies or intolerances.

Phone: 608-262-0057

Email: dietitian@housing.wisc.edu

OTHER QUESTIONS OR COMMENTS?

For more information about our dining programs please contact us at:

DINING AND CULINARY SERVICES

Phone: 608-262-0057

Email: dining@housing.wisc.edu

FREQUENTLY ASKED QUESTIONS

What can you offer a student with food allergies or other special dietary needs?

Dining and Culinary Services is committed to meeting the needs of all of our students. We have a registered dietitian on staff who works with students managing dietary allergies, intolerances, and celiac disease to successfully navigate our dining locations. Our goal is to make each student and parent feel comfortable that we can meet their student's needs. In the rare occurrence that we are not able to meet the needs of an individual student, our staff will review their case to determine next steps.

What can you offer a student with religious dietary requirements?

As with food allergens we strive to meet every student's needs. We offer Halal options at all of our dining markets, and our staff have been trained on how to handle these items. In the rare occurrence that we are not able to meet the needs of an individual student, our staff will review their case for exemption from the meal plan.

Will I find enough good food to eat in University Housing?

With a large selection of made-to-order items and over 15,000 recipes created by our on-staff chefs, we pride ourselves on providing high-quality food and variety. We strive to include locally-sourced fresh and sustainable ingredients.

Will I find healthy food options in University Housing?

We offer a wide variety of menu options across our dining locations, including items that are vegetarian and vegan. Nutritional information is provided for all of our items on our web menus, dining TV menu displays, and food line signs, which mark for the top-9 allergens, corn, coconut, as well as notations for items that are vegetarian, vegan, and Halal.

Still have questions? For more information visit [our website](#).



Central Dining Office
Gordon Dining & Event Center



CONTACT US

 www.housing.wisc.edu/dining

 608-262-0057

 dining@housing.wisc.edu

 UW-Madison Dining

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