

ACCOMMODATIONS FOR FOOD ALLERGIES & SPECIAL DIET NEEDS





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Hello and welcome to UWO! My name is Carese Walczyk, and I am the Registered Dietitian with Aladdin Campus Dining at UW-Oshkosh. I am onsite full-time, Monday-Friday, to assist with any dietary needs that you may have while on campus. I work closely with the Accessibility Center, University Dining, and our campus chefs to help students with specialty diets or food allergies navigate eating safely while at school. I'm also here to support you in all your nutrition or wellness-related goals! Some other services include one-on-one nutrition counseling and sports performance consultations. All dietitian services are complimentary to students at UWO.

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**MEET THE CAMPUS
DIETITIAN**

UWO

UNIVERSITY OF WISCONSIN
OSHKOSH

LOCATION	WHAT CAN I FIND HERE?
	<p>Menu boards with nutritional info displayed.</p> <p>Season's Harvest line is dedicated to vegan/vegetarian.</p> <p>Allergy safe options at The Grill, Pizza + Subs, and Oodles by request.</p> <p>Allergen Friendly Room (<i>see the next page for more information</i>).</p>
	<p>Vegan/vegetarian always available.</p> <p>Gluten free options available upon request.</p> <p>Variety of specialty diet and allergy-friendly items available in the convenience store.</p>
	<p>Sub Stand – gluten free subs and vegan/vegetarian options available.</p> <p>Chilaca – vegan/vegetarian and gluten-free options available.</p> <p>Clash Burger –gluten free chicken tenders, sweet potato tots, fries made in designated fryer, gluten free buns and lettuce wraps available upon request.</p> <p>AYCE on weekends – Menu boards with nutritional information displayed. Please ask staff members for assistance with allergy needs.</p>
	<p>All allergen/ingredient info is listed on labels.</p> <p>Now featuring gluten-free wraps and some gluten-free, dairy-free salads.</p> <p>Located in coolers at Reeve, Clow, Scotty's and Fresh on the Fox.</p>
	<p>Fresh on the Fox is fully customizable, so items can be made to accommodate most allergies/sensitives. Please alert staff if you have a food allergy.</p>

University Dining and Aladdin are committed to the nutritional well-being of student and staff of UW Oshkosh. Food choices and diet habits are an important part of our daily lives are crucial for the health and well-being of all individuals. Our responsibility is to provide nutritionally balanced food choices, along with accurate information and resources so that everyone can make the best dietary decisions for themselves on a daily basis.

Specialty diets and food allergies can be accommodated for students at our Fox Cities and Fond du Lac campuses as well. Please contact diningdietitian@uwosh.edu to see how we can best accommodate you at these campuses.



The Allergen Friendly Room is a designated, secured room located inside Blackhawk Commons that students with food allergies and specialty diets may utilize. The room is secured to ensure the safety of the students utilizing it and minimizes the chance of misuse or cross contamination. Students will need to register with Aladdin's Registered Dietitian as well as the Accessibility Center to ensure they meet requirements for access.



- At this time, we ask for medical documentation to demonstrate need. This documentation will be kept on file with the Accessibility Center.
- Once access is approved, students will be given a tour of the Allergy Friendly Room and an agreement of use will be signed and kept on file with Aladdin's Registered Dietitian.
- Approved students will be able to access the room using their TitanCard and will be able to use the room any time that Blackhawk Commons is open.



In addition to the Allergy Friendly Room, we also have designated purple preparation areas in Oodles, The Slice, and Titan Grill. With these areas, students are able to order made-to-order sandwiches, wraps, grill items, and pasta dishes. Students will just need to alert staff that they have a food allergy so that proper precautions can be taken.

Accessibility Center

Phone: (920) 424-3100

Email: accessibilitycenter@uwosh.edu



Scan QR code to view dining hours or visit
<https://uwosh.edu/reeve/hours/>

ALLERGEN FRIENDLY ROOM



The screenshot shows the E2E online menu system interface. At the top, there are four filter sections: Location (Ave Maria Main Dining Hall), Date (Friday, May 19), Period (Lunch), and My Meal ((0) Items - 0 cal). Below these are filter options for Dietary Preferences (Vegetarian, Vegan, BeWell) and Does Not Contain (Eggs, Tree Nuts, Sesame Seeds, Milk, Peanuts, Gluten, Soy, Fish, Wheat, ShellFish). A 'DOWNLOAD MENU' button is visible. Below the filters is a horizontal menu bar with 'All' selected and other options like Classic Kitchen, Flame, etc. The main menu area shows items like Buffalo Chicken Tenders (430 CAL), Creole Roasted Potatoes (130 CAL), Garden Rotini Primavera (160 CAL), and Maple-Caramelized Brussels Sprouts (70 CAL). Annotations with arrows point to the location, date, and meal period filters, the filter area, the 'All' button, and the nutrition icon for Garden Rotini Primavera.

E2E is our new online menu system, which displays menu information for Blackhawk Commons, Reeve Marketplace, Blackhawk Xpress, and Fresh on the Fox as well as both Fond du Lac and Fox Cities campuses. Here students can access detailed nutrition and allergen information for menu items.

Allergen and caloric information is also displayed on digital boards in Blackhawk Commons for student's convenience. If a student has a severe allergy, it is always recommended that they speak with a staff member to ensure food item is safe.



Scan QR code to find interactive menus with nutrition and allergen information or visit <https://menus.campus-dining.com/eliorna/e1586>



What Do the Menu Icons Mean?

Look for the following icons on the menu to meet your individual lifestyle and nutritional needs.

This chart lists the nine major allergens and the symbols used to designate these allergens in our online menu system.

Students can narrow down their search of the menus by filtering out particular allergens they need to avoid or by choosing which dietary lifestyle they are looking to meet (Vegan, Vegetarian, etc).



BeWell
Healthy Option

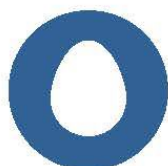


Vegan

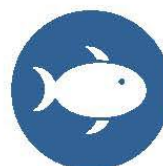


Vegetarian

The blue circle icons designate food that CONTAINS the pictured allergen.



Egg



Fish



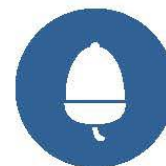
Gluten



Milk



Peanuts



Tree Nuts



Sesame



Shellfish



Soy



Wheat



BeWell was created to make it easier for you to choose well. First, our BeWell eating approach combines the latest in nutrition science and culinary trends to create a crave-worthy, nutritious menu choice. Second, our BeWell wellness approach encourages positive behavior change through our promotions, wellness education programs, and partnerships.

BEWELL EATING APPROACH	BEWELL WELLNESS APPROACH
<ul style="list-style-type: none"> • Emphasize plant-based whole foods • Eat healthy fats • Add lean protein or plant-based protein • Limit added sugar • Fill up on high fiber foods and add probiotic foods • Drink water and get moving 	<ul style="list-style-type: none"> • BeWell monthly specials, rewards program, and recipe sampling • National Health Month and BeWell “So Good” promotions • Access to a registered dietitian • Wellness campaigns, tips, and quarterly BeWell newsletter • Cooking demonstrations and wellness presentations • Local food sourcing • Wellness committee and fitness center partnership



Scan QR code for more information or visit <https://uwoshkosh.campus-dining.com/bewell/>



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