

ACCOMMODATIONS FOR FOOD ALLERGIES & SPECIAL DIET NEEDS









IMPORTANT NOTICE

At UWO, we strive to meet the dining needs of all our students. If you have any food allergies or specialty diet that you need accommodations for, please see the information below regarding the accommodation process:

- Students with special dietary needs or food allergies should contact our campus dietitian (diningdietitian@uwosh.edu) & the Accessibility Center (accessibilitycenter@uwosh.edu) as soon as possible to ensure needs are met in a timely manner.
- Upon meeting with the student & talking through their needs, the dietitian will determine if student's needs can be met through the Classic or Access meal plan, or if adjusting the student's meal plan to include locations will be necessary.
- If adjustments to a student's meal plan are deemed necessary, these adjustments will not go into effect until registration with the Accessibility Center is complete. ***Until registration is finalized, students will continue to be charged the standard daily rate for their original meal plan.***
- ***It is the responsibility of the students to ensure that all documentation, registration & necessary meetings are complete in a timely manner.***

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 Titan Grill, Pizza + Subs, & Oodles by request.</p> <p>Allergen Friendly Room (<i>see the next page for more information</i>).</p>
	<p>Sub Stand – gluten free subs & vegan/vegetarian options available.</p> <p>Chilaca – vegan cheddar cheese, corn tortillas & vegan soyrito</p> <p>Clash Burger –gluten free chicken tenders, Beyond burgers, black bean burgers, fries made in designated fryer, gluten free buns & 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 & some gluten-free, dairy-free salads.</p> <p>Located in coolers at Reeve Marketplace, Reeve Coffeehouse, Clow & 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>
<p>NEW DINING LOCATION OPENING FALL 2024!</p>	

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

Specialty diets & food allergies can be accommodated for students at our Fox Cities campus 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 & specialty diets may utilize. The room is secured to ensure the safety of the students utilizing it & 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 & an agreement of use will be signed & kept on file with Aladdin's Registered Dietitian.
- Approved students will be able to access the room using their TitanCard & 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, & Titan Grill. With these areas, students are able to order made-to-order sandwiches, wraps, grill items, & 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/>



The screenshot shows the E2E online menu system interface. At the top, there are four filters: Location (Ave Maria Main Dining Hall), Date (Friday, May 19), Period (Lunch), and My Meal ((0) Items - 0 cal). Below these are three annotations: 'Select desired food venue here' pointing to the Location filter, 'Select desired date here' pointing to the Date filter, and 'Select meal period here' pointing to the Period filter. A 'DOWNLOAD MENU' button is located between the Date and Period filters. Below the filters is a section for filtering menu items by dietary preference or allergens. It includes a 'Filter menu items by dietary preference or that do not contain the following allergens' label, a 'Use this area to filter out allergens' label, and a 'Clear All' button. The dietary preferences section includes checkboxes for Vegetarian, Vegan, and BeWell. The 'Does Not Contain' section includes checkboxes for Eggs, Milk, Soy, Wheat, Tree Nuts, Peanuts, Fish, Sesame Seeds, and Gluten. Below the filters is a horizontal bar with a scrollable list of stations: All, Classic Kitchen, Flame, The Local Deli, The Local Deli - Bar, A-Zone, Greens, Greens - Bar, Global Fare, Sweet Shop, Sauce & Stone, Soupside, BeWell, and Season's Harve. An annotation 'Toggle through different stations here' points to the 'All' button. Below the stations bar is the 'Classic Kitchen' section. It displays four menu items: Buffalo Chicken Tenders (430 CAL), Garden Rotini Primavera (160 CAL), Creole Roasted Potatoes (130 CAL), and Maple-Caramelized Brussels Sprouts (70 CAL). Each item has a plus icon to its right. An annotation 'Click this icon for detailed nutrition information' points to the plus icon next to the Garden Rotini Primavera item. Each item also has a small icon to its left, which is a combination of a green 'V' and a blue 'i'.

E2E is our online menu system, which displays menu information for Blackhawk Commons, Reeve Marketplace, Café Clow & Fresh on the Fox as well as our Fox Cities campus. Here students can access detailed nutrition & allergen information for menu items.

Allergen & caloric information is also displayed on digital boards in Blackhawk Commons for students' 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 & allergen information or visit
<https://menus.campus-dining.com/eliorna/e1586>



This chart lists the nine major allergens & 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).



What Do the Menu Icons Mean?

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



BeWell
Healthy Option

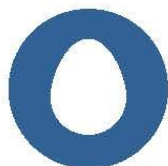


Vegan

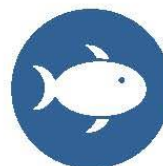


Vegetarian

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 & 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, & 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 & add probiotic foods• Drink water & get moving	<ul style="list-style-type: none">• BeWell monthly specials & recipe sampling• National Health Month & BeWell “So Good” promotions• Access to a registered dietitian• Wellness campaigns & tips• Cooking demonstrations & wellness presentations• Local food sourcing• Wellness committee & fitness center partnership



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



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CONTACT INFORMATION



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