At Nevada Dining, we take food allergies and sensitivities very seriously. We are committed to providing the best information possible to students so they can successfully avoid food reactions. The following services are available to help students with allergies stay safe:

- Unlimited access to our campus dining director for menu consultation
- Introduction to our Dining Management Team to give students direct access to individuals responsible for food preparation
- Food labels for items with multiple ingredients, including allergen information
- Printable menu cycles with specific foods highlighted
- Access to online menus with an “allergen” filter that enables students to print an allergen-free menu for any meal in the Downunder Café
- Providing individually packaged foods to replace bulk items that have a higher likelihood of cross-contamination such as breads, desserts, and snacks
- Purchasing foods specific to a student’s dietary needs when severe food allergies risk the quality of a student’s diet

Food Allergies & Intolerances
What’s the difference between a food allergy and a food intolerance? A food allergy...
involves the immune system whereas a food intolerance does not. Anyone with a true food allergy must completely avoid the offending food type. Someone with a food intolerance may be able to eat some of the food type without suffering any symptoms.

It is not uncommon for students to be lactose intolerant. The Downunder Café has several options for lactose-intolerant diets:

- Lowfat, lactose-free milk, soy milk and enriched organic rice milk
- Lactose-free ice cream and soy yogurt

**Food Storage for Those with Allergies & Intolerances**

The Downunder Café stocks a variety of safe foods in designated areas. For food that requires refrigeration, we have a designated refrigerator/freezer as well as a countertop refrigerator that contain food for students with allergies and intolerances. Students with celiac disease or gluten intolerance should refer to our Concerned About Gluten Dining Guide and speak with a member of the Management Team.

**Becoming Well Informed**

Multiple food allergies and intolerances are common among our students. Since allergens can often be hidden in the foods we serve, printing ingredient information is a key component used to educate our students. Nevada dining has taken several important steps to inform students about the ingredients in our menu items.

Food ID cards are posted for multiple-ingredient foods including entrees, starches, vegetables, pizza, soup, specialty salads, deli, bread and desserts. The ID cards at these stations show the following information:

- Vegetarian – Foods that do not contain animal products except dairy or eggs
- Vegan – foods that do not contain any animal derived products at all
- Made without Dairy – Foods not made with any lactose-containing ingredients
- Concerned About Gluten – Foods that are not made with any gluten-containing ingredients

All menu items that contain peanuts, peanut butter, nuts, fish and shell fish have been identified with the name of the nut or fish used for each item. This is in the form of custom product identifiers placed directly next to each item at each station.

If you have any questions or concerns regarding the ingredients in any of the food we serve, speak directly to a member of our Management Team. Our other dining staff members have been trained not to answer questions regarding food ingredients.

**Avoid Cross-Contact**

Cross-contamination occurs when one food comes in contact with another food and their proteins mix, creating the potential for an allergic reaction. Since most of the food in the Downunder Café is self-serve, cross-contamination is certainly possible.

To avoid cross-contact:

- Be aware of shared equipment and utensils
- To access food from an uncontaminated source, ask a staff member for assistance
- If you are concerned about cross-contact from food handlers, ask them to remove their gloves and wash their hands if necessary

Do not eat deep fried foods if you have food allergies. Frying oil is often reused before being changed. This can lead to cross-contact as food fried in oil will release some of its protein, which can then be absorbed by other foods fried in that same oil. Here are some, but not all deep fried foods served in the Downunder Café:

<table>
<thead>
<tr>
<th>Deep Fried Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>French Fries</td>
</tr>
<tr>
<td>Zucchini/Mozzarella Sticks</td>
</tr>
<tr>
<td>Chicken Fingers</td>
</tr>
<tr>
<td>Chicken Nuggets/Cutlets</td>
</tr>
<tr>
<td>Onion Rings</td>
</tr>
<tr>
<td>Fried Fish</td>
</tr>
<tr>
<td>Egg Rolls</td>
</tr>
<tr>
<td>Fried Tofu</td>
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</tbody>
</table>

We are proud to offer nutrition analysis kiosks inside the Downunder Café. These kiosks allow students to review menus and access nutrition facts. To find and utilize these kiosks,