

# WELLNESS UPDATE: SUPPORTING ALLERGIES AND SPECIAL NEEDS

## In the News...

A recent settlement between a college campus and the U.S. Department of Justice is shining a spotlight on access to dining hall food options that are allergy free. Read more from the [Department of Justice](#).

## Supporting Students' Allergies

### An Expert's Viewpoint



College is an exciting and scary time for freshmen and their parents, but especially for students with medical conditions. Parents of students with food allergies or celiac disease have invested many hours and dollars in baking bread at home, locating a nut-free bakery for birthday cakes, poring over restaurant menus, and interviewing managers and chefs. It is an act of trust for them to send their children off to college and hope that we will take the same careful approach.

Preparation and communication is the key. The family physician can help by detailing the medical condition, and ensuring the student is knowledgeable regarding their own emergency response, especially when an epinephrine self-injector is involved. Parents can help with a supply of "safe" snack food favorites, and by encouraging the student to advocate for themselves, as they will have to throughout adulthood. Students need to check in with student health services, the office of disabilities and resident life, as well as with the general manager, dietitian and/or executive chef for dining services. Meeting the frontline staff who will prepare and serve their food daily is a key. Planning in advance allows everyone involved to have a plan personalized to the needs of that student.

Sodexo is proud to have a robust process for sourcing wholesome ingredients, preparing recipes accurately and providing nutritional analysis and ingredient statements through our online menus. Our managers, chefs, dietitians and front-line staff are passionate about serving students and work diligently to address students' special needs. To ensure success, a team approach led by an educated consumer is the best preparation for an adult life that is safe from allergic reactions.

For additional information, please contact Beth Winthrop, registered dietitian and director for wellness at [beth.winthrop@sodexo.com](mailto:beth.winthrop@sodexo.com) or 401 465 4084.

## BY THE NUMBERS

**160** There are more than **160** foods that can cause allergic reactions in people with food allergies.

**90%** Eight foods account for **90** percent of all food allergy reactions: Milk, Eggs, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, and Soybeans.

**#1** Sodexo is the largest private employer of registered dietitians in the U.S.



## KEEP IT SIMPLE

Sodexo's newest offer meets the needs of students who have food allergies, celiac disease and non-celiac gluten intolerance. Simple Servings, a resident dining offer, provides fresh and flavorful meals prepared without milk, eggs, wheat, soy, shellfish, peanuts, tree nuts or gluten. The program also attracts students who are focused on ingredients and portion size to control weight, blood sugar and other health issues.

## MENU IDEAS:

Szechuan Flank Steak with Broccoli Cuts  
 BBQ Chicken Breast with Parsley Red Potatoes  
 Glazed Baked Ham with Roasted Sweet Potatoes  
 Peruvian Lime Chicken Breast with Cilantro  
 Basmati Rice