

Managing Food Allergies



Our Philosophy

Rider Dining supports students who have food allergies by providing information and knowledge that is necessary for the student to make informed food choices in our dining locations. We work together to provide reasonable arrangements so that students may participate in the college dining experience as much as possible. We recognize that students with food allergies already experience a more limited diet than those who do not have an allergy, and are required to exert more time and effort in managing their diet than others. We take into account each individual student's personal dietary needs and make every effort to provide helpful information to students with food allergies.

Our goal is to provide students with the tools they need to be active in the management of their food allergy or food-related medical condition within the dining locations in a way that provides a safe and supportive transition into college life.

Your Management

Students' responsibilities when managing a food allergy in the residential dining locations include:

- 1 Self-disclosing and submitting appropriate documentation to:
Services for Students with Disabilities
Joseph P. Vona Academic Annex, Room 8
609 895 5492
www.rider.edu/SSD
- 2 Recognizing that your name and information relevant to your accommodation needs will be shared with Dining Services
- 3 Scheduling a meeting and walk through with a Manager in the Dining Hall to discuss how we can help you get the most value out of your Meal Plan.

Lawrenceville:
Derek Bray
Food Service Director
609 896 7793

Westminster College:
Jason Seavey
Food Service Director
609 896 8233

What We Do

- Nutrition information available at each station
- MyFitnessPal app identifies recipes for each item on campus for more detailed information
- Allergen signage visible in areas necessary
- Silk Soy Milk available
- Student accessible refrigerator stocked with prepacked Gluten Free products, accompanied by a designated toaster and microwave
- Made Without Gluten entrée available each meal period, daily
- Made Without Gluten pasta available upon request
- Made Without Gluten pizza available upon request
- Ken's salad dressing - all Gluten Free!
- Made Without Gluten chicken, hot dogs & burgers at The Grill daily
- The Dining Hall is not peanut free; however, the only two places you will find peanuts are at the bagel station and in the bulk ice cream cooler
- Well trained and knowledgeable employees

Our Environment

A made-to-order dining style is available in both Daly's and The Commons. Your meal can be prepared the way you like it, "just ask!" If you need your meal prepared in a way different than it is being served, talk with any of the station Chefs and they will be able to customize a meal suitable to your needs.

We do our best to identify ingredients and preparations that may cause reaction in students with food allergies or intolerances. We display nutrition information and have proper signage available. Our employees are well educated on precautions for preventing cross contamination and on the importance of following standardized recipes so as to not introduce any item not on the recipe card. However, if there is anything you are still unsure of, **Just Ask!** Our trained and knowledgeable team will be more than willing to answer any of your dietary questions, address concerns, and take suggestions.

