



JMU Dining Services

Guide to Special Diets

Our Commitment

At JMU Dining, we believe that good food is essential to a healthy lifestyle. That's why our menus are built with health in mind. Our daily offerings allow you to build a balanced meal around fruits, vegetables, lean meats, grains, and low-fat dairy. Our commitment is to help make eating healthy an easy choice. By offering nutrition events throughout the year, we give you the skills and knowledge necessary to lead a healthy lifestyle.

Our Registered Dietitian

Our on-staff Registered Dietitian, Hannah Jehring, is here for you! With an open-door policy, Hannah is always available to advise students with questions or concerns. She also collaborates regularly with the health center and sports dietitians to provide nutrition counseling for students with allergies and special dietary needs.

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Nutrition Resources

• Nutrition Logos



Used to designate items under 500 cal (less than 10% coming from saturated fat), also containing less than 750 mg of sodium and at least one whole-food component (whole grain, lean protein, fruits, vegetables, etc.).



Used to designate items containing no meat, fish or poultry, but can include dairy, eggs or honey.



Used to designate items containing no animal products of any kind, including dairy, eggs and honey.



Used to designate items that do not contain gluten (wheat, barley and rye) but are produced in the same kitchen where gluten is present.

• Online Resources - We've included nutrition and allergen information, as well as ingredient lists, on our website.

- 1). Visit our website: www.jmu.edu/dining.
- 2). Choose the location under the *Locations* tab.
- 3). *For Residential*: Select *See Menus*.
For Retail: Select the corresponding link.

• The MyFitnessPal® App - For those tracking dietary intake, we've uploaded our residential menus to the MyFitnessPal® App. Simply download the app and search for *Aramark on Campus*.

• Campuswide Nutrition Initiatives - Convinced that education is key, we offer monthly wellness events, samplings and classes.

• Individual Support and Attention - We encourage anyone hoping to learn more about healthy options on campus to reach out to our Registered Dietitian, Hannah Jehring.

Plant-Based Eating Made Easy

Residential Dining Halls: Both D-Hub and E-Hall feature an all-day vegan station, offering a variety of flavorful dishes and sides prepared without the use of animal products. Green's features a seemingly endless salad bar loaded with vegan protein options.

Retail Locations: Each retail location features the lineup of vegan substitutes necessary to enjoy a well-balanced meal. This includes vegan protein, dairy substitutes, dressings, and more.

Vegan Resources

- **The Vegan Logo** - Used in both residential and retail locations to designate items containing no animal products of any kind, including dairy, eggs and honey.
- **Online Resources** - To verify that an item contains no animal products of any kind:
 - 1). Visit our website: www.jmu.edu/dining.
 - 2). Choose the location under the *Locations* tab.
 - 3). *For Residential:* Select *See Menus*.
For Retail: Select the corresponding link.
- **Individual Support and Attention** - We encourage anyone hoping to learn more about vegan and vegetarian options on campus to reach out to our Registered Dietitian, Hannah Jehring.

Knowledge Is Key

JMU Dining prides itself on providing the information and knowledge necessary for students with food allergies, Celiac disease and other medically-prescribed diets to make informed food choices in our dining locations on campus. We seek on-going guidance from Food Allergen Research and Education (FARE) to guarantee our approach remains current and ensure all associates undergo a certified allergy training during on-boarding.

Special Diet Management Tips

1. Get Networked

- Set up a meeting with our registered dietitian to tour the facilities, meet with our culinary team, and establish a plan. Keeping us in the loop means we can make individual accommodations for your specific dietary restriction.
- Managing food allergies on campus goes beyond dining services. Also reach out to the Office of Disability Services (www.jmu.edu/ods) and the Heath Center (www.jmu.edu/healthcenter) for additional assistance.

2. Know The Lingo

- **Allergen Solutions / True Balance** - Allergen Solutions / True Balance is a station in our residential dining halls featuring selections from ingredients without common food allergens and gluten. Here you'll find delicious dishes made without 7 of the top 8 most common food allergens – egg, milk, peanut, tree nuts, shellfish, soy and wheat.*

*Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens are possible, Aramark cannot guarantee that any food item will be completely free of allergens.



- **The Made without Gluten Logo** - Used to designate foods that are made from ingredients without gluten, but that are prepared in a kitchen where cross-contact is possible.**

**Even foods commonly prepared without gluten containing ingredients may not be 'gluten-free'. Our recipes are prepared in open kitchen where cross-contact is possible and where ingredient substitutions are sometimes made. If you have Celiac disease or a gluten sensitivity please notify your on-site manager to request an individually prepared 'gluten-free' selection.

- **Gluten Free Zone** - We have a dedicated Gluten-Free Zone at Green's, offering a full lineup of gluten-free selections prepared in a dedicated gluten-free kitchen.***

***We rely on manufacturer-provided ingredient information and periodically review ingredients to verify they are consistent with manufactured labeling.

3. Be Aware

- Recognize common sources of your allergen(s) and be aware of potential cross-contact. If risk is high, ask the team member preparing your meal take extra precautions (put on fresh gloves, use a new pan/utensils, etc.) to minimize risk.
- Examine menus closely, steering clear of items that may contain your allergen(s). To verify ingredient and allergen information:
 - 1). Visit our website: www.jmu.edu/dining.
 - 2). Choose the location under the *Locations* tab.
 - 3). *For Residential*: Select *See Menus*.
For Retail: Select the corresponding link.
- Always reach out to a member of the team for additional information in case of uncertainty. Don't be afraid to ask to see product packaging or question cooking methods.
- Never guess or assume that a food item is allergen-free.

4. Know Before You Go

- Know the symptoms of allergic reactions and know how/when to tell someone you might be having an allergy-related problem.
- Carry medication with you at all times in case of exposure, and know how to properly use all medications.
- Consider telling those you commonly dine with about your medical needs, so they are informed in case of emergency.
- Carry emergency contact information with you at all times.



DINING SERVICES

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