



**JMU Dining Services**  
**2018-2019 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 fruit, 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



Designates items with <500 calories (<10% coming from saturated fat), also containing <750 mg of sodium and at least one whole-food component (whole grain, lean protein, fruits, vegetables, etc.).



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



Designates items containing no meat, fish or poultry, but can include dairy, eggs or honey.



Designates items containing no animal products of any kind, including dairy, eggs and honey.

**Online Resources** - We've included nutrition and allergen information, as well as ingredient lists, on our website. To access them:

- 1) Visit our website: [www.jmu.edu/dining](http://www.jmu.edu/dining).
- 2) Choose the *Locations & Menus* tab.
- 3) Select the location you wish to view.
  - *For Residential*: Scroll down to view daily menu details.
  - *For Retail*: Click on the corresponding link.

**MyFitnessPal®** - 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.

## Plant-Based Eating Made Easy

**Residential Dining Halls:** Both D-Hall and E-Hall feature a variety of vegan selections, artfully prepared without the use of animal products, throughout the dining hall.

**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](http://www.jmu.edu/dining).
- 2) Choose the *Locations & Menus* tab.
- 3) Select the location you wish to view.
  - *For Residential:* Scroll down and click on *Food Preferences*. Then, select either *Vegan* or *Vegetarian*. The menu will then filter options that fit the selected criteria.
  - *For Retail:* Click on 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.

## 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

#### 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](http://www.jmu.edu/ods)) and the Health Center ([www.jmu.edu/healthcenter](http://www.jmu.edu/healthcenter)) for additional assistance.

#### Know The Lingo

**True Balance** - 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.

**Worry-Free Zone** - Located in D-Hall, our Worry-Free Zone is an isolated, locked pantry available to students who are medically required to limit or avoid gluten or have additional severe allergies. The pantry completely eliminates gluten, peanuts and tree nuts. To gain access to the pantry, reach out to our registered dietitian.\*\*\*

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

## 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 to take extra precautions to minimize risk (put on fresh gloves, use a new pan/utensils, etc.). We ask that you notify a manager immediately if an attendant is unable to accommodate.
- 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](http://www.jmu.edu/dining).
  - 2) Choose the *Locations & Menus* tab.
  - 3) Select the location you wish to view.
    - *For Residential:* Scroll down and click on *Allergens & Intolerances*. Then, select the allergen(s) to exclude. The menu will then filter options that fit the selected criteria.
    - *For Retail:* Email our registered dietitian for allergen and ingredient listings.

- In case of uncertainty, always reach out to the manager or chef on duty for additional information. Don't be afraid to ask to see product packaging or question cooking methods. Any JMU Dining team member can help you find a manager or chef on duty.
- Never guess or assume that a food item is allergen-free. We encourage students to be cautious and recognize that product ingredients can change without notice. To be certain, always ask to speak with a manager or chef.

## 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.
- Consider telling those you commonly dine with about your medical needs, so they are informed in case of emergency.
- Carry medication with you at all times, in case of exposure, and know how to properly use all medications.
- Carry emergency contact information with you at all times.



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DINING SERVICES

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