

# Looking to Avoid Gluten?



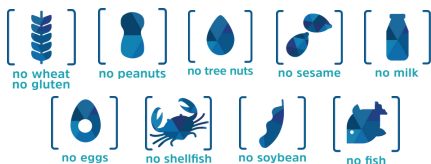
Due to our shared kitchen environments, JMU Dining can not guarantee that food items produced in our kitchens are gluten free. We use the "made without gluten" statement and menu icon to identify selections that are made with ingredients that do not contain gluten.

## true balance

everything you want nothing you can't

True Balance stations omit the top 9 food allergens and gluten. The menu items served at this station are prepared in a dedicated space using dedicated equipment by employees who have completed allergen and gluten free training.

True Balance stations are available at both residential dining halls (D-Hall & E-Hall).



---

## Worry-Free Zone

The Worry-Free Zone is an isolated, locked pantry stocked with peanut-, tree nut-, and gluten-free products. Students who are medically required to limit or avoid peanuts, tree nuts, and/or gluten should reach out to our registered dietitian to gain access.

# Additional Options

## Breads

Made without gluten bread options are available across campus. Options vary depending on location.

Multiple locations, including Oath Pizza in Dukes Dining, offer made without gluten pizza crusts.

## Pizza

## Baked Goods

The bakeries at D-Hall & E-Hall offer prepackaged gluten free treats upon request.

Made without gluten grain options such as brown rice and quinoa are available at multiple locations, including Blue Ridge Bowls.

## Grains

## Snacks

Convenience stores, like Mr. Chips, offer a robust variety of prepackaged gluten free snacks.

**Looking for more options? Speak with a manager or connect with our registered dietitian for more information.**

IMPORTANT: Foods prepared without gluten containing ingredients may not be "gluten-free" as recipes are prepared in open kitchens where cross-contact is possible. Aramark relies on its manufacturers' ingredient listings in determining whether an ingredient contains gluten.

**Questions? Connect with us!**

**Hanna Serrano, RDN**  
**Health & Wellness Manager**  
**Registered Dietitian Nutritionist**  
serranhb@jmu.edu  
540-568-5731

