A close-up photograph of a hand sprinkling white cheese onto a pan of spaghetti. The spaghetti is topped with a meatball and a sprig of rosemary. In the background, there are several red tomatoes and a white onion.

# NUTRITION & ALLERGENS GUIDE



Dining and Culinary Services

UNIVERSITY HOUSING

UNIVERSITY OF WISCONSIN-MADISON

Built for your **success.**

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# EXPLORE OUR MARKETS

Welcome to campus! We invite you to visit one of our dining markets, coffee & ice cream shoppes, or convenience stores located across campus. We are proud to offer **fresh, nutritious, and made-from-scratch food** in all our venues. Some of our markets offer à la carte or pay-as-you go service, and others offer all-you-care-to-eat (or buffet-style) service where you pay a flat rate for your meal.

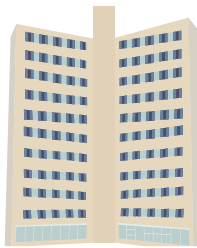
## SOUTHEAST MARKETS



**STARBUCKS**  
*In Smith Hall*



**GORDON AVE. MARKET\***  
*770 W. Dayton St.*



**RHETA'S MARKET\***  
*In Chadbourne Hall*



**LOWELL MARKET\***  
*610 Langdon St.*

## LAKESHORE MARKETS



**LIZ'S MARKET**  
*In Waters Hall*



**FOUR LAKES MARKET\***  
*In Dejope Hall*



**CARSON'S MARKET**  
*1515 Tripp Cir.*

\* All-You-Care-to-Eat Facility

# ADDITIONAL OPTIONS

## FLAMINGO RUN



## THE BEAN AND CREAMERY



Convenience stores located in Carson's, Four Lakes, Gordon Ave., and Rheta's Markets



Coffee and ice cream shoppe located in Four Lakes Market.

# MARKET LOCATIONS

## LAKESHORE NEIGHBORHOOD

## SOUTHEAST NEIGHBORHOOD

### CAMPUS BUILDINGS/RESOURCES

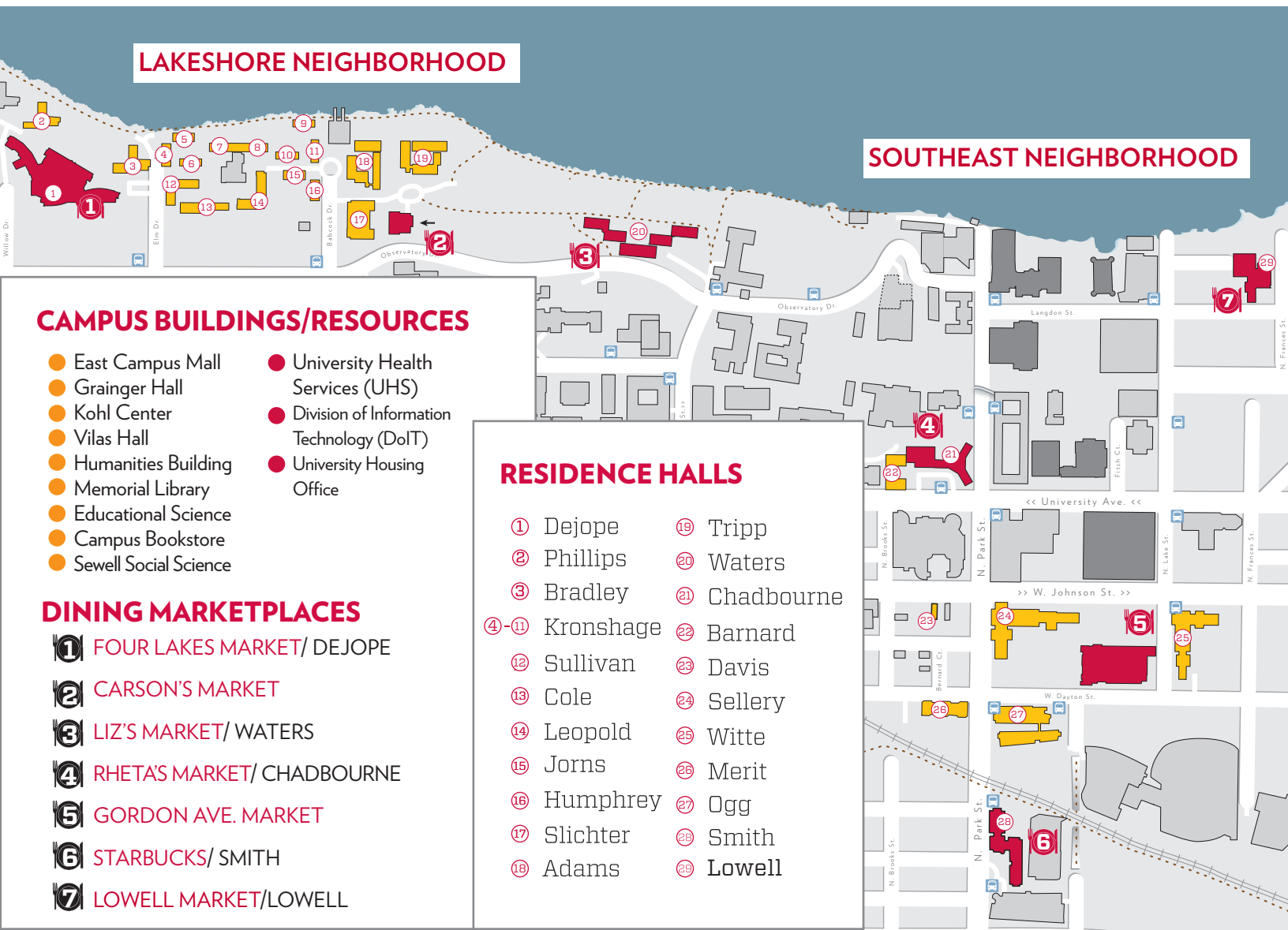
- East Campus Mall
- Grainger Hall
- Kohl Center
- Vilas Hall
- Humanities Building
- Memorial Library
- Educational Science
- Campus Bookstore
- Sewell Social Science
- University Health Services (UHS)
- Division of Information Technology (DoIT)
- University Housing Office

### DINING MARKETPLACES

- ① FOUR LAKES MARKET/ DEJOPE
- ② CARSON'S MARKET
- ③ LIZ'S MARKET/ WATERS
- ④ RHETA'S MARKET/ CHADBOURNE
- ⑤ GORDON AVE. MARKET
- ⑥ STARBUCKS/ SMITH
- ⑦ LOWELL MARKET/LOWELL

### RESIDENCE HALLS

- ① Dejope
- ② Phillips
- ③ Bradley
- ④-⑪ Kronshage
- ⑫ Sullivan
- ⑬ Cole
- ⑭ Leopold
- ⑮ Jorns
- ⑯ Humphrey
- ⑰ Slichter
- ⑱ Adams
- ⑲ Tripp
- ⑳ Waters
- ㉑ Chadbourne
- ㉒ Barnard
- ㉓ Davis
- ㉔ Sellery
- ㉕ Witte
- ㉖ Merit
- ㉗ Ogg
- ㉘ Smith
- ㉙ Lowell





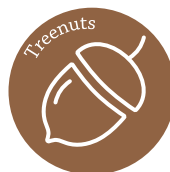
*Liz's Market, our allergen-friendly Lakeshore Market located in Waters Hall*

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## YOUR ONE-STOP SPOT FOR ALLERGEN NEEDS

Liz's Market is located in **Waters Residence Hall** on Observatory Drive. Conveniently situated in the middle of campus, Liz is perfect for lunch after a tough lecture or morning lab. It is the dining area of choice for **low-fat, vegan, and vegetarian foods**, and also features a large cold food bar, which offers fresh fruits and vegetables.

Liz's specializes in serving food free of **shellfish, tree-nuts, and peanuts.**



# NAVIGATE THROUGH A VARIETY OF CHOICES

Students with food allergies or special dietary needs will find a **variety of choices** at University Housing Dining locations, and we pride ourselves on providing food that is both **delicious and nutritious**.



Over 15,000 recipes



6 convenient market locations



Allergen-friendly food options



Carry-out and delivery options



Online meal planning resources



Consultations with a registered dietitian

Icons from [www.flaticon.com](http://www.flaticon.com)





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## WE'LL HELP YOU CUSTOMIZE YOUR DIET

Dining and Culinary Services serves exceptional meal options for those with dietary restrictions due to health concerns, food allergies or religious observances. We strive to keep our customers happy and healthy by providing resources that highlight our **allergen friendly options**. By cooking fresh alternatives, our dining venues give you flexibility to eat what you want, when you want it.

To help you easily identify healthy meal options, a **customized line sign** accompanies each menu item in our dining venues. The sign identifies **common allergens** as well as serving size, information on calories, fat, carbs, and protein.

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# SPECIFIC MENU INFORMATION

Students with food allergies or special dietary needs will find a **variety of choices** in University Housing Dining locations. We work towards labeling items with common allergens and encourage students to review the nutrition information for items they purchase. Our staff takes care to avoid cross-contact whenever possible but this risk is never completely eliminated. Residents with food allergies are reminded to use caution in the community food situations. Please approach a staff member if you have questions.

<http://dining.housing.wisc.edu/NetNutrition/1>





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# LOOK FOR OUR FOOD TRAIT ICONS

Food items labeled with the following symbols **contain** these allergens. Allergens are listed in the lower right corner of each meal planning page on **NetNutrition**. Check all of the allergens you would like to avoid and the list of menu items appearing will only show items that do not contain these ingredients.



**TREE NUTS**



**DAIRY**



**PEANUTS**



**FISH**



**SHELLFISH**



**WHEAT**



**SOY**



**EGGS**

*These icons placed on our menus to indicate food items contain these allergens.*

## Dietary Preferences



Foods with this symbol are identified as vegetarian entrees. Eggs and cheese are included in this category.



Foods with this symbol are identified as vegan items. Vegan includes no meat, no dairy, no eggs, no honey and we use beet sugar that has not been filtered with bone char.



Foods with this symbol are identified as halal items.

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# MEAL PLANNING WITH NETNUTRITION

Visit <http://dining.housing.wisc.edu/NetNutrition/1>

1

On the right side of the page, select the **allergens or preferences** you are screening for.

2

Select the **market location** of your choice.

3

Select the **market venue and date**. Menu items shown will be screened out based on your allergen or preference.

4

To track your menu choices, check the box to the left of the menu item. Then **add items** to the “My Meal” cart.

5

If you would like to **plan ahead**, menus are available for up to 7 consecutive days during the academic year and 30 days during the summer.



“As a student with a **food allergy**, not only have I been able to stay safe and healthy. But I **never run out of options** or feel unable to change up my meals. Even as a senior, I often choose to eat at the **dining halls** instead of restaurants.” - *Lauren Mather, Saratoga CA*



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## DISCOVER AVAILABLE RESOURCES

Establishing a healthy relationship with food is an important part of learning. We are pleased to offer these nutrition services and resources to our residents at no cost.

All of these resources are there so you can make informed decisions about your food choices. However, because foods are prepared in a commercial kitchen, there may be some **risk of cross contact** with allergens and gluten. Also, manufacturers may **change their formulations of ingredients** without notice. We strive to ensure that this information is correct but we are not able to guarantee **100% accuracy**.


<http://dining.housing.wisc.edu/NetNutrition/1>



To select well-balanced meals that meet your dietary needs, you can visit NetNutrition on our website to explore the menus for our dining venues online and screen for allergen friendly food items. NetNutrition can help you manage food allergies at the dining venues, but if you are prone to severe allergic reactions, we encourage you to consult our registered dietitian.

## CHECK OUT THE UW FROZEN MEALS PROGRAM

Housing Dining's Frozen Meal takes unserved food from our Dining Market's and creates pre-packaged frozen microwavable meals. These meals are available at no cost for pick-up at The Crossing or Hillel to any student.

 @frozenmealsuw



## DINING ORDERIT APP

OrderIT is an app for students with severe allergen & dietary needs. To find out more, contact [dietitian@housing.wisc.edu](mailto:dietitian@housing.wisc.edu) and we'll determine if OrderIT is a good fit for you.



## ALLERGY/DIETARY SELF-DECLARATION FORM

Do you have a food allergy or dietary need that you need an accommodation for? Let us know. Fill out this self-declaration form and let us know and our Housing Dietitian will be in touch.



## MEET OUR DIETITIAN



### Agnes Sherman, MS, RD, CD

Agnes Sherman, Dining Assistant Director - Nutrition and Sustainability, graduated from UW-Madison with a degree in Dietetics. She focuses on allergen and food safety, and will work directly with students to help them to successfully navigate our Markets while managing dietary allergies or intolerances.

**Phone:** 608-262-0057

**Email:** [dietitian@housing.wisc.edu](mailto:dietitian@housing.wisc.edu)

## OTHER QUESTIONS OR COMMENTS?

For more information about our dining programs please contact us at:

### DINING AND CULINARY SERVICES

**Phone:** 608-262-0057

**Email:** [dining@housing.wisc.edu](mailto:dining@housing.wisc.edu)

## FREQUENTLY ASKED QUESTIONS

### What can you offer a student with food allergies, vegetarian diets, or other special dietary needs?

Dining and Culinary Services is committed to meeting the needs of all of our students. We have a Registered Dietitian on staff who works with every student to ensure we can meet the needs of that student. Currently, we accommodate over 600 students, assist them through our Dining program and make each student and parent feel comfortable that we can meet their student's needs. In the rare occurrence that we are not able to meet the needs of an individual student, our staff will review their case for exemption from the meal plan. We also have one Dining location, Liz's Market, which does not use tree nuts, peanuts, and shellfish as ingredients in any food items.

## **What can you offer a student with religious dietary requirements?**

As with food allergens we strive to meet every student's needs. We offer Halal options at all of our Dining Marketplaces, and our staff have been trained on how to handle these items. We also offer a selection of grab-and-go Kosher items that we procure from the Hillel House foodservice operation on campus. In the rare occurrence that we are not able to meet the needs of an individual student, our staff will review their case for exemption from the meal plan.

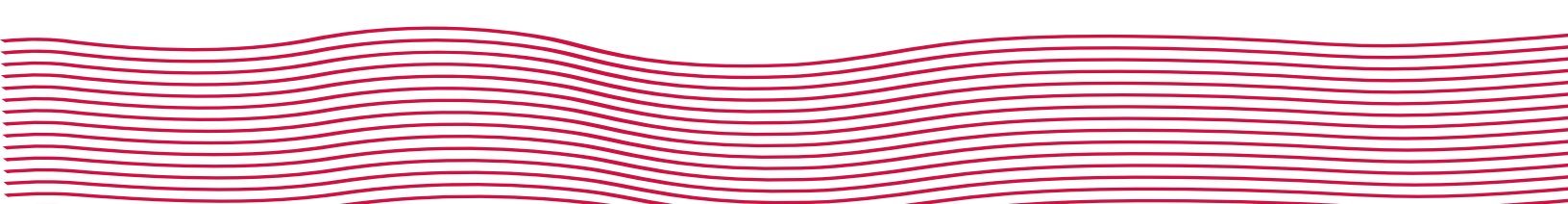
## **Will I find enough good food to eat in University Housing?**

With a large selection of made-to-order items and over 15,000 recipes created by our on-staff chefs, we pride ourselves on providing high-quality food and variety. Many of our items are locally-sourced to use fresh, sustainable ingredients. In an April 2017 survey of 2,000 residents, our food service quality received an 82% satisfaction rating. Our food and dining options are consistently one of the top reasons students return to University Housing after their first year.

## **Will I find healthy food options in University Housing?**

Our dining program participates in the Partnership for a Healthier America, to support our commitment to providing healthy eating choices. We are one of only 50 universities in the country recognized by their Healthier Campus Initiative for our commitments to supporting physical activity and healthier eating habits for our students. We also offer many vegetarian and vegan options across our dining locations and have Registered Dietitians on staff who can offer free consulting with students about diet and nutrition. Nutritional information is provided for all of our items on our website and line signs, including special icons to mark healthy choices and vegetarian selections.

**Still have questions? For more information visit [our website](#).**



*Central Dining Office  
Gordon Dining & Event Center*



**CONTACT US**



[www.housing.wisc.edu/dining](http://www.housing.wisc.edu/dining)



608-262-0057



[dining@housing.wisc.edu](mailto:dining@housing.wisc.edu)



UW-Madison Dining



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