

DINING AND CULINARY SERVICES
NUTRITION & ALLERGENS - SUMMER PROGRAMS

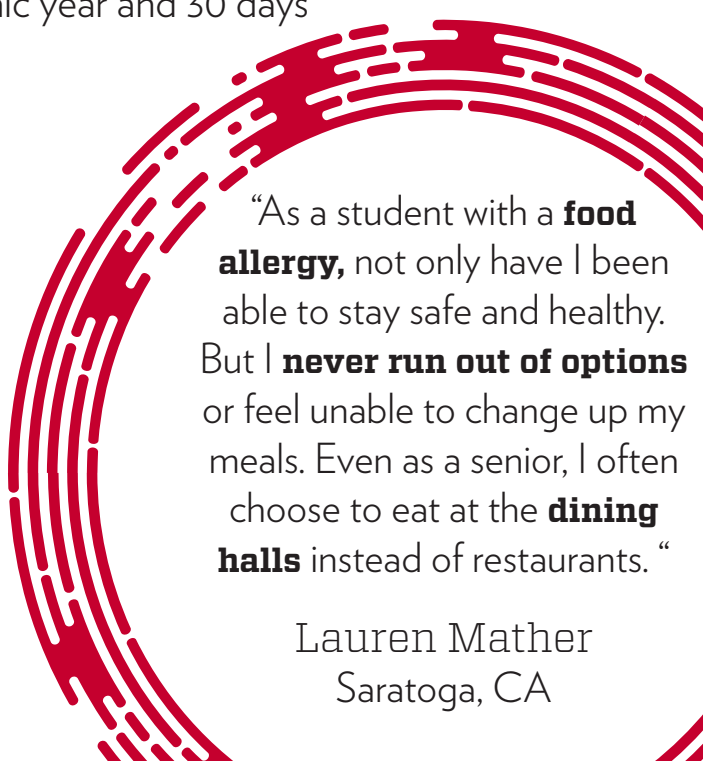


University Housing
UNIVERSITY OF WISCONSIN-MADISON

Built for your **success.**

MEAL PLANNING WITH NETNUTRITION

- 1 Visit <http://dining.housing.wisc.edu/NetNutrition/1>
- 2 On the right side of the page, select the **allergens or preferences** you are screening for.
- 3 Select the **market location** of your choice.
- 4 Select the **market venue and date**. Menu items shown will be screened out based on your allergen or preference.
- 5 To track your menu choices, check the box to the left of the menu item. Then **add items** to the “My Meal” cart.
- 6 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



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.



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.

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](#).

MEET OUR **DIETITIAN**



Agnes Sherman, RD, CD

Agnes Sherman graduated from UW Madison with a bachelor degree in Dietetics in the Coordinated Program. She is our Registered Dietitian and Food Safety Manager, which focuses on allergen and food safety. She has worked for UW Madison since 2004.

Phone: 608-262-0057

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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

CENTRAL DINING OFFICE GORDON DINING & EVENT CENTER



CONTACT US

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 UW-Madison Dining

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