



Dining and Culinary Services
UNIVERSITY HOUSING
UNIVERSITY OF WISCONSIN-MADISON

NUTRITION & ALLERGEN GUIDE

Built for your *success.*



2026-27



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EXPLORE OUR DINING LOCATIONS

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

DINING MARKETS



CARSON'S MARKET

1515 Tripp Cir.



FOUR LAKES MARKET

In Dejope Hall



GORDON AVE. MARKET

770 W. Dayton St.



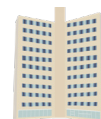
LIZ'S MARKET

In Waters Hall



RHETA'S MARKET

In Chadbourne Hall



ADDITIONAL LOCATIONS



ELECTRIC EATS

Sustainable food truck



BEAN & CREAMERY

Coffee and ice cream shoppe
located in Four Lakes Market



FLAMINGO RUN

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



STARBUCKS

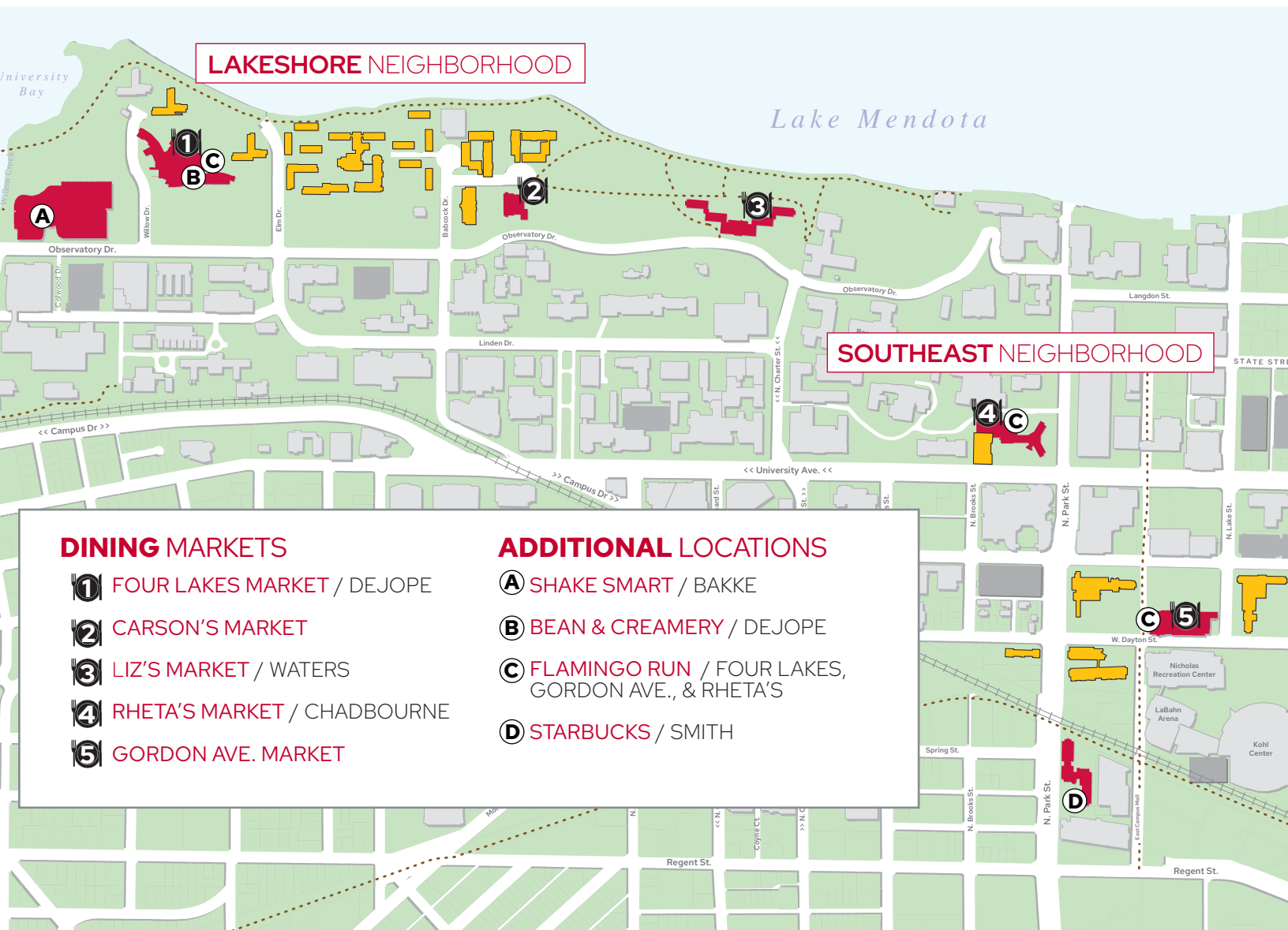
Enjoy Starbucks' coffee drinks,
treats, and grab & go offerings



SHAKE SMART

Healthy food options for living the
college, on-the-go lifestyle

DINING MAP



DINING MARKETS

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

ADDITIONAL LOCATIONS

- Ⓐ SHAKE SMART / BAKKE
- Ⓑ BEAN & CREAMERY / DEJOPE
- Ⓒ FLAMINGO RUN / FOUR LAKES,
GORDON AVE., & RHETA'S
- Ⓓ STARBUCKS / SMITH

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



5 convenient market locations



Allergen-friendly food options



Carry-out options



Online meal planning resources



Consultations with a registered dietitian





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 preferences such as vegetarian, vegan, and Halal.



SPECIFIC ALLERGY INFORMATION

Students with food allergies or special dietary needs will find a **variety of choices** in University Housing Dining locations. We **do not** add any peanuts or tree nuts to our recipes made in our five dining markets. 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.

ALLERGEN SAFETY

Our full-time staff and student lead staff complete **AllerTrain®**, a nationally recognized food allergy and dietary accommodation training program. This specialized training equips employees with the knowledge and skills needed to safely prepare and serve food for guests managing food allergies, celiac disease, and other dietary restrictions. Topics include allergen awareness, cross-contact prevention, ingredient verification, and safe food handling practices, helping to create a safer and more inclusive dining environment for all guests.

In addition, all UW Housing Dining locations maintain access to **epinephrine auto-injectors (EpiPens®)** for use in the event of an anaphylactic emergency. Staff members receive training on recognizing the signs and symptoms of anaphylaxis and responding appropriately in accordance with established emergency procedures.



LOOK FOR OUR FOOD TRAIT ICONS

Food items labeled with the following symbols **contain** these allergens. Allergens are listed under each menu item and can be filtered on our **Nutrislice** menu. 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



SESAME



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.



Manufacturer disclosure of products made on shared equipment in a facility that contains a specific allergen.



DISCOVER

AVAILABLE RESOURCES

Establishing a healthy relationship with food is an important part of learning.

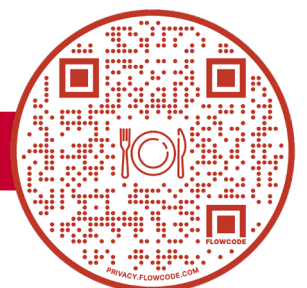
Nutrislice allows you to make informed decisions about your food choices.

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**.

To select well-balanced meals that meet your dietary needs, you can visit **Nutrislice** on our website to explore the menus for our dining venues online and screen for allergen friendly food items.

Nutrislice 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.

go.wisc.edu/housing-menus



ADDITIONAL RESOURCES

NUTRITION ACCESS PROGRAM



Housing Dining's Nutrition Access Program diverts unserved food from our markets and creates pre-packaged frozen microwavable meals. These meals are available at no cost for pick-up at the Student Activity Center, The Crossing, The Pres House, and First Congregational Church to any student.

  @nutritionaccessprogram

DINING ORDERIT APP

OrderIT is an app for students with severe allergen & dietary needs. Contact dietitian@housing.wisc.edu to find out more and we'll determine if OrderIT is a good fit for you.

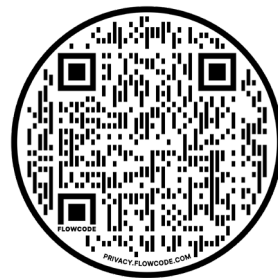
ALLERGY/DIETARY SELF-DECLARATION FORM

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.

FOOD SAFETY

Our dining locations follow FDA Food Code standards and Hazard Analysis and Critical Control Points (HACCP) principles to help ensure food is received, prepared, served, and stored safely. These practices help us identify potential risks, implement preventive measures, and take corrective action when needed. Our food safety program includes:

- Routine inspections by regulatory agencies and dining leadership
- Regular monitoring and documentation of food temperatures
- Comprehensive food safety training and certification for staff
- Ongoing coaching, retraining, and accountability measures
- Strict employee illness reporting and exclusion policies
- Daily enforcement of proper handwashing and glove-use practices
- Product recall and ingredient traceability procedures
- Food allergy management practices focused on allergen awareness, identification, and prevention



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 successfully navigate our markets while managing dietary allergies, intolerances, and celiac disease.

Phone: 608-262-0057

Email: dietitian@housing.wisc.edu

OTHER QUESTIONS OR COMMENTS?

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

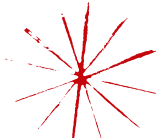
DINING AND CULINARY SERVICES:

Phone: 608-262-0057

Email: dining@housing.wisc.edu



FREQUENTLY ASKED



QUESTIONS

What can you offer a student with food allergies 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 students managing dietary allergies, intolerances, and celiac disease to successfully navigate our dining locations. Our goal is to 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 to determine next steps.

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 markets, and our staff have been trained on how to handle these items. 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. We strive to include locally-sourced fresh and sustainable ingredients.

Will I find healthy food options in University Housing?

We offer a wide variety of menu options across our dining locations, including items that are vegetarian and vegan. Nutritional information is provided for all of our items on our web menus, dining TV menu displays, and food line signs, which mark for the top-9 allergens, corn, coconut, as well as notations for items that are vegetarian, vegan, and Halal.

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

Central Dining Office Gordon Dining & Event Center



CONTACT US

 www.housing.wisc.edu/dining

 dining@housing.wisc.edu

 608-262-0057

   @housinguwdining