

allergen-free dining

One in 25 Americans has a food allergy. Eight foods account for 90% of the food-allergic reactions in the United States. These are milk, eggs, peanuts, tree nuts, wheat, soy, fish, and shellfish. Sesame is another common food allergy. BC Dining ensures that students with food allergies dine safely on campus.



What is a Food Allergy?

- An immune system reaction to a **protein** in food that acts as an **allergen**. The immune system identifies the allergen as a threat and attacks it.
- **Symptoms** range from mild to severe. Anaphylaxis is a severe, whole-body reaction and can be fatal.
- People with food allergies practice **strict avoidance** of the allergic food.

Fast Facts

Managing a Food Allergy

If you have not met with one of our dietitians, please contact **Kate Sweeney** to make an appointment and learn how to safely dine on campus with a food allergy.

Follow BC's [Meal Accommodation Policy](#). This includes meeting with Kate and registering with the Disabilities Services Office. You can seek meal accommodations, such as receiving a brown-bag lunch for a BC-sponsored event, a personalized menu from our Dietitian, or pre-ordering an allergen-free meal.

If you aren't sure what an item contains or have other questions, **ask a manager!**

Carry epinephrine in the form of an EpiPen if it is prescribed for treatment of an allergic reaction. In the case of an allergic reaction, call BC Police at 2-4444 OR 911 and administer an EpiPen.



Avoiding Cross-Contact

Cross-contact occurs when an allergen is inadvertently transferred from a food containing the allergen to a food that does not contain the allergen.

If you are concerned about cross-contact, **ask for a manager!** Inform them that you have a food allergy, and they will be happy to have a chef prepare you an allergen-free meal in a separate area of the kitchen.

Kate Sweeney, MS, RD, LDN

Administrative Dietitian
BC Dining, Office of Health Promotion
Main Office: McElroy 302

Jennifer Heinen, MS, RD, LDN

Campus Dietitian
BC Dining Services
Main Office: McElroy 302

Find Kate and Jenn's online appointment calendar on the [Office of Health Promotion](#) or [BC Dining](#) websites OR email Kate at sweenekz@bc.edu to make an appointment.

Did you know?

BC Dining hosts Allergy Focus Groups!

Email BCdining@bc.edu to learn more!

Find us on
Social!

@bc_dining



Top Tips: What Can I Eat?

Peanut & Tree Nut Allergies

- **Pesto sauce** is nut-free
- **Granola** is nut-free; it is made in a bakery that processes peanuts, tree nuts, and soy
- **Salad bars, grain bars, and yogurt bars** are nut-free to reduce the possibility of cross-contact
- Menu items containing nuts are identified with signage in the dining halls in **red font**, and on the [online menu](#)
- Bakery items should be **avoided**, since they are produced in our BC Bakery that also uses nuts



Did You Know?

Hillside's **fryers** use canola oil, but items fried in it contain soybean oil. No other allergens are present in the fryers, including gluten-containing foods.

Use the [Online Allergen Filter](#) to check for allergen-free offerings at Corcoran, McElroy, Hillside, Stuart, and Lyons.

The **Plain and Simple Station** is free of the Top 8 Allergens, as well as gluten and sesame.

Hard cheese, like cheddar, is free of lactose.

Some people with lactose intolerance can eat Greek yogurt because it has less lactose than regular yogurt.

Milk Allergies and Intolerances

- **Soy milk** is available every day at Carney's, Lower Live, and Stuart in dispensers.
- Unsweetened and Vanilla **Almond Milk** is available every day at McElroy, Stuart, Corcoran, Lyons, and Walsh in dispensers.
- Soy milk, Lactaid and almond milk are available in the Grab n' Go cases at McElroy, Stuart, Hillside and Corcoran.
- **Soy lattes** are available at the Chocolate Bar and Hillside.
- Many **soups** on the rotating menu do not contain dairy - check the [online menu](#) or ingredient labels.
- **Oatmeal** is made with water in all dining locations.
- **Acai bowls**
 - McElroy can use non-dairy milk - just ask!
 - Addie's uses almond milk

Liability and Disclaimer Notice

Boston College Dining Services uses soy, tree nuts, peanuts, eggs, dairy, shellfish, wheat, sesame, gluten-containing foods, and other potential allergens in meal preparation. BC Dining staff are trained on and aware of the severity of food allergies and Celiac disease, and allergens are identified to the best of our ability. However, manufacturers change product formulation without notifying BC Dining and cross-contact is possible. Students need to be aware of risks and take responsibility for asking the manager on duty for assistance. BC Dining strongly encourages students with food allergies or Celiac Disease to follow the Policy for Meal Accommodations, and meet with the Administrative Dietitian.

Find us on
Social!

@bc_dining

