

# LET'S BUILD A PLAN TOGETHER

## MEET OUR REGISTERED DIETITIAN

If you have special dietary needs, schedule an appointment with:

Puneet Sethi, RDN  
Campus Wellness Dietitian  
ps5680@princeton.edu  
609.258.8907

## CONTACT OUR CHEFS DIRECTLY

For general questions, feel free to reach out to a member of our culinary team.

**BUTLER COLLEGE**  
609.258.3475  
Chef Jared Gierisch [gierisch@princeton.edu](mailto:gierisch@princeton.edu)

**CENTER FOR JEWISH LIFE**  
609.258.2213  
Chef Chad Rovner [crovner@princeton.edu](mailto:crovner@princeton.edu)

**FORBES COLLEGE**  
609.258.6088  
Chef Rick Brabson [rb5413@princeton.edu](mailto:rb5413@princeton.edu)

**FRIST CAMPUS CENTER AND RETAIL CAFES**  
609.258.3481  
Chef Dan Maher, CEC, CCA [maher@princeton.edu](mailto:maher@princeton.edu)

**GRADUATE COLLEGE AND CATERING**  
609.258.6679  
Chef Jerry Luz, CEC [chefjery@princeton.edu](mailto:chefjery@princeton.edu)

**ROCKEFELLER AND MATHEY COLLEGES**  
609.258.1216  
Chef Michael Gattis, CEC [mgattis@princeton.edu](mailto:mgattis@princeton.edu)

**WHITMAN COLLEGE**  
609.258.1366  
Tara Keeler [tarak@princeton.edu](mailto:tarak@princeton.edu)

**YEH AND NEW COLLEGE WEST COLLEGES**  
609.258.1440  
Chef Brad Ortega [chefbrad@princeton.edu](mailto:chefbrad@princeton.edu)

**PRINCETON UNIVERSITY CAMPUS DINING**  
609.258.6097  
[dining.princeton.edu](http://dining.princeton.edu)

**In the case of an emergency, call 911.**

*This pamphlet is intended for general guidance. For medical advice please contact your physician or University Health Services.*

University Health Services  
609.258.3141  
[uhs.princeton.edu](http://uhs.princeton.edu)

Food Allergy Research & Education (FARE)  
[www.foodallergy.org](http://www.foodallergy.org)

# Living with FOOD ALLERGIES AND DIETARY RESTRICTIONS at Princeton

An Inclusive Dining Commitment



Photo by Princeton University Office of Communications, Denise Applewhite (2016)

# A SAFE AND INCLUSIVE DINING EXPERIENCE IS OUR TOP PRIORITY

At Princeton University, we make food allergy awareness a fundamental part of our inclusive dining program.

## INCLUSIVE DINING

**KOSHER** meals are served at the Center for Jewish Life under the supervision of Orthodox Union and can be ordered in any residential dining hall with 24 hours' notice by speaking with a manager or chef.

**HALAL** meats are available at the grill upon request, in both residential and retail dining.

**GLUTEN-FREE** breads, muffins, pasta, and dessert options are available upon request.

**DAIRY-FREE** milks such as soy and rice milk are available throughout the dining halls.

These are just some examples of how we meet the needs of students with dietary restrictions. Please make an appointment with our dietitian to learn how we can best meet your needs.

## THERE ARE THREE COMPONENTS TO OUR APPROACH:

- Food Allergy Education and Awareness
- Safe Handling and Preparation
- FoodPro® Allergen Management System

## EDUCATION & AWARENESS

Our dietitian conducts regular food allergy trainings with our staff and performs allergen safety related audits.

Additionally, our management team earns and maintains ServSafe® certifications.

## HANDLING & PREPARATION

We have developed standard operating procedures to minimize the risk of cross-contact, but we encourage you to be aware of the risk especially after a food has been placed out for service, as our residential colleges are self-serve.

### TO KEEP YOURSELF SAFE:

- Contact our dietitian to discuss how to navigate the dining halls safely and learn how we can best meet your needs.
- Review online menus prior to dining in the residence halls.
- Be aware of signage and double check the menu tag next to the food being served for pertinent information.
- Ask to be served from a back-up pan if you have any concerns of cross-contact with the foods being served.
- Never guess. Ask to speak with a manager or chef on duty if you have any questions about your food.
- Call 911 if you are having an allergic reaction.

***If you have severe food allergies or dietary restrictions ASK before consuming deep fried foods.***

## FOODPRO® ALLERGEN MANAGEMENT SYSTEM

Our menu management software system (FoodPro®) analyzes the recipe ingredients and generates a menu tag that identifies each of the top nine allergens—milk, eggs, fish, crustacean shellfish, tree nut, peanut, wheat, soybeans, and sesame—as well as gluten from barley and rye, coconut, alcohol, and halal.

These menu tags are then placed next to the food item in the dining halls.



We put the power in your hands. When viewing online menus, you can use a tool that filters food choices according to your specific dietary needs.

Set Allergen Filters

Select the allergens that you wish to show or hide within the menu displays.

Contains  Does Not Contain

Milk

Eggs

Fish

Crustacean Shellfish

Tree Nut

Peanut

Wheat

Soybeans

Sesame

Contains Gluten from Barley or Rye

Contains Coconut

(alcohol from flavorings or wine vinegar)

Cancel Reset Apply

To review menus, visit: [menus.princeton.edu](https://menus.princeton.edu)