

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
dietitian@princeton.edu
609.258.8907



CONTACT OUR CHEFS DIRECTLY

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

CENTER FOR JEWISH LIFE
609.258.2213
Chef Chad Rovner | crovner@princeton.edu

BUTLER AND WHITMAN COLLEGES
609.258.1366
Chef Jared Gierisch | gierisch@princeton.edu

FORBES COLLEGE
609.258.6088
Chef Rick Brabson | rb5413@princeton.edu

FRIST CAMPUS CENTER AND RETAIL CAFES
609.258.3481
Chef Dan Maher, CEC, CCA | maher@princeton.edu

GRADUATE COLLEGE AND CATERING
609.258.6679
Chef Jerry Luz, CEC | chefjery@princeton.edu

ROCKEFELLER AND MATHEY COLLEGES
609.258.1216
Chef Chirada DeToro | cdetoro@princeton.edu

YEH AND NEW COLLEGE WEST COLLEGES
609.258.1440
Chef Brad Ortega | chefbrad@princeton.edu

PRINCETON UNIVERSITY CAMPUS DINING
609.258.6097
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

Food Allergy Research & Education (FARE)
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. Additional halal dishes are offered in both residential and retail dining. Look for halal designations on menu tags.

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

DAIRY-FREE milks such as soy, rice, and almond 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 certificates in AllerTrain® 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:

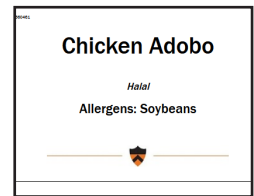
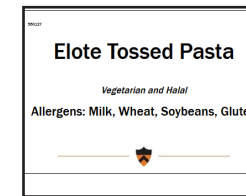
- **Contact** our dietitian to discuss how to navigate the dining halls safely and learn how we can best meet your needs.
- **Review** online menus prior to dining in the residence halls.
- **Be aware** of signage and double check the menu tag next to the food being served for pertinent information.
- **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, 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.

A screenshot of the 'Set Allergen Filters' interface. It shows a list of allergens with checkboxes: Milk, Eggs, Fish, Crustacean Shellfish, Tree Nut, Peanut, Wheat, Soybeans, Sesame, Gluten, Ingredients include coconut, and Ingredients include alcohol. The 'Contains' radio button is selected. At the bottom are 'Cancel', 'Reset', and 'Apply' buttons.

To review menus, visit: menus.princeton.edu