

Allergens & Special Diet Resource Guide

2023-2024

Dear Blue Jay,

The following pages are intended to help you navigate our dining halls if you have any allergens or dietary restrictions. The following slides review common allergen and special dietary preference symbols used at Hopkins Dining.

Hopkins Dining values recipe and ingredient transparency. We rely on online menus and digital menu boards to showcase the food items being served and the ingredients which they contain. We use special icons to indicate which allergens are present or which special dietary preferences are met. Additional explanations may be provided for certain allergens or dietary preferences.

All foods served are prepared in a shared kitchen. Our staff are trained in AllerTrain Lite to ensure that they understand and execute safe practices to prevent cross contact from occurring. At our self-service stations, you may request a food item that is being served from the kitchen to reduce the risk of cross-contact.

If you have any further questions after reviewing the following information, please contact the Hopkins Dining Dietitian at Jacqueline.Weiss@jhu.edu.



JOHNS HOPKINS
UNIVERSITY

Dining

Allergen Best Practices

1. Register your food allergies with Student Disability Services.
2. Familiarize yourself with Nutrislice menus and menu boards.
3. Carry food allergy emergency medications at all times on campus in case of an allergic reaction.
4. Work with dining services prior to the semester to ensure you feel comfortable navigating the dining operations.
5. Communicate with dining services at time of ordering to ensure appropriate management of dietary concerns
6. Connect with the Hopkins Dining dietitian for further support as needed.



Nutrislice Menus


- [Menus | Johns Hopkins University \(nutrislice.com\)](https://nutrislice.com)
- Our online website allows you to view the daily menus in advance so you can plan your meals
- The online website allows you to filter menu items by dietary preference and allergens to easily identify foods that fit your needs
- You can also view detailed nutrition facts labels about the foods being served



Daily Menu Example

HOPKINS DINING

Hopkins Café

 Nutrition Calculator

Hopkins Café Breakfast


Hopkins Café Lunch

Hopkins Café Dinner

Hopkins Café Late Night




Carvery - Entree

Cajun Shrimp




Carvery - Side




Corn Casserole

   +2




Dirty Rice



Cornbread

   +2

Creole Okra

   VEGAN

Carvery - Soup

Tomato Soup

 VEGAN

Broccoli Cheddar Soup

   +2

Root - Entree

Vegan Sausage Jambalaya

   VEGAN



How to use allergen and dietary icons

- If a food item showcases an allergen symbol next to its name, it means that the food **contains the allergen**
- If a food item has a trait symbol next to its name, it means that the food **aligns with the dietary trait**
- If a food item showcases a dietary restriction symbol next to its name, it means that the food item **contains the restricted food item**



Allergen Key

Allergens

Select items below to identify specific foods.



Dairy



Egg



Wheat



Soy



Peanuts



Tree Nuts



Fish



Shellfish



Sesame



Gluten



Coconut

Dietary Preference Key

Traits

Special Diet Icons



Vegan



Vegetarian



Halal



Nourish
Tier 4



Nourish
Tier 3



Nourish
Tier 2



Nourish
Tier 1

Dietary Restrictions



Alcohol



Fried in
shared oil



Pork

Examples

- The broccoli cheddar soup contains dairy, wheat, soy, and gluten. The soup is vegetarian
- The pork carnitas contain pork.

Broccoli Cheddar Soup



Dairy



Wheat



Soy



Gluten



Vegetarian

Pork Carnitas

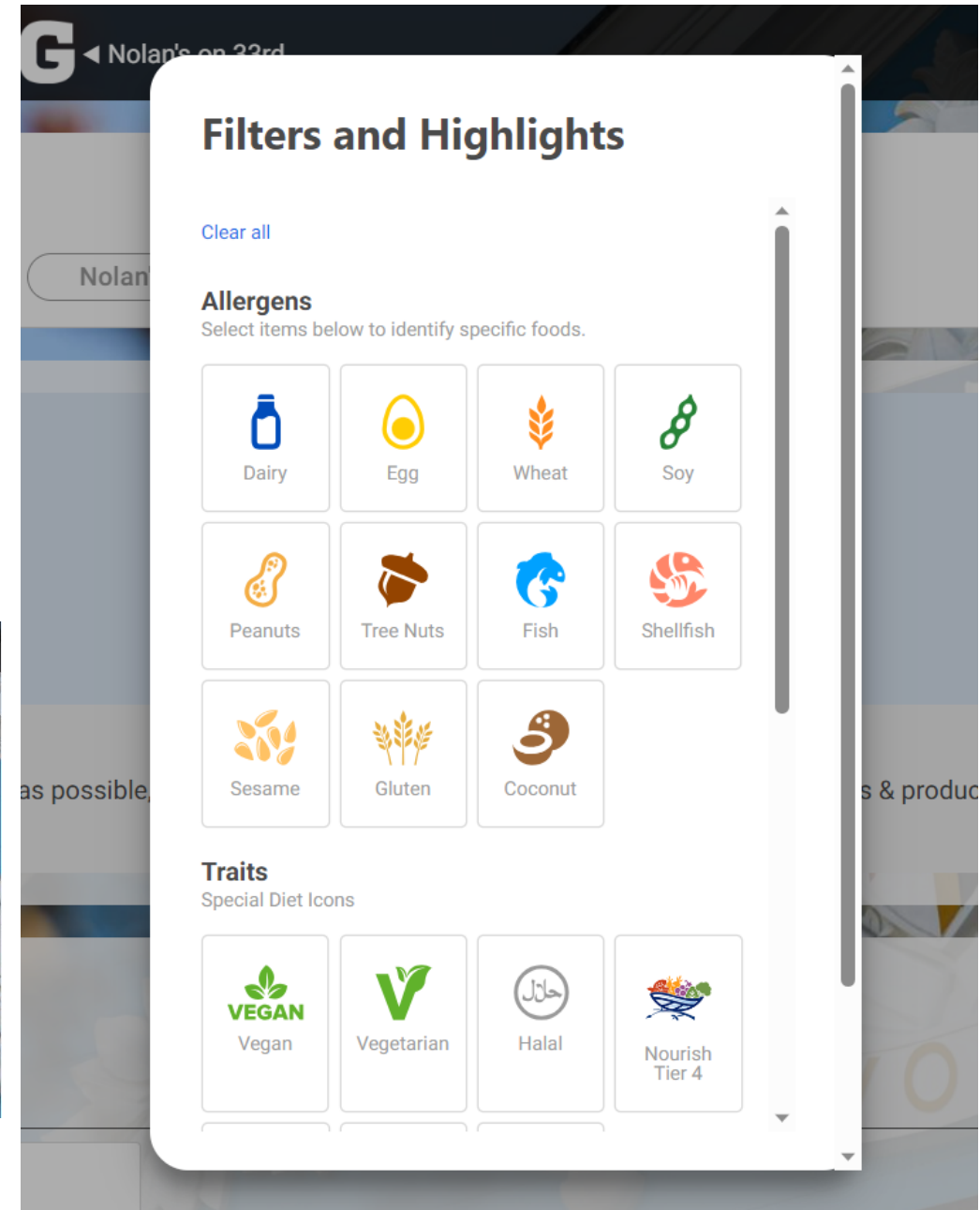
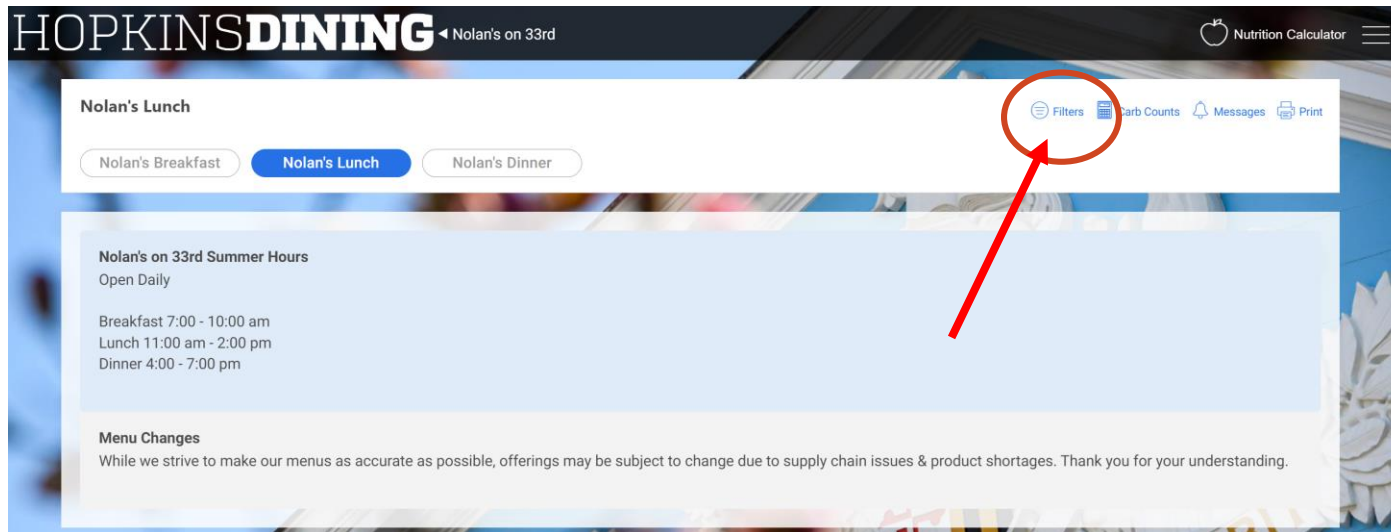


Pork

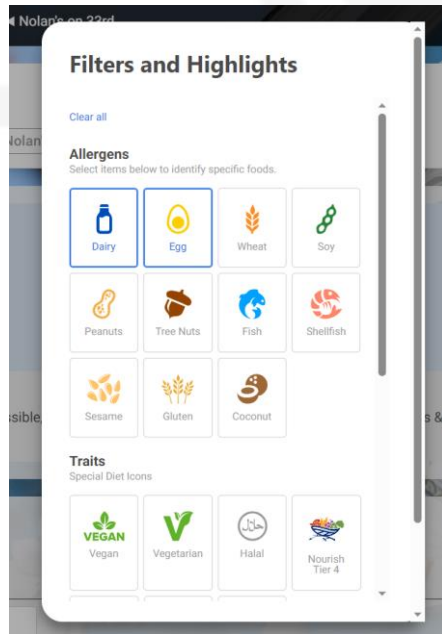


Allergen Filter

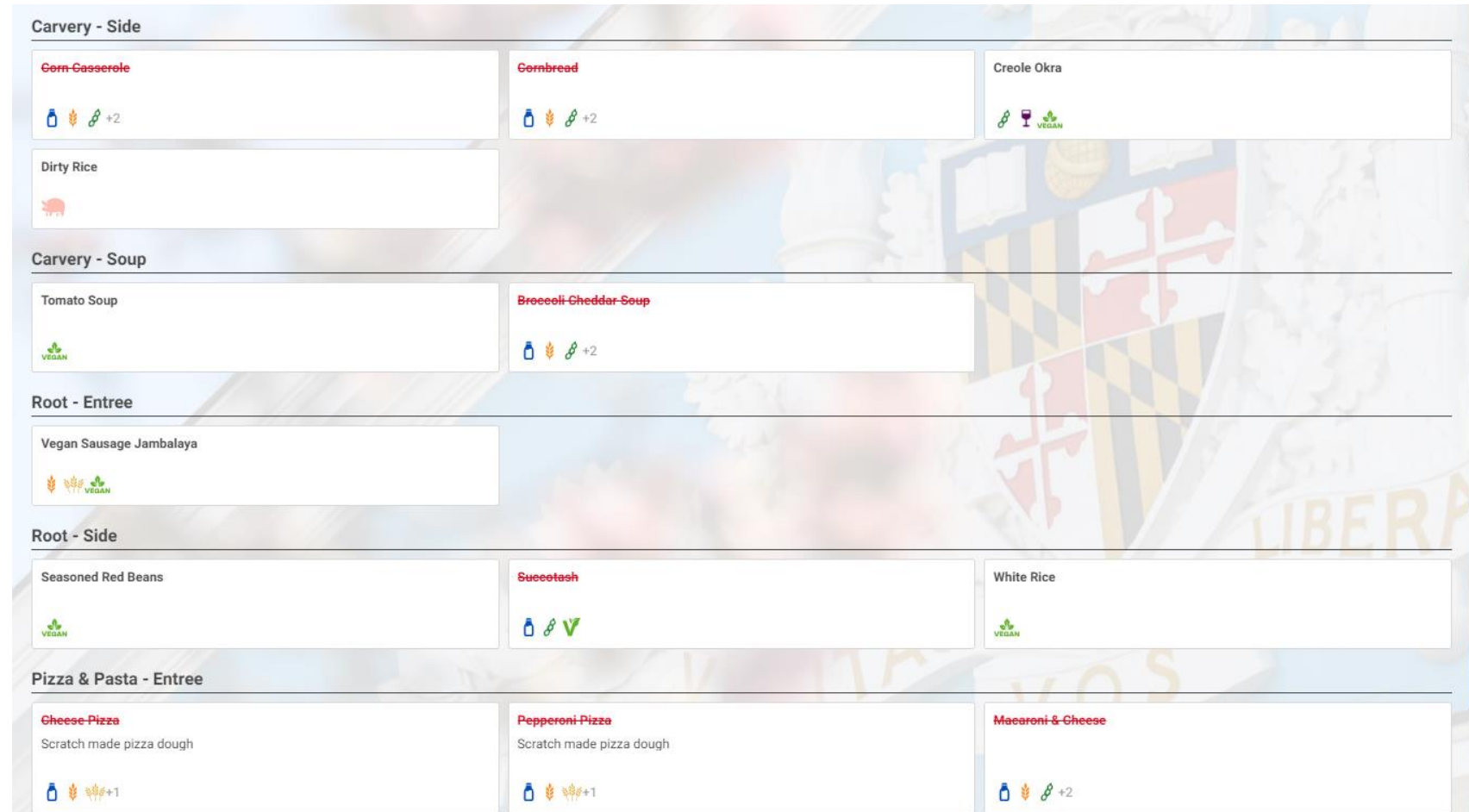
- Select “Filters”
- Then, select the appropriate allergens or dietary requirements



Allergen Filter: Example





In this example, dairy and egg were selected. All food items containing dairy and egg are shown with red text.





Nutrition Facts Example


Cornbread


Dairy


Wheat


Soy


Gluten


Vegetarian

Serving Size: 2 X2 Square
Calories: 91

Total Fat: 1.60g	Vitamin A: 0IU
Saturated Fat: 0.60g	Calcium: 0mg
Cholesterol: 0mg	Iron: 0mg
Sodium: 273mg	Vitamin C: 0mg
Total Carbs: 18g	
Protein: 1g	

Ingredients

Cornbread Mix ((Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Degermed Yellow Cornmeal, Sugar, Palm And Soybean Oil, Dextrose. Less Than 2% Of: Baking Soda, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate, Monocalcium Phosphate, Salt, Whey (Milk Protein), Wheat Protein Isolate, Soy Flour, Guar Gum, Xanthan Gum. Processed In A Facility That Also Handles Eggs.)), Water.





Coconut

- Hopkins Dining does not consider a coconut allergy under the umbrella of a tree nut allergy, since it is rare for tree nut allergens to cross-react with coconut. Coconut will be tagged separately from tree nuts. If an item contains coconut, it will be identified as containing coconut but not as containing tree nuts.
- If an item contains coconut oil, it will not be tagged since reaction to coconut oil is extremely rare.





Halal-friendly

- All fresh chicken products served are from certified Halal producers.
- Meat and poultry stock is not certified Halal.
- Food items that contain cooking alcohol will be identified as containing cooking alcohols and will not be tagged as Halal-friendly.
- Any food items that contain pork are not identified as Halal-friendly.





- Items are made without any of the following ingredients:
 - Dairy
 - Egg
 - Fish/shellfish
 - Honey
 - Meat
 - Poultry





Vegetarian

- Vegetarian-friendly items may contain dairy and egg products but may not contain any animal flesh including poultry, meat and fish/shellfish.





Alcohol

- Food items that contain alcohols, including cooking alcohols such as red, white or rice wine vinegars.





Food item fried in shared oil

- Food items are fried in a shared fryer and may contain additional allergens because of cross-contact.
- “Hand-cut French fries” are fried separately in a specifically designated fryer to prevent cross-contact from occurring. These fries are free of the top 9 allergens.



Allergen Disclaimer

- Please be aware that Hopkins Dining handles all top-9 allergens and other potential allergens in a shared kitchen environment. Products, ingredients, and recipes may change or come into contact with other allergens without our knowledge. Since we operate in shared kitchens, we cannot assure against the possibility of cross-contact. However, our staff are properly trained in food allergies and equipment is properly sanitized between use. Guests with food allergies should speak with dining services prior to dining in our facilities.



Questions?

- Please contact the Hopkins Dining Dietitian, Jacqueline Weiss (Jacqueline.Weiss@jhu.edu)

