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.
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

### Breakfast
- **Carvery - Entree:** Cajun Shrimp
- **Carvery - Side:** Corn Casserole, Dirty Rice
- **Carvery - Soup:** Tomato Soup
- **Root - Entree:** Vegan Sausage Jambalaya

### Lunch
- **Carvery - Entree:** Corn Casserole, Dirty Rice
- **Carvery - Side:** Cornbread
- **Carvery - Soup:** Broccoli Cheddar Soup
- **Root - Entree:** Vegan Sausage Jambalaya

### Dinner
- **Carvery - Entree:** Cajun Shrimp
- **Carvery - Side:** Corn Casserole, Dirty Rice
- **Carvery - Soup:** Tomato Soup
- **Root - Entree:** Vegan Sausage Jambalaya

### Late Night
- **Carvery - Entree:** Cajun Shrimp
- **Carvery - Side:** Corn Casserole, Dirty Rice
- **Carvery - Soup:** Broccoli Cheddar Soup
- **Root - Entree:** Vegan Sausage Jambalaya
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.
Allergen Filter

• Select “Filters”
• Then, select the appropriate allergens or dietary requirements
In this example, dairy and egg were selected. All food items containing dairy and egg are shown with red text.
Nutrition Facts Example

Cornbread

Serving Size: 2 X2 Square
Calories: 91
Total Fat: 1.60g
  Saturated Fat: 0.60g
Cholesterol: 0mg
Sodium: 273mg
Total Carbs: 18g
Protein: 1g

Vitamin A: 0IU
Calcium: 0mg
Iron: 0mg
Vitamin C: 0mg

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, are staff are properly trained in food allergies and equipment is properly sanitized between use. Guests with food allergies should speak dining services prior to dining in our facilities.
Questions?

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