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our commitment

The Table at Runk understands the complexities of learning to navigate dining on campus with food allergies. We want to be your partner managing food allergies/food-related medical conditions by providing you with the tools and support necessary to dine safely on campus. Our Registered Dietitian and Executive Chef work together to craft specific allergen friendly recipes and menus full of flavor, without sacrificing convenience.

Health and wellness is fundamental. The Table at Runk recognizes that health and wellness is universal but may look different for each guest. We feel communication and transparency are essential for you to nourish well on campus. We have a comprehensive program that supports accurate ingredient and nutrition information listed for each menu item.

We rely on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions, and cross-contact with allergens is possible, Harvest Table Culinary Group cannot guarantee that any food item will be completely free of allergens.

wholesome nutrition is essential to health & wellbeing. That's why we are committed to nourishing each and every guest by providing them with nutritionally balanced options that fit each and every need.

MATTHEW PAYSOUR, MPH, RD HARVEST TABLE REGISTERED DIETITIAN







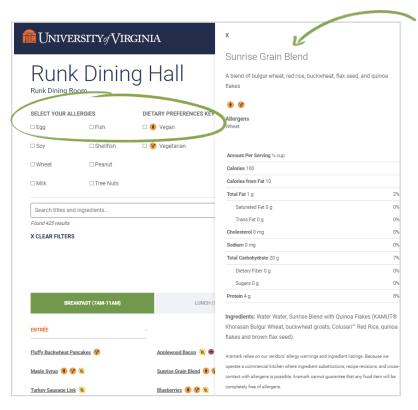




menu transparency

We provide you with the essential tools to make informed dining decisions.

Online interactive menus available at dining.virginia.edu are easily accessible from your computer or mobile device. You can view our daily menu offerings for all of The Table at Runk to help you plan out the week!



In-depth nutrition information

for each menu item, including a manufacturer-provided ingredient listing and allergen information. Click the menu item to access.

Dietary filters (circled at left) are available on all menus, to navigate the daily offerings based on your restrictions and/or preferences to easily access full ingredient listings for each item.

Allergen filters are available for all Top 8 Allergens. When selected, each menu item containing the chosen allergen will be automatically grayed-out for ease of searching dining options.

Dietary preferences, such as vegan, vegetarian, and made-without-gluten, are identified with icons on all digital platforms. When the preference filter is selected, all other options will be grayed-out.

Digital signage at each food station in our residential dining locations highlights basic nutrition information and indicates whether any of the Top 8 Allergens are present in each recipe.

Dietary icons identify menu items that are suitable for a particular dietary preference.





Vegan menu items contain no animal products of any kind. No meat, fish, poultry, eggs, dairy products, honey, or gelatin.



Vegetarian menu items contain no meat, fish or poultry. Can include eggs, dairy products, and honey.



Made Without Gluten menu items are made with ingredients that do not contain wheat or gluten.* We have implemented processes and procedures to minimize the risk of cross-contact.

*Refer to page 7.

This statement is present on each nutrition label and throughout our dining locations:

All recipes on residential menus are analyzed for nutritional content and ingredient statements as provided by our vendors and manufacturers. We work hard to provide accurate menu transparency throughout dining locations by aligning our efforts as a culinary team with our vendors.

Harvest Table Culinary Group relies on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions, and cross-contact with allergens is possible, Harvest Table Culinary Group cannot guarantee that any food item will be completely free of allergens.

If you have questions or concerns regarding menus, please contact the registered dietitian at paysour-matthew@harvesttableculinary.com.

safety at the table

Community dining is an important part of social interaction and relationship building on campus. We understand that this style of dining can be stressful for students with food allergies, since you are relying upon others to prepare your foods safely, and upon your peers to take precautions in order to prevent cross-contact at self-service stations.

Steps we take to reduce your risk of an allergic reaction:

- Requiring extensive and ongoing food allergy training for the entire dining team.
- Providing separate service utensils for each item and changing them frequently.
- Changing gloves and utensils between preparing recipes or different food items.
- Following recipes as written so as to not introduce any item that is not on the digital ingredient list.
- Performing frequent audits to ensure recipe adherence and assess production processes to prevent cross-contact.
- Continuously evaluating our processes and procedures to improve our operations.

Steps you can take to reduce your risk of an allergic reaction:

- Communicate with your dining team! We love getting feedback on what is working well and areas for improvement. You are the expert in your food allergy or dietary restriction, and you might offer a suggestion that can benefit yourself and other students on campus.
- Take caution with self-serve stations and don't be afraid to speak up! Whether it's asking an employee to change their gloves, utensils, or to retrieve a fresh pan from the behind the line, we're here to make you feel safe while dining on campus.

Check online menus at dining.virginia.edu before dining to identify foods that best accommodate your needs. If you have questions, email our Registered Dietitian, or ask to speak with the manager on duty.













Be your best advocate.

- **We love feedback!** If you have questions or concerns regarding the ingredients in a particular food or if you notice something that is problematic for your allergy, please contact our Registered Dietitian or ask to speak with the manager on duty so that we can promptly address your concern.
- Formulate a plan! Take a few minutes to create an emergency care plan (see removable card on page 8). Consider educating a trusted peer regarding your allergy and care plan, in case of an emergency. If you have been prescribed a medication or an EpiPen, carry it with you at all times.
- **Know the numbers!** If you are exhibiting symptoms of a suspected allergic reaction, including anaphylaxis, call 911 or indicate to someone nearby to call for you. Notify the dispatcher that an allergic reaction is occurring, and that responders must bring an epinephrine autoinjector. Be sure to follow your emergency care plan!
- **Follow up!** If you experience a suspected allergic reaction, first seek medical attention, then notify the Registered Dietitian or The Table at Runk management team as soon as possible so we can follow up.

allergen specifics

How we approach each of the Top 8 Allergens in our dining locations.



Peanut butter is served every day at our Produce Market station. Students with a peanut allergy are also advised to take caution with bakery items. Bakery items are produced on shared equipment with peanuts, and cross contact with peanuts is possible. Peanuts and peanut oil are not used as an ingredient in recipes at our Copper Hood, Entrée, Plant Power, Oven, Street Food Grill, and Deli stations.



Tree nuts are used in some of our dishes such as bakery and dessert items, and any menu items that contain coconut or coconut milk.



Fish entrees are an occasional menu offering, but other dishes may also contain fish sauce, Worcestershire sauce, curry paste, or Caesar dressing.



Shellfish as an ingredient is sometimes on the menu. Additionally, although not technically considered a shellfish allergen by the Food and Drug Administration (FDA), some dishes may contain mollusks such as clams, mussels, oysters, or scallops. Mollusks will be identified in the ingredient statements online, as provided by the vendor.

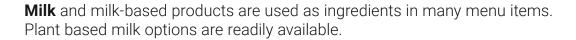


Soy and soybean oil are present in a large variety of products, most notably manufactured products and fryer oil. This item is flagged on digital platforms as provided by the vendor. Please note that the FDA exempts highly refined soybean oil from being labeled as an allergen.









Eggs are another common allergen that can be present in offerings such as baked goods, desserts, and mayonnaise. You are encouraged to check the ingredient information of items you wish to eat on our digital media.

Wheat is a common grain found across campus locations in pasta and baked goods, but may also be present in certain salad dressings, sauces, soups, and casseroles. **Gluten** is the protein found in wheat, barley, rye, and sometimes oats. You can find made-without-gluten items easily using the dietary filter and designated icon.

Because we operate a commercial kitchen where ingredient substitutions, recipe revisions, and cross-contact with allergens is possible, Harvest Table Culinary Group cannot guarantee that any food item will be completely free of allergens.



the copper hood

The Copper Hood is designed as a comprehensive solution to accommodate for all top 8 food allergens. Think of this as a kitchen-within-a-kitchen with dedicated chefs, cooking ware, serving ware, and even oven mitts set apart for specific needs. The Copper Hood can be found in Runk Dining Hall and is open for breakfast, lunch, and dinner 7 days a week. Menus with complete ingredient lists can be found on the website as well as digital signage in our restaurant.

resources

You have access to a team of experts that will ensure you have an enjoyable, safe dining experience on campus:

- Registered Dietitian Set up an individual appointment with Harvest Table's Registered Dietitian (RD). The RD is here to provide evidence-based nutrition recommendations that will help you navigate dining at our location.
- Chef de Cuisine Our Chef de Cuisine has years of training and experience working with individuals dietary restrictions and personal preferences. Do a quick meet and greet with Chef Thomas Byers to ask questions and address concerns regarding food procurement, preparation, and service standards.
- Culinary Team Our Registered Dietitian and Executive
 Chef will introduce you to location managers and sous chefs
 who can assist with day-to-day requests such as access to
 individually packaged foods to replace bulk items that have
 a higher likelihood of cross-contact (e.g., packets of cream
 cheese, jelly, or butter).
- Campus Health Services Be sure to reach out to campus health services and notify them of your allergy. Review our policies and procedures with your physician and know how to properly use prescribed medications to treat an allergic reaction.

Student Health & Wellness

studenthealth.virginia.edu | 434-924-5362

 Campus Disability Services – Alert disability services to your food allergy to begin discussions on how to navigate accommodation requests and additional resources while on campus.

Student Disability Access Center

studenthealth.virginia.edu/sdac | 434-234-5180



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THOMAS BYERS
Chef de Cuisine
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FOOD ALLERGY & ANAPHYLAXIS EMERGENCY CARE PLAN

Name:	D.O.B.:	PLACE PICTURE HERE	
Weight:Ibs. Asthma: ☐ Yes (higher risk for a severe rea	action) 🗆 No		
NOTE: Do not depend on antihistamines or inhalers (bronchodilators) to treat a severe reaction. USE EPINEPHRINE.			
Extremely reactive to the following allergens: THEREFORE: If checked, give epinephrine immediately if the allergen was LIKELY eaten, for ANY symptoms. If checked, give epinephrine immediately if the allergen was DEFINITELY eaten, even if no symptoms are apparent.			
FOR ANY OF THE FOLLOWING: SEVERE SYMPTOMS	MILD SYMPTOMS		
LUNG HEART THROAT MOUTH Shortness of Pale or bluish breath, wheezing, skin, faintness, throat, trouble swelling of the	NOSE House Itchy or runny nose, sneezing NOSE House Mouth Skin Skin A few hive mild itch	GUT s, Mild nausea or discomfort	
dizziness swallowing	FOR MILD SYMPTOMS FROM MORE THAN ONI SYSTEM AREA, GIVE EPINEPHRINE.		
SKIN Many hives over body, widespread redness SKIN Many hives over body, widespread redness SKIN GUT OTHER Feeling something bad is about to happen, anxiety, confusion Anxiety, confusion T. INJECT EPINEPHRINE IMMEDIATELY.	FOR MILD SYMPTOMS FROM A SINGLE SYSTEM AREA, FOLLOW THE DIRECTIONS BELOW: 1. Antihistamines may be given, if ordered by a healthcare provider. 2. Stay with the person; alert emergency contacts. 3. Watch closely for changes. If symptoms worsen, give epinephrine.		
Call 911. Tell emergency dispatcher the person is having anaphylaxis and may need epinephrine when emergency responders arrive.	MEDICATIONS/DOSES		
Consider giving additional medications following epinephrine: Antihistamine Inhaler (bronchodilator) if wheezing	Epinephrine Brand or Generic: Epinephrine Dose: 0.1 mg IM 0.15 mg IM 0.3 mg IM		
Lay the person flat, raise legs and keep warm. If breathing is difficult or they are vomiting, let them sit up or lie on their side.	Antihistamine Brand or Generic:		
 If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose. Alert emergency contacts. Antihistamine Dose: Other (e.g., inhaler-bronchodilator if wheezing): 			
Transport patient to ER, even if symptoms resolve. Patient should			

DATE

DATE

remain in ER for at least 4 hours because symptoms may return.

we're here to help!

If you have a severe food allergy, intolerance, celiac disease, or any other concern, please contact our Harvest Table Registered Dietitian for an individualized assessment of your dining options at our location.

Harvest Table Registered Dietitian paysour-matthew@harvesttableculinary.com

Campus Emergency Contact 911

In case of emergency, keep your completed care plan on you at all times, along with an Epi-pen if you have been prescribed one by your physician.



