

**St. Johns University Dining Services**

**Food Allergy & Special Diet Offerings**

**Meal choices for students with special dietary needs**

We know that it’s important for students to have confidence in the safety of meals available on campus. Food allergies or other dietary restrictions can make eating away from home a challenge. St. John’s Dining Service is committed to providing guests with safe, nutritious meals that can be enjoyed in a pleasant, community-oriented atmosphere. We like to work with students one-on-one to discuss their needs and develop an approach that works best for each situation.

Specially prepared allergen free meals are available at the Refectory by ordering online, while our retail operations (Sexton and Johnny Java) are continually adding new products to meet the changing dietary needs of our student body. We are able to provide meals that are safe from the most commonly known food allergens. Other food allergy needs are addressed on a case by case basis.

The most common food allergens responsible for 90% of all food allergy reactions are: milk, egg, fish, shellfish, tree nuts, peanuts, wheat (gluten, though not an “allergen” is included), soybeans (we list soy as an allergen – even for soy oil), sesame seed (not recognized by all facilities, but a rising concern).

**Specially Prepared Meals (pre-order)**

To preorder special diet meals, please contact Adria Gillitzer, Registered Dietitian Nutritionist at [agillitzer@csbsju.edu](mailto:agillitzer@csbsju.edu) to gain access to the online ordering form.  This option is offered to students that are registered with the Student Accessibility Service department and meet medical documentation that warrants the special meal.  Meals are prepared simply and under strict conditions to minimize cross contact, available to pick up during breakfast, lunch and/ or dinner. Please note that a 48 hour notice is required.

**Foods Available in Normal Service**

SJU Dining Services continually examines our day to day menus to increase the available options for students with dietary restrictions. Refectory and Sexton menus are available online at: <http://www.csbsju.edu/sju-dining-service>. SJU Dining Services does not currently post nutritional information for these three reasons:

*ACCURACY***.** The Refectory is an all-you-care-to-eat dining facility and many of our items are made to order and customizable. This model increases customer satisfaction and also helps us control food waste since customers are able to take as much (or as little) of an item as they'd like. But this also means that portion sizes are not consistent, and consequently the nutritionals vary considerably. It would be infeasible to post nutrition information for all portion sizes (i.e. a smaller piece of fish, just half a sandwich, extra cheese, etc.)

*VARIABILITY***.** We buy food from many different vendors. Over the summer and fall months we buy produce directly from local growers. The SJU greenhouse provides us with lettuce throughout the winter. Sometimes we buy the same types of items from many different vendors to get a better price or to create diversity in our menus. We strive to provide a variety of healthy and tasty foods to our customer, which means that we use literally hundreds of recipes. (Some of these recipes even come from the kitchens of our own students and staff during our Home Sweet Home recipe contest!) So nutritional information could become inaccurate or outdated.

*RESPONSIBILITY*. The National Association of Anorexia Nervosa and Associated Disorders has reported that approximately 20% of American college students have or have had an eating disorder (anorexia, bulimia, and/ or binge eating disorder) at some point in their life. For the CSB/ SJU student community, many students could potentially be struggling with an eating disorder at any point during their college years. As eating disorders are a serious mental and physical health concern, we do not feel that it is appropriate to display nutrition information to college-aged students that are more susceptible to restrictive eating habits.

However, each student is responsible for deciding their own level of comfort when selecting foods. Many students with dietary restrictions appreciate the flexibility in our daily foods provided on our service lines. We have trained our staff to provide our customers with direct access to our cooks and Dietician when questions arise about foods being served.

**Professional Guidance**

Students with special dietary needs have the option of contacting our Dietician, Adria Gillitzer for help in navigating the options available in the refectory. Students with dietary restrictions are also encouraged to meet our managers and cooks who will be involved in their meal preparation. Our culinary staff wants all customers to have the best food experience and put in special efforts to ensure that our customers have excellent service.

**Gluten Free Options\***

The Refectory has a station that is dedicated to gluten-free baked goods, cereals and condiments. Also the entire short side of the salad bar (labeled as “gluten-free friendly” contains salads and food items that do not include wheat or wheat gluten. If you have questions or concerns regarding to certain items on the regular lines, please ask our staff or contact our dietitian. We also offer gluten- free menus for catered meals. Sexton Commons has many prepackaged items that display ingredient information, including the presence of gluten and other allergen ingredients.

\*Please note that the Refectory is an all-you-care to eat facility, and both Sexton and the Refectory use gluten-containing ingredients. Although we try our best to minimize it, cross- contact of food and potential allergens can occur.

**SJU Dining Service Allergy Safety Program Components**

• Training –annual food allergy training for SJU Dining Service staff

• Food Handling & Sanitation –ServSafe training is required for all SJU Dining Service employees and we have a certified MN Department of Health Food Manager on staff at all times

• Student responsibility – education, information, communication

• Collaboration with Student Accessibility Services and Residential Life

**Privacy**

We respect your privacy. Allergy or dietary restriction information is shared only with staff members directly involved in the preparation of your meals.

**Where do I get started?**

Students, staff, faculty and visitors with special dietary needs are encouraged to contact Adria Gillitzer, our Registered Dietitian Nutritionist at [agillitzer@csbsju.edu](mailto:agillitzer@csbsju.edu) or (320) 363 3489 as soon as possible to learn more about how we can meet your specific dietary needs. The department of Student Accessibility Services also has resources for students, they are available at: <http://csbsju.edu/student-accessibility-services>

For more information please visit the SJU Dining Service’s [Nutrition and Allergy Information](https://www.csbsju.edu/sju-dining-service/nutrition-information) (<https://www.csbsju.edu/sju-dining-service/nutrition-information>) or contact Adria Gillitzer, the Dining Service’s Registered Dietitian Nutritionist at [agillitzer@csbsju.edu](mailto:agillitzer@csbsju.edu) or (320) 363 3489