



The Marketplace offers gluten-free options upon request, including pasta, bread, desserts, and more!

In addition to gluten-free choices, we offer soy milk in vanilla and chocolate for those with lactose intolerance.

Vegetarian and vegan options are available daily for lunch and dinner at The Marketplace and Student Union restaurants.

For additional information, review FARE resources (Food Allergy Research & Education) .

www.foodallergy.org

Questions or concerns?

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Give us a call or stop in to see us!

Dietary Tips for Living with Food Allergies



Gluten Intolerance

Many healthy and delicious foods are naturally gluten-free:

- Beans, seeds, nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry
- Fruits and vegetables
- Most dairy products

It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives.

Many grains and starches can be part of a gluten-free diet:

- Amaranth
- Arrowroot
- Buckwheat
- Corn and cornmeal
- Flax
- Gluten-free flours (rice, soy, corn, potato, bean)
- Hominy (corn)
- Millet
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

Avoid all food and drinks containing:

- Barley (malt, malt flavoring and malt vinegar)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

Common Food Allergies

Food allergies may affect as many as 220 to 520 million people worldwide, with the majority of those sufferers being children. It is estimated that more than 12 million Americans have diagnosed food allergies.

A mere eight foods are responsible for 90 percent of food allergies in North America:

- Cow's milk
- Eggs
- Peanuts
- Fish
- Shellfish
- Tree nuts
- Wheat
- Soy

Dining with Allergies

The best way to prevent an allergic reaction is to avoid the allergen. There are a variety of methods to keep safe in the Marketplace:

- Reading nutritional info on the card accompanying a dish in the Marketplace
- Asking any server for allergy information
- Meet with our chef to talk about dietary needs
- Email our staff with questions or concerns

In the case of an allergic reaction, notify staff immediately. If prescribed with allergy medication, make sure you have it on you and know how to administer it. A medical ID bracelet is recommended for those with severe allergies, aiding staff in identifying any medical issues the wearer may have.

Look for these symbols to help identify food choices that reflect your needs



Mindful



Vegetarian



Vegan



Whole Grain



Local



Organic

Please let us know of any dietary restrictions so we can help you have a safe and satisfying dining