Eating Peanut and Tree Nut Free at UMass Amherst

UMass Mission:

To contribute to the campus life experience by providing a variety of healthy and flavorful meals featuring local, regional, and world cuisines in a sustainable and environmentally conscious manner.

Dietitian's Message:

For students, it is important to eat well in order to excel in your studies. UMass Dining looks forward to assisting you in eating a variety of safe foods regarding your special dietary needs. As the department Dietitian, I can help tailor your diet to ensure that you eat well-balanced meals without any cross contact issues. I would be happy to personally guide you through the process of selecting foods that are safe for you.

My interest in helping you with your dietary needs is both professional and personal. I have immediate family members with severe food allergies, so I understand the difficulties and constant worries of avoiding life-threatening ingredients. At UMass, we believe your biggest focus should be on academics. I hope that our accommodations will take away some of your worries and allow you to just enjoy the food, stress-free. With over 22,000 students on the meal plan, I have assisted many, and I look forward to assisting you!

Peanut/Tree Nut Allergy/Intolerance Tips

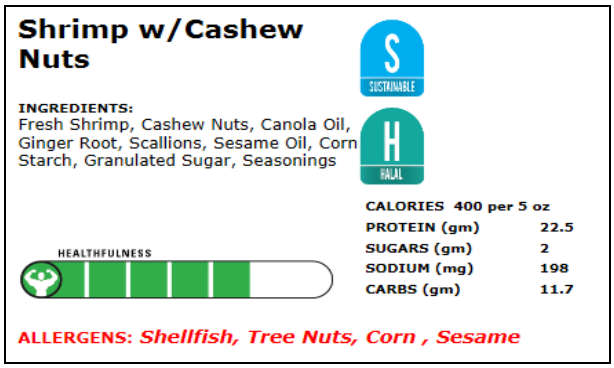
- **Nutrient Analysis, allergens and ingredients** of the dining commons recipes are available on our website. Instructions on navigating through the web are included in this brochure.
- **Airborne Sensitivity:** Please be sure to inform the UMass Dining Dietitian/staff if you have an airborne sensitivity as occasionally we have specials with nuts (in one or two of the four dining commons at the same time). The dietitian can be reached at dietitian@umass.edu or 413.545.2472.
- **Items from kitchen:** If you see an item with peanuts and/or tree nuts next to the food you want at a station and worry about cross contact, please ask the staff to get a portion from the kitchen for you.
- **Fresh Ground Peanut Butter:** Peanut grinders are in each of the four dining commons. Please inform management staff if you have an airborne sensitivity.
    - Berkshire, Hampshire, Worcester (Dining Room)
    - Franklin (Behind serving line)

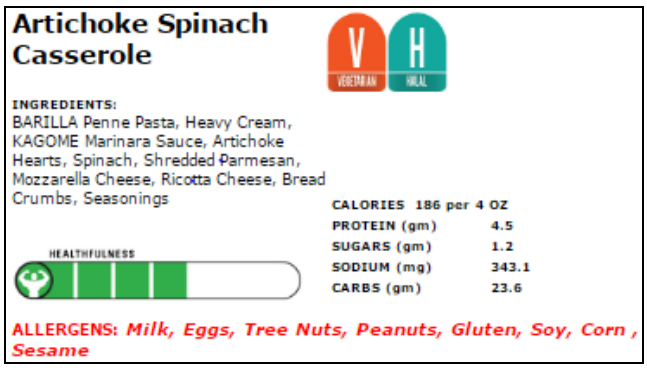
- **Green Pesto Sauce** is nut-free. We changed the brand to be nut free. However, the sundried tomato and red pepper pesto sauces do contain nuts. All pesto sauces do have the tree nut allergen in case of a substitution. You can request to look at the ingredients of the green pesto sauce to verify that it is nut free.
- **Desserts:** Many desserts do contain nuts. You can find out the type of nut on the menu identifiers, web site, or app by viewing the ingredient listing. UMass Dining is also doing their best to list the type of nut on the menu name.
- **Ice Cream:** Avoid the hard ice cream at Franklin DC as the same scoops are used for all ice creams. If you want hard ice cream, ask the staff to get a new container from the kitchen. All DCs serve soft ice cream and/or frozen yogurt which are available on a daily basis.
- **Ice Cream Toppings:** The staff does try to separate nut free toppings from nut toppings, but cross contact can still be an issue. If you would like sprinkles, Oreo Cookie Crumbs, Hershey's chocolate chips, or other nut free toppings, please ask the staff. They will get the product from an unopened container to ensure no cross contact.
- **Dried Apricots** may contain peanuts and/or tree nuts.
- **Brownie** mix is manufactured on equipment with wheat, milk, eggs, soy and **tree nuts**.
- **Salad Bar:** Please do not hesitate to ask for items from the kitchen if you fear cross contact of items when nuts are present.
- **Cream Cheese and Jelly:** Peanut butter, cream cheese, and jelly may be in the same area as nuts and there is a possibility of cross contact. UMass Dining does have pre-packaged jelly and cream cheese for Grab n'Go so do not hesitate to ask for either item.
- **Asian/Street Food Stations:** Be aware that peanuts and/or tree nuts may be in some dishes at these stations. If you want a dish from this station, please ask the staff to make you one separately so no cross contact occurs.

Menu Identifier (Line Signs) on the Serving Line

The menu identifier lists the following:

- Name of the recipe
- Appropriate icons (local, sustainable, vegan, vegetarian, halal, whole grain, antibiotic-free)
- Nutrient analysis for one serving
- The allergens in the recipe
- Healthfulness Factor: more color in the bar indicates healthier food





- Menu identifiers only include the main ingredients in the recipe. It does not list ingredients to items such as breads, sauces, baking mixes, etc. For the full list of ingredients refer to the website or the app. For example:

Shrimp w/Cashew Nuts:

INGREDIENTS: Fresh Shrimp, Cashew Nuts, Canola Oil, Ginger Root, Scallions, Sesame Oil (Roasted Sesame Seeds), Corn Starch, Granulated Sugar (100% Cane Sugar), Kosher Salt
ALLERGENS: Shellfish, Tree Nuts, Corn, Sesame

****Please note that FARE does identify coconut as a tree nut. UMass Dining does not identify coconut as a tree nut as a coconut is actually a seed.

Download the new UMass Dining App!

- Access your favorite dining locations with daily menus, operating hours, and real time traffic reports
- Plan your menu based on allergens and dietary preferences
- And many other features!

Peanut Allergies*:

- A peanut is neither a nut nor a pea. Peanuts grow from the ground and are actually considered legumes (beans).
- Peanuts are not the same as tree nuts (walnuts, almonds, cashews, pistachios, etc.)
- Be careful to distinguish between a peanut allergy and a tree nut allergy.
- Peanut allergies are one of the most potentially dangerous food allergies.
- Peanut proteins are often found in unexpected food sources, including Asian foods, candy, chili, soups, baked goods, marzipan, and other sweets.
- Some individuals may also develop a reaction simply by inhaling the aroma of peanuts.
- Watch out for the following when reading ingredient lists and labels on food packages. Keep in mind that this is not a complete list:

Arachis oil	Peanut butter
Ground nuts, ground peanuts	Peanut butter chips
Imitation walnuts or almonds	Peanut extract
Mixed nuts*	Peanut flavoring*
Mixed nut butters	Peanut flour
Nut butters*	Peanut oil
Nut extracts*	Ground nut oil
Nut flavorings*	Peanut syrup
Peanuts	Satay sauce*

***May contain peanuts**

Tree Nut Allergies*:

- Tree nuts are classified as nuts that grow on trees. These include nuts such as walnuts, almonds, cashews, chestnuts, and pistachios.
- Tree nuts are used in many foods, including barbecue sauces, cereals, crackers, salad dressing and ice cream.
- Artificial nuts can be peanuts that have been de-flavored and re-flavored with a different nut, like pecan or walnut.
- Avoid natural extracts, such as pure almond extract, because they may also trigger allergic reactions. If desired, you can try imitation or artificially flavored extracts.
- Watch out for the following if you have a nut allergy. Keep in mind that this is not a complete list.

Almonds	Hickory nuts
Artificial nuts	Lychee nut
Beechnut	Macadamia nuts
Brazil nuts	Marzipan (almond paste)
Cashews	Nangai nut
Chestnuts	Nougat
Chinquapin nut	Nu-Nuts ® artificial nuts
Coconut	Nut meal
Filberts/hazelnuts	Nut butters (cashew/almond)
Gianduja	Nut milks (almond milk)
Ginko nut	Nut pastes

*A special thanks to Julia Salomon, MS, RD for giving permission to reprint this material.

Safe Nut-free Chocolate: Purchase peanut and tree nut chocolate at Vermont Nut Free: www.vermontnutfree.com

Eating out at a Restaurant:

If you are dining out to a restaurant, you can create a chef card and adjust accordingly to your allergies and reactions:

I have a **life threatening food allergy to peanuts, peanut oil and tree nuts** (walnuts, cashews, pine nuts, almonds, etc.). Please inform me if any food I ordered contains any of these allergens (nuts/peanuts). Cross contamination of utensils, gloves and equipment can cause me to have a **fatal reaction.** Thank you very much.

Name (gives reference to chef/manager)

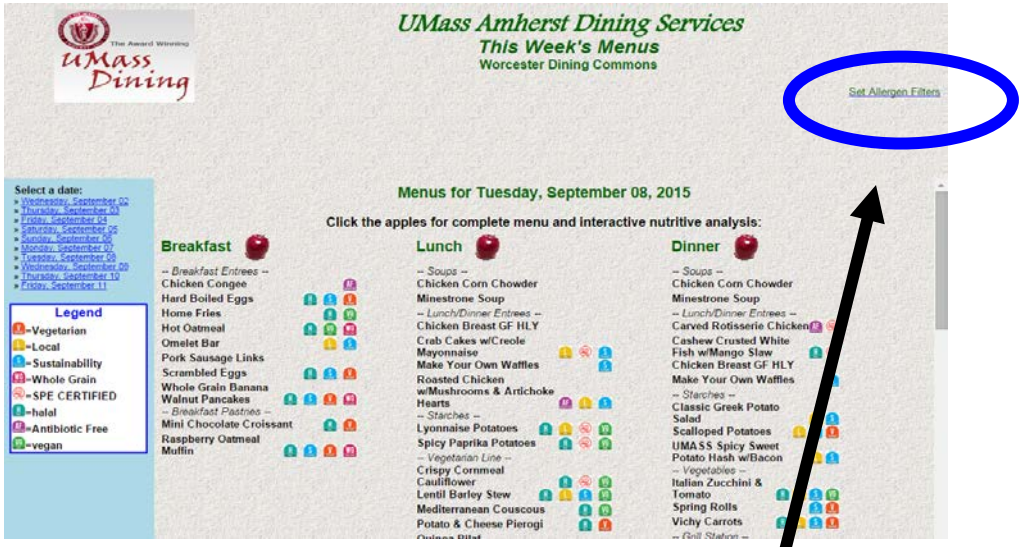
If you have any questions or concerns, please ask the cashier to radio the management staff on duty so they can assist immediately

Navigating the UMass Dining Web site www.umassdining.com

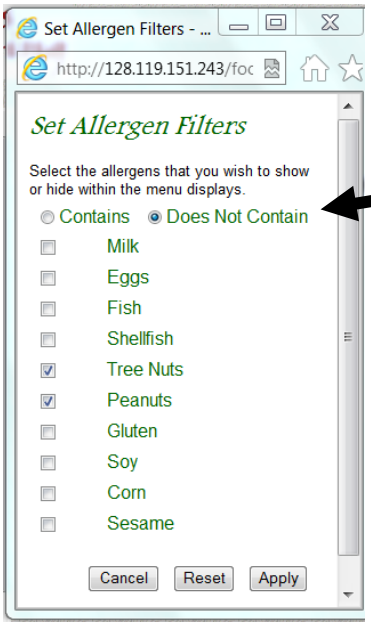
- ***For nutrient analysis, ingredients and allergens for ONE ITEM:***
  - Click on the Nutrition tab
  - Click on Nutrient Analysis under "UMass Nutrition" on the top left
  - Scroll to the bottom of the page and click on "here"or "click here to enter the Nutrient Analysis website"
  - Select a dining common
  - Select a day from the column on the left side of the page
  - Click on the apple by the meal desired 
  - Click on an underlined item to see the ingredients, allergens and nutrients

- ***For nutrient analysis for ONE MEAL.***
  - Click on the Nutrition tab
  - Click on Nutrient Analysis under "UMass Nutrition" on the top left
  - Scroll to the bottom of the page and click on "here" or "click here to enter the Nutrient Analysis website"
  - Select a dining common
  - Select a day
  - Click on the apple by the meal desired 
  - Click box to left of items that you plan to eat and indicate quantity (to right of name of recipe) for each item planning to consume
  - Scroll down and click "Report" to get the nutrient analysis of an entire meal. You can also click on underlined items on this page to see ingredients, allergens and nutrient information for each item.

Allergen Filter on the web menu: This allows you to include or exclude one or more of the major allergens. With this great feature, you do not have to click on each menu item to check ingredients or allergens.



Click here to set the Allergen Filter



Click on "Contains" or "Does Not Contain"
Click on one or more allergens
Click on "Apply" to set

It is important to see what contains peanuts and/or tree nuts as a recipe may be modified for assisitance to meet your needs. Please ask our management staff.

Disclaimer

The possibility exists that manufacturers may change their formulation without our knowledge. UMass Dining Services will assume no liability for any adverse reactions that may occur in the Dining Commons.

Updated January 2018

UMass Dining Bill of Rights Regarding Special Dietary Needs

You have the right to:

1. A high quality education experience without anxiety regarding your special dietary needs.
2. An excellent dining experience where you feel comfortable eating without fear of getting a reaction.
3. Meet with the dietitian for a free consultation by contacting her: 413.545.2472 or dietitian@umass.edu.
4. Customize dishes made to your dietary specifications. To better serve you, UMass Dining can take phone orders if you are in a hurry.
5. Accurate and easy-to-understand information regarding food allergies, intolerances and/or special dietary needs.
6. Confidence that the UMass Dining Staff are certified in food allergy training and are knowledgeable about ingredients served in foods.
7. Respect and understanding from UMass Dining Staff regarding your food allergies, food intolerance and/or special dietary needs.
8. Timely answers regarding any ingredients and its safety to your specific diet.
9. Confidence that your food is properly labeled and no cross contact of ingredients occurs.
10. A safe, clean and welcoming environment to dine.

The goal of UMass Dining is to build a community around our customers to improve quality of life on campus.

Best Practices and Resources

1. Please introduce yourself to the management staff at the dining commons. We are happy to assist you.
2. We welcome any questions, comments and concerns to our staff to ensure your safety, health and well-being.
3. We put your health and well-being first and we are more than happy to modify recipes to meet your needs. All you have to do is ask.
4. If food needs to be prepared separately, please communicate with the staff in advance. You can even call ahead. Below are phone numbers to best contact our staff:
    a. Worcester DC: 413.545.0302
    b. Franklin DC: 413.545.5373
    c. Hampshire DC: 413.577.5160
    d. Berkshire DC: 413.545.1175
5. If you are prescribed an epinephrine auto-injector pen, UMass Dining recommends that you carry epinephrine with you at all times.
6. Our Dietitian, Dianne Sutherland, and management staff are always at your disposal for a consultation. Contact the dietitian at dietitian@umass.edu or 413.545.2472 or ask to speak to a manager while at the dining commons.
7. We recommend that you notify University Health Services of your allergies so they have a record in case of a reaction. Please call 413.577.5000 to set up an appointment.
8. We recommend that you register with Disability Services. You can contact them at notify@admin.umass.edu or 413.545.0892.
9. If a food allergy reaction does occur, the UMass Health Inspector and UMass Dining does a complete investigation. Policies and procedures are adjusted to prevent a reaction from occurring in the future.