



# RESOURCES FOR STUDENTS WITH DIETARY RESTRICTIONS

*University Housing Dining Services*



## MEET OUR REGISTERED DIETITIAN NUTRITIONIST

**Erica Nehrling, MS, RDN, LDN** is the administrative dietitian for University Housing Dining Services. Erica received a bachelor of science degree in dietetics from the University of Georgia and a master of science degree in nutritional sciences from the University of Illinois. Erica is an expert on food allergies and intolerances and enjoys arranging accommodations students with food allergies and intolerances. Erica also has food allergies and intolerances herself, thus understands them on a personal level.

Contact Erica:  
[nutrition@housing.illinois.edu](mailto:nutrition@housing.illinois.edu)

## INCLUSIVE SOLUTIONS

If you are a meal plan holder, and your allergy or intolerance is severe in nature or you are concerned about cross-contact, you can enroll in the Inclusive Solutions program.

This free service provides an online menu allowing students to order entrees, sides, breakfast items, and some desserts 60 minutes prior to arrival in the dining hall. This system works for any dining hall during normal operating hours. Meals are prepared in a each hall in separate allergy-friendly area with special cleaning and preparation protocols and is staffed only by our Dining Allergy Team.



Additionally, University of Illinois at Urbana-Champaign is a member of the FARE (Food Allergy Research & Education) College Program. All staff receive allergy training annually; however, the Dining Allergy Team obtains additional allergy training, including MenuTrinfo AllerTrainU.

To join Inclusive Solutions, contact the dietitian, and you will be instructed on the one page DRES (disability resources and educational services) application, and will need a signed note from the doctor (MD or OD only) on the doctor's letterhead including, name, date of birth, diagnosis, diet required, and if cross-contact is a consideration.

## NAVIGATING THE DINING HALLS

We make >90% of our food from scratch and have a culinary-trained chef in each location! All of our foods have been prepped on clean equipment with clean utensils and gloves with cross-coct in mind. However, there is still the risk of cross-contact, especially that introduced by customers during self-service. Please enroll in Inclusive Solutions if you are concerned with cross-contact.

## HELPFUL TOOLS

### UI DINING APP

This free app helps students navigate the dining halls, find favorite dishes, and view allergy information for each dish.



- Dining locations and schedules
- Map of locations
- Nutrition and allergen information
- Menu search feature so you can find where and when specific dishes are being served
- “Remember Me” feature in MyDining, so you can stay logged in for up to a semester at a time

### EATSMART TOOL

This online menu includes much of the same information that the UIDining App includes and also has the full list of ingredients for each dish. That way, if you are trying to avoid a food that is not one of the allergy filters on the app, you can look at the ingredient list.



Features include:

- List of menu options at each dining location
- Ingredient lists and nutritional information of foods
- Allergen information

### GLUTEN-FREE CORNER

Each dining hall offers the following gluten-free products:

- Udi’s whole grain and white bread
- Udi’s hamburger and hot dog buns
- Udi’s plain and cinnamon raisin bagel
- Udi’s cookies, muffins and brownies
- EnerG bread (vegan, gluten-free)
- Food for Life brown rice tortillas
- Various Enjoy Life products
- Rice Chex
- Lucky Charms
- Honey Nut Cheerios



Additionally, various gluten-free items can be found in a la carte/retail locations.

## VEGAN



Vegan fare is served regularly in all of the dining halls. Additionally, specialty restaurants focusing on vegan/vegetarian fare are as follows: Field of Greens, LAR, Monday-Friday at lunch, and Leafy, LAR, Wednesday at dinner. Additionally, the venue Soytainly in Ikenberry serves a vegan entrée, side, salad, legume, grain, and dessert daily at lunch and dinner. Each dining hall also offers the following vegan items in a special refrigerator:

- Bragg’s Liquid Amino Acids
- Nutritional yeast
- Ground flaxseed
- Just Mayo vegan mayonnaise
- Tofurkey Oven Roasted Deli Slices
- Yves Meatless Deli Ham Slices
- Tofutti Cream cheese
- Tofutti American cheese slices
- Tofutti Mozzarella cheese slices
- Daiya vegan yogurt
- Almond Breeze almond milk (vanilla, chocolate, original)
- Rice Dream rice milk (original, vanilla)
- Earth Balance vegan, soy-free buttery spread
- Silk Soy milk (vanilla, chocolate)