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**THERE IS
FOOD
FOR YOU**
too!

Navigating
ALLERGENS &
DIETARY PREFERENCES
FOOD INCLUSIVITY GUIDE



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INTRODUCTION

Dear Guest,

At **LUXELIFE™** Campus Dining, our pride is in our ability to offer a campus dining experience that is beyond exceptional for each student, faculty and staff member, and guest. It is our honor to be able to contribute to the campus community and enhance the everyday experience through delicious meals, warm service, and welcoming spaces.

We've provided this guide as a tool for guests looking to plan their dining experience, and we look forward to helping you make the most of everything our program has to offer.

Sincerely,
LUXELIFE
CAMPUSDINING



The History of Food Inclusivity

LUXELIFE™ Campus Dining has prioritized offering a fresh and diverse menu across every campus dining location throughout the sector since our inception. Each semester, as we reformulate the dining hall menu we take into account the needs of students and guests and work hard with our team of culinary experts to create an expansive menu that continues to meet the ever evolving needs of our community.

Although fresh food and diverse flavors has been our commitment for over 20 years, Food Inclusivity™ was a program launched in 2021 as a response to a focus group where students and guest reported being unable to meet their dietary needs on campus. Piloted at Norfolk State University, our Food Inclusivity™ campaign has become our promise to offer a a diverse menu and educate our guests on how to utilize our meal offerings to best meet their needs.

Our promise to each and every student and guest in our facility is that regardless of any allergy or dietary preference, There Is Food For You, Too!





There's Food For You, Too! **Our Philosophy on Food Inclusivity**

Food Inclusivity™ is a term coined to describe our philosophy of culinary diversity, which takes into account the needs and preferences of our campus communities and promises that eating on campus will be an inclusive experience with dining options for everyone.

With this, we've expanded this program to offer a variety of ways to ensure that each guest is able to find the dining options that work for them.

Guests can look at digital menu screens to see which items contain the top nine allergens or which items are vegan and vegetarian.

On your campus dining website, you can fill out the form to notify your local dining team of any allergies or dietary preferences. In addition, you can also schedule virtual or in-person meeting with your local culinary teams.



Finally, we want to be sure that each guest has the ability to find what they need in their local dining facilities when they need it. This guide will educate you not only on how to manage the top nine allergens for yourself, but how we handle allergens and dietary preferences on campus, in addition to where you're most likely to find meals that meet your needs and where you can find them.





What is an allergy?

A food allergy is a specific type of adverse food reaction involving the immune system. The body produces an immunoglobulin, antibody in response to a food. An allergic reaction ensues once a specific food is ingested and binds with the IgE antibody. Most food allergies are caused by certain proteins. According to the Centers for Disease Control and Prevention (CDC), food allergies are a growing food safety and public health concern that affects 6% of adults.

The Importance of Allergen Awareness on College Campuses

Defending against any exposure to allergens is particularly important on college campuses, as research shows traditional college-aged students “may be at higher risk for more severe food-allergic events based on several behavioral determinants”. College students may exhibit risk-taking food behaviors due to a number of factors, including age-appropriate risk-taking predilection, strong social influences, and lack of experience in self-advocacy. Having to disclose an otherwise invisible condition repeatedly in a new environment may also lead to “disclosure fatigue,” creating an additional barrier to self-advocacy.

Healthcare professionals agree that the ideal plan of action for preventing food allergen exposure places emphasis on the young adult taking responsibility for their medical care, while receiving continued support from clinicians, caregivers, and campus staff.

Our goal with this allergen guide is to give students the information necessary to take responsibility for their dining experience without having to disclose medical information when possible and support those who are willing to disclose with open lines of communication to campus staff.

What are “The Big Nine”?

As a part of our allergen and nutritional education program, we utilize menu icons to denote the “Big Nine”. The nine leading causes of food allergies identified in the US are **milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame**.



Milk & Lactose Intolerance Cow's milk is a common allergen that can cause serious reactions like hives, stomach upset, vomiting, or even anaphylaxis in those with dairy allergies. Lactose intolerance, while not an allergy, causes digestive issues due to a lack of the enzyme needed to break down milk sugar. Any menu items containing milk or dairy will feature the icon in the top left.



Eggs Egg allergies occur when the immune system reacts to proteins in egg whites or yolks, leading to symptoms like hives, stomach cramps, or anaphylaxis. While eggs are a common ingredient, we avoid using them when possible. Look for the egg icon on the menu to identify items that contain eggs.



Fish Fish is one of the Big Nine food allergens and can cause severe allergic reactions, including hives, nausea, difficulty breathing, or anaphylaxis. Even trace amounts can be harmful to those with fish allergies. Look for the fish icon on the menu to identify items that contain fish. Due to the severity of many fish allergies, please don't hesitate to notify your local dining leadership of this allergen.



Peanuts Peanuts are a major allergen and can trigger serious reactions, including swelling, hives, digestive issues, or life-threatening anaphylaxis. Because even small amounts can be dangerous, all menu items containing peanuts are clearly marked with the peanut icon. Due to the severity of many peanut allergies, please contact your local dining team to alert them as well.



Shellfish Shellfish allergy is an immune system response to proteins found in shellfish, including both crustaceans (shrimp, crab and lobster) and mollusks (oyster, scallop, clam). Symptoms of a shellfish allergy can range from mild hives to more severe reactions such as difficulty breathing and anaphylaxis. Individuals with shellfish allergies should avoid not only the actual shellfish but also any products or foods that may have come into contact with them, as cross-contamination can occur during preparation or cooking.



Tree Nuts Despite their name, tree nuts are not actually nuts but rather seeds enclosed in a hard shell or woody fruit. While an individual may be allergic to one tree nut, it does not guarantee they are allergic to all types. Common tree nut allergies include almonds, cashews, walnuts, hazelnuts and pistachios.



Wheat or Gluten Wheat allergies occur when the immune system negatively reacts to ingested wheat or products containing wheat. Symptoms may include hives; itching or swelling of the lips, tongue, or throat; difficulty breathing; abdominal cramps; nausea or vomiting; diarrhea; and, in rare cases, anaphylaxis. Wheat allergy sufferers should avoid foods such as bread, pasta and cereal. Alternative grains like rice, oats and quinoa can be suitable substitutes for wheat-containing products.



Soybeans For individuals with soybean allergies, several alternatives are available, such as almond, rice, coconut and oat milk. It is important for individuals with soybean allergies to carefully read food labels and avoid any products containing soy, including soy sauce, miso and edamame. Though caused by proteins found in soybeans, these allergies can often be triggered by soy found in unexpected places like bread, crackers and even certain types of meat.




Sesame As of Jan. 1, 2023, the FDA's “Big Eight” has been expanded to the “Big Nine” with the inclusion of sesame allergies under the Food Allergy Safety, Treatment, Education and Research (FASTER) Act. While ingredients like sesame oil and seeds are used in many different snacks and dishes, allergen avoidance is difficult but not impossible. Alternatives such as canola, sunflower or grapeseed oil are suitable replacements for sesame oil, while sunflower seed, almond or cashew butter may be used to replace tahini, an ingredient common in many Middle Eastern cuisines.


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Defining
ALLERGENS &
DIETARY PREFERENCES

Defining Dietary Preferences

Dietary preference refers to an individual's personal choice to include or avoid certain foods based on taste, health, ethics, or cultural background. Whatever the reason, we believe everyone deserves options—and that *There's Food For You, Too!* All dietary preferences are valid and deserve equal space and respect.

 **Vegan** refers to the practice of abstaining from the use of animal products and the consumption of animal source foods. In terms of dining options, vegans do not consume meat, fish, dairy, eggs, honey, or any other foods sourced from animals. When looking for vegan items in the dining halls, look for the icon.

 **Vegetarian** refers to the practice of not eating meat or fish, especially for moral, religious, or health reasons. Vegetarian menu options are marked by this special icon. You'll notice that vegan options will often also have the vegetarian icon beside it as well, these are good options to explore if you're a participating in a vegetarian diet.

Did You Know?

At every Campus Dining location, **there are vegan and vegetarian entree items available every day, during every meal period.** Check out your local ALT station to find your vegan & vegetarian options, or talk to your local dining team to learn more about the vegan and vegetarian options available to you.



Look out for the sign in your dining hall!



Halal, an Arabic term meaning “permissible” or “lawful,” refers to food and beverages that Muslims are permitted to consume under Islamic law. Halal food excludes pork, alcohol, and any ingredients derived from these, as well as provides standards for the preparation of meat products. **Due to the complexity of these standards, we ask that guests observing a strict halal diet please meet with our local culinary team to ensure that their dietary needs are met.**

Kosher, an Hebrew term meaning fit or proper for consumption by Jewish people. The laws of kosher define which foods a person can and cannot eat, and also how they should produce and handle certain foods. The laws also state which combinations of foods people should avoid. **We ask that those observing strict kosher diets schedule time to meet with their local dining team to ensure that their dietary needs are met.**



In addition, all menu items containing pork or shellfish products are denoted by the icons for either of those for your convenience.



Navigating Your **CAMPUS DINING PROGRAM**

Introduction

Now that we've identified the importance of allergen and dietary preference awareness and defined the most common allergens and dietary preferences, it's important that we discuss how to best navigate your campus dining program.

College is a unique time for many students as they are newly living independently without direct parental supervision. In order to avoid allergen and dietary emergencies students need to maintain their emergency medications and make safe food choices on their own while balancing academic and social pursuits.

As your campus dining provider, it is our commitment to support students and guests in their pursuit of healthy food choices.

Here is what students and parents can do to ensure that we can become good partners in campus dining:

Steps To Navigate Your Campus Dining Program

- 1. Self-Identification & Disclosure**
- 2. Campus Dining Education**
- 3. Eat Confidently**

1 Self-Identification & Disclosure

Particularly in the case of high-risk allergens and religious dietary preferences, it is vital that students and guests communicate with the local dining team about your needs. Our culinary, operations, and corporate support teams work together to ensure the health and safety of each guest on our campus and we need your help to do so. Listed below are the avenues you can take to disclose your dietary needs to your team:

Don't Be Shy, Self-Identify!

This online form was created in response to guest feedback stating that they were unsure how to go about disclosing their allergens or dietary preferences to their campus dining team.

When you open this form, you'll be asked about your preferences from allergens to preferences, in addition to asking if you'd like to request a virtual or in-person meeting with your local campus dining team.

Once the "Submit" button is pressed on this form, your information is sent to your local team who will then reach out to you to schedule any meetings to discuss your campus dining experience from everything to where you can find your dietary needs on campus, which meal plan to choose based on your needs, and more. This is the most efficient way to disclose your allergens or preferences.

Virtual Campus Dining Hub

In addition to our Don't Be Shy, Self-Identify! Form, our virtual campus dining hub serves as a way to connect with your campus dining team from anywhere and at any team. With our campus dining hub, you can find the contact information to get in touch with your team regarding any issue you may be having particularly with allergens, in addition to filling out the Contact Us form which is sent to your local team.

Visit Us In Person

Finally, one of the best ways to disclose your allergen or dietary preferences is to come into your dining hall or retail location and have a conversation with our local dining team.

During mealtimes, you'll notice dining team members around the dining hall, feel free to walk up and ask questions about what's available or ask to see the allergen binder which is located in each dining hall.



2 Campus Dining Education

The next key steps to avoiding a dietary emergency is being educated about your campus dining experience, and utilizing that information to make smart choices. In your campus dining facility, it's important to be able to know how to identify allergens & dietary information on the menu screens and with your local dining teams. In this section, we'll go over the information needed to make healthy choices each day.


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Allergen Aware LOOK FOR A SIGN

Our new menu icons will help quickly identify menu items that align with your food choices.



Navigating Your CITY MARKET e · a · t · e · r · y



ALT Vegan Kitchen is our proprietary vegan & vegetarian restaurant. Find new vegan & vegetarian options at Lunch & Dinner.



Turntable Homestyle Fusion is our traditional homestyle restaurant. Look at screens in your dining hall for the icons to see how menu items fit into your diet!



Top That Soup & Salad Studio is our exclusive soup and salad studio. Each day a vegetarian soup is offered. In addition, take advantage of our Build Your Own Salad bar to manage your dietary preferences.



Delightful is our in-house delicatessen. Here, you'll find artisan pre-made sandwiches and have the ability to build your own wrap or sandwich to your delight!



Passport is our international restaurant where you can find global tastes and flavors and get involved in the culinary experience. Be sure to inquire locally about any allergens or dietary needs



Showdown showcases our favorite grill specials Monday through Friday, in addition to offering Build Your Own burger options each day that fit your dietary needs.



Rolling Dough features daily pizzas, calzones, and pastas in select locations. Each day there is a vegetarian option to explore.



Sugar Rush is the sweet spot at City Market Eateries, showcasing new desserts and sugary favorites each day. Take a look at your local menu screens to see how each item fits your dietary needs.



MyPantry is your campus dining best friend. Available during all open hours of the dining hall, you'll find staples like bread, bagels, spreads, fruits, and more! There is something for everyone at My Pantry!

3 *Eat Confidently* CAMPUS DINING TOURS

Navigating campus dining with food allergies, dietary preferences, or health goals shouldn't be stressful—it should be empowering. That's why we created **Eat Confidently™**, a one-on-one campus dining tour led by your Campus Executive Chef or Food Service Director.

Whether you're managing food allergies, following a specific diet (plant-based, Halal, gluten-free, etc.), or simply looking to make healthier choices, this personalized tour helps you understand how to eat well across campus with ease and peace of mind.

You'll explore dining stations, review ingredient labels, and learn which options best support your lifestyle. When needed, our team will also consult with a registered dietitian to ensure you're getting accurate, expert guidance tailored to your needs.

Eat Confidently™ is part of our Food Inclusivity Program, rooted in the belief that everyone deserves to feel safe, supported, and seen in every meal. Because no matter your needs, there's always:

Food For You. Too!

To schedule your tour, connect with your Campus Dining team today.



TAP or SCAN

to find your campus
dining hub & schedule
your tour today!



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