

NUTRITION FACTS



University of Wisconsin
Whitewater

MENU INFORMATION

Learn what is on the menu!

Visit our website for our daily menus, nutrition information and hours of service.

www.campus-dining.com/uww

LABELING

You will find the following information labeled at point of service in all dining locations:

- **Nutrition Facts:**

Total calories

- **Specialty Diets:**

Vegan, vegetarian, heart healthy

- **Allergens:**

Peanuts, tree nuts, wheat, soy, milk, fish, shellfish, eggs and gluten

You can also locate menu items using MyFitnessPal, the world's largest free nutritional database, which can also be used to track calorie and nutrient intake.

Useful Websites

Food Allergy Research and Education
www.foodallergy.org

American Academy of Allergy, asthma & Immunology
www.aaaai.org

U.S. Food & Drug Administration
www.fda.gov/food

Celiac Disease Foundation
www.celiac.org

Gluten Intolerance Group of North America
www.gluten.org

National Foundation for Celiac Awareness
www.celiaccentral.org

Contact

UW-W Dining Services

Phone: (262) 472-1161

Email: aviands@uww.edu

Website: www.campus-dining.com/uww

Center for Students with Disabilities

Phone: (262) 472-4711

Email: csd@uww.edu

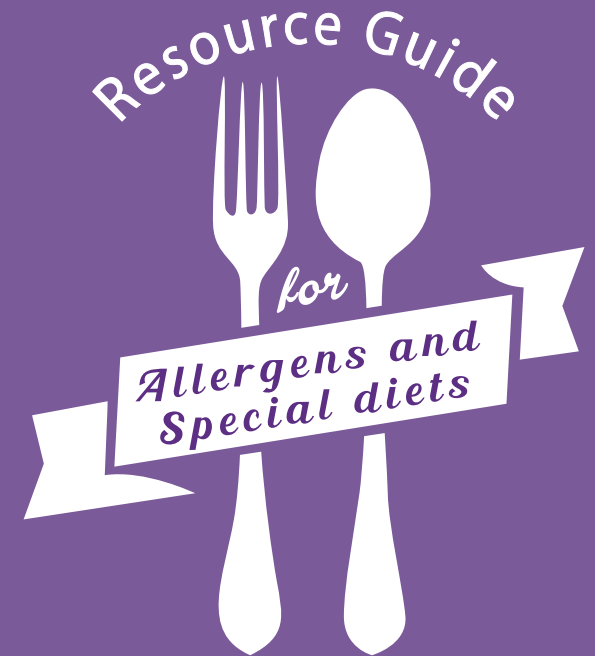
Website: www.uww.edu/csd

HawkCard Office

Phone: (262) 472-1437

Email: hawkcard@uww.edu

Website: www.uww.edu/uc/hawkcard



Navigating Campus Dining



Concerned about Food Allergies?

We want to help

UW-W Dining Services wants to help you!

- Our goal is to help you transition to campus living. In order to best accommodate your dining needs (regarding allergies and dietary restrictions), it is important to first reach out to our campus dietitian. The campus dietitian will provide guidance on navigating campus dining.
- To best accommodate your dietary needs, the campus dietitian may direct you to the Center for Students with Disabilities (CSD). Special accommodations may require medical documentation for your allergy or dietary restriction (peanuts, tree nuts, milk, wheat, soy, fish, shellfish, lactose intolerance, gluten, etc.).
- To get in touch with the campus dietitian, please see the UW-W Dining Services contact information on the back of this brochure.



Take a tour

Take a tour of the Dining Halls and Campus Dining Locations!

- Make an appointment with the campus dietitian. This is the best way for us to learn about what steps to take to accommodate your needs.
- Concerns about gluten? Let us show you the designated area at Esker Dining Hall dedicated to serving those students with medically documented gluten allergies.
 - The campus dietitian will provide information about the products used and the steps we take to reduce the risk of cross-contamination.
 - Access is only allowed with your HawkCard upon approval from CSD.

Build relationships

Build a relationship with the UW-W Dining Services Team!

- Our dining associates take pride in the meals they serve for our student customers and guests. As a student with food allergies, it is important to introduce yourself and speak directly with the dining services staff. Developing a relationship will help dining services provide you with the best information to make your decisions.
- Upon arrival to campus, arrange a time to meet the management team of the dining hall that you will be eating at. The sooner we understand your needs, the sooner we are able to provide accommodations and provide a safe environment filled with delicious food.
- For specific allergen questions we encourage all students to ask questions. We are here to help you enjoy your dining experience.

