

A GUIDE TO

**MANAGING YOUR  
FOOD  
ALLERGIES**

-AT-

**MASS COLLEGE  
OF ART AND  
DESIGN**

CHARTWELLS DINING  
625 HUNTINGTON AVE.  
BOSTON, MA 02115

[www.dineoncampus.com/COF](http://www.dineoncampus.com/COF)

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# OUR PHILOSOPHY

Chartwells Dining at MassArt aims to provide the support our students and guests deserve by accommodating those with food allergies or intolerance. We understand the effort it takes to manage one's diet with food allergies and we strive to provide a safe place for those in need. We supply the most up to date information for our menu items so that guests can make informed decisions about their dietary choices. We are committed to serving our guests in a healthful and safe manner each and every day.



Be aware that we handle and prepare eggs, milk, wheat, shellfish, fish, soy, tree nuts and other potential allergens in the food production area of our facilities. We attempt to provide nutrition and ingredient information that is complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may cause cross-contact with other allergens.

**Guests with food allergies or specific dietary restrictions should speak with a manager for individualized assistance.**



**Do you have a food allergy?**  
We can help!




Do not attempt to diagnose a food allergy on your own. Suspected food allergies should be evaluated, diagnosed, and treated by a qualified medical professional, such as a board-certified allergist.

# FOOD ALLERGY

## 101

According to the Centers for Disease Control, an estimated 15 million Americans, including 1 in 13 children, have a food allergy, and more than 30% have more than one. A food allergy can develop at any time and can affect one's breathing, intestinal tract, heart, and skin. The outcomes are serious and potentially life-threatening, and every three minutes someone is taken to the emergency room for an allergic reaction.

### What is a food allergy?



A food allergy occurs when the body's immune system sees a certain food as harmful and reacts by causing symptoms. This is an allergic reaction.

Foods that cause allergic reactions are called allergens.

Allergic reactions can involve the skin, mouth, eyes, lungs, heart, gut and brain. Mild and severe symptoms can lead to a serious allergic reaction called anaphylaxis (anna-fih-LACK-sis). This reaction usually involves more than one part of the body and can worsen quickly. Anaphylaxis must be treated right away to provide the best chance for improvement and prevent serious, potentially life-threatening complications.

### Common Food Allergies

United States FDA only requires allergen labeling on the eight major food allergens: *milk, eggs, peanuts, tree nuts, wheat, shellfish, fish, and soy*. However, any food item could potential be an allergen and more than 130 foods have be documented as having caused an allergic reaction.

# WHAT HAPPENS DURING AN ALLERGIC REACTION?

1

A food allergy is when your body mistakenly attacks a food protein (allergen). Your body creates its own proteins called IgE antibodies to fight against the food allergen.

If you mistakenly consume the food again, your body sends out the IgE antibodies to attack the allergen. This releases the chemicals that cause an allergic reaction. If you are highly sensitive, even breathing it in or touching your skin can cause an allergic reaction.

2

3

Reactions can range from mild to severe, including the potential life-threatening condition anaphylaxis. Symptoms may be mild at first, but can exacerbate quickly, and what once caused a mild reaction can lead to a severe reaction later.

# IN CASE OF A REACTION

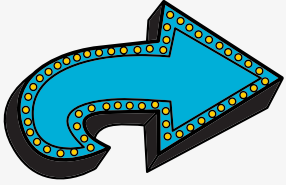
If you are experiencing symptoms of anaphylaxis, please take the following steps:

- GET HELP IMMEDIATELY! Notify a manager or have someone call for help.
- Administer your EPIPEN or take an antihistamine.
- Call MassArt Public Safety at (617) 879-7760 OR CALL 911.
- Sit or lie down with your legs up. If breathing is difficult sit up or lie on your side.
- Have someone call your emergency contact.

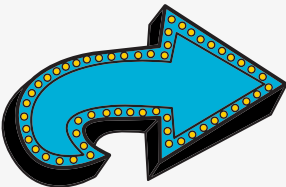


**If you have been prescribed an  
EPIPEN, you should carry it with you  
at all times.**

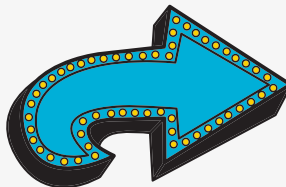
# YOUR RESPONSIBILITY



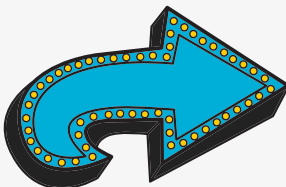
**SPEAK UP!** Tell a MassArt Dining manager that you have a specific food allergy so we can provide you a safe experience.



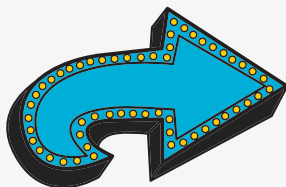
**TALK TO STUDENT ACCESSIBILITY SERVICES** on campus about your food allergy for reasonable accommodation.



Provide medical documentation as requested.



**Contact MassArt Dining Services early** and stay in contact over the course of your collegiate career.



Report any allergic reactions or issues to a MassArt Dining manager or director immediately.



# AVOIDING CROSS-CONTACT

**There are several ways that an individual with a food allergy might come in contact with an allergen.**

**Common exposures come from:**

- 1. Accidentally Eating the Food.** This usually happens when the allergen is in the food, but the consumer is unaware.
- 2. Cross-Contamination of Food.** This happens when food is prepared using common equipment, such as deep fryers. It can also occur when a meal is modified after it has been prepared, such as removing cheese from a burger.
- 3. Cross-Contamination in Other Areas.** These types of contamination occur when serving utensils are shared between dishes.

Cross-contact occurs when one food item comes in contact with one that contains a potential allergen. ***Take the following precautions if you are worried about cross-contact:***

Ask the employee to wash their hands and change their gloves.

Ask the employee to use a new serving spoon or tongs.

Ask for the Chef to prepare your meal.

# ICONS ON CAMPUS



**Don't be shy,  
self-identify!**

**Do you have a food allergy?  
We can help!**



**Please speak with a manager about  
any food allergies you may have.**

**chartwells**  
where hungry minds gather

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, and other potential allergens in the food production areas of our facility. We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens. Guests with food allergies or specific dietary concerns should speak with a manager for individualized assistance.



**AVOIDING GLUTEN  
& MAJOR ALLERGENS**

# OUR COMMITMENT

ALL OVER OUR CHEFS AND MANAGERS  
ARE SERVE SAFE CERTIFIED

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WE DISCLOSE ALL INGREDIENTS UPON REQUEST.  
THERE ARE NO SECRET INGREDIENTS.

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THERE IS ALWAYS A VEGETARIAN OPTION AT EVERY  
STATION

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WE WILL ALWAYS REMAKE AN ITEM UPON REQUEST

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# RESOURCES

## **Victoria Santana,** **DIRECTOR OF DINING**

Victoria.Santana@compass-  
usa.com

Student Accessibility Services  
Academic Resource Center Tower 811  
617-879-7280  
Email: [arc@massart.edu](mailto:arc@massart.edu)

Optum Health Center | 578 Huntington Avenue, 2nd floor  
MassArt Residence Hall | Phone: 617-879-5220 Fax: 617-  
879-5229

For emergencies, contact MassArt Public Safety at (617)  
879-7810 or 911

Medical advice and information is also available to students by  
phone 24 hours/day, 7 days/week by dialing the main Health  
Services telephone number 617-879-5220.