

# Eating Well with AAD: Allergies & Intolerances

A guide to help you feel confident in making allergen and intolerance friendly choices within All Access Dining (AAD).

## Our Commitment

UBC Food Services is committed to accommodate students with allergies and intolerances.



We do not have allergen-free facilities and cannot guarantee an allergen-free space, due to the risk of cross-contact.

However, we work to minimize the risk through strict safety standards, strive to provide the most up-to-date information, and plan an effective response to possible emergencies.

## Plan Ahead with Nutrislice

Always start with Nutrislice and use it to check the ingredients of menu items before eating.

Filter menus with the top 11 priority allergens. Click “filter”, then select the food allergen(s).

Nutrislice will cross out in red the options that contain the allergen(s), and highlight in yellow the options that do not contain the allergen(s).

If your allergen is not one of the priority allergens, check each dish manually.

## Staff Training

Staff undergo nutrition and allergy training upon hire and annually.



Locate the purple allergy aware button above to identify chefs, 1st cooks, supervisors, and management who have completed in-depth training through the [AllerTrain™](#) certification.

## Communicate & Advocate

We encourage self-responsibility. Be clear to your server about your food allergy or intolerance before ordering.



## Carry Your Epi-Pen

Although the dining halls have stock epinephrine, carry your [EpiPen](#) with you at all times for your protection.



It is recommended to carry a second EpiPen in case a second dose of epinephrine is needed in an anaphylactic reaction.

Educate others around you on where you keep your EpiPen and how to best support you in the case of an emergency.

## Ask for Modifications

Ask for modifications within reason at stations, like omitting toppings that contain your allergen.



## Connect With Us

Ask questions or share concerns with supervisors, managers, cooks, and chefs. For nutrition concerns, connect with our residence dietitian. Follow us on Instagram at [@ubcfoodie](#).

