



UNIVERSITY RISK MANAGEMENT AND INSURANCE ASSOCIATION



Risky Business:
A Week Focusing on Risk Management's
Contributions to Higher Education


Presented by:

Oregon State University

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In collaboration with:  **NACUFS**
THE NATIONAL ASSOCIATION OF
COLLEGE & UNIVERSITY FOOD SERVICES
The Resource for Campus Dining Professionals

Food Allergen Awareness

- Webinar Outline
 - Food allergy definition and incidence
 - Campus partners in supporting students with food allergies
 - Managing risks associated with serving those with food allergies
 - Resources
 - Q&A



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Food Allergy Incidence

- Researchers estimate that up to 15 million Americans have food allergies
- Food allergies affects 1 in every 13 young adults and children
- Young adults with food allergies are at the highest risk of fatal allergic reactions
 - Caregiver no longer supervising food decisions
 - Not carrying an epi-pen
 - Sometimes hesitant to ask for assistance; desire to fit in and not stand out amongst peers.



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Food Allergy vs Intolerance Comparison

Food Allergen

- A reaction that involves the immune system (IgA or IgE mediated)
- Typically involves a protein
- Can exhibit in a variety of symptoms – respiratory system, GI tract, skin, cardiovascular
- Can be anaphylactic, resulting in death
- Very small amount can cause reaction

Food Intolerance

- A reaction that does not involve the immune system
- Digestive tract lacks enzyme to break down food molecules (eg. lactose and gluten)
- Is very individualized
- Can exhibit in a variety of symptoms



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Gluten Intolerance

- **Most severe form is Celiac Sprue**
- The ingestion of gluten damages the surface of the small intestine. Symptoms are often gastrointestinal. Absorption of nutrients is impaired.
- Products that have gluten:
BROW: barley, rye, oats (unless certified gluten free)& wheat



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Common Food Allergens



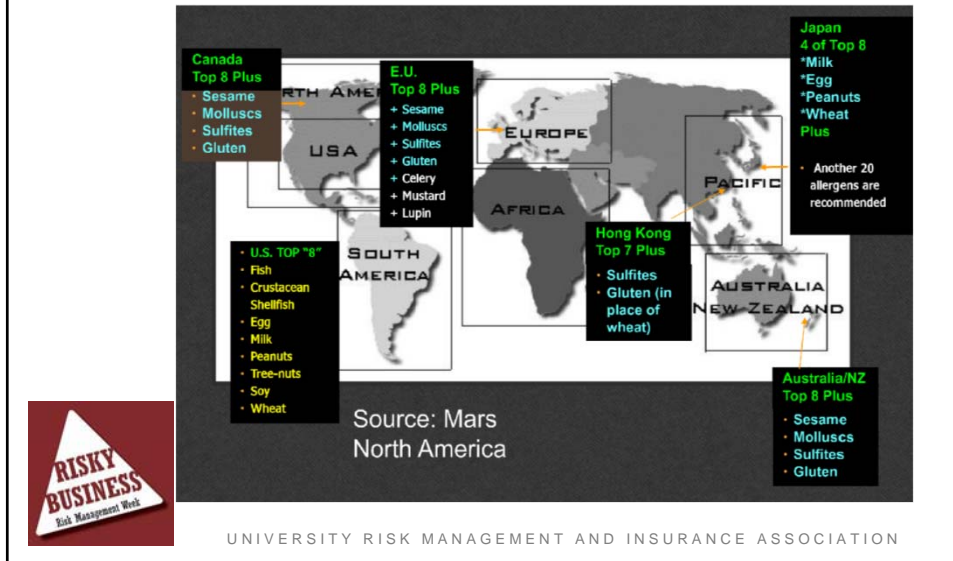
90% of all food allergies are caused by the "Big 8".

Because gluten is a common intolerance, OSU also includes gluten in all allergen labeling.



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International Food Allergens



Food Allergy Symptoms

When ingested, body produces an immune response which is the allergic reaction.

MILD SYMPTOMS				SEVERE SYMPTOMS			
NOSE Itchy/runny nose, sneezing	MOUTH Itchy mouth	SKIN A few hives, mild itch	GUT Mild nausea/discomfort	LUNG Short of breath, wheezing, repetitive cough	HEART Pale, blue, faint, weak pulse, dizzy	THROAT Tight, hoarse, trouble breathing/swallowing	MOUTH Significant swelling of the tongue and/or lips
							OR A COMBINATION of symptoms from different body areas.
				SKIN Many hives over body, widespread redness	GUT Repetitive vomiting, severe diarrhea	OTHER Feeling something bad is about to happen, anxiety, confusion	

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FARE
Food Allergy Research & Education

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Responding to an Allergic Reaction

- Call for emergency medical assistance (911) and will stay with the individual until help arrives.
- ask if person has an epi-pen to **self-administer** and will monitor for need to administer CPR
- in the state of Oregon, in order to administer injected medications, you **MUST** have special certification. **Staff** are not allowed to administer but friends or room mates can.



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What is Cross Contact?

When an allergen comes into contact with an item that was initially free from that allergen. Can be caused by

- Improperly washed hands or contaminated gloves
- Utensils, equipment or contact surfaces
- Shared equipment (fryers, meat slicers, utensils)
- Splashed or spilled food; self serve stations, cold trays in deli and grill areas are especially at risk



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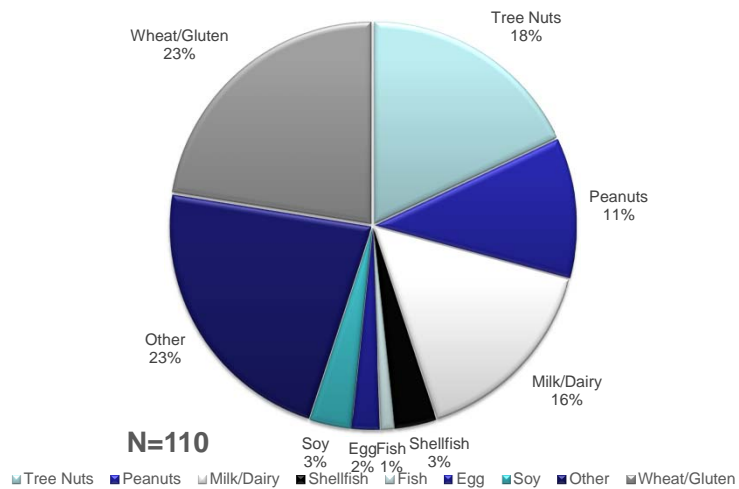
Dietary Accommodations on Campus

- Lesley University vs Justice Dept., December 2012
 - Food allergies may constitute a disability
 - Terms of settlement/Guidance for industry
- Provide gluten-free and allergen-free food options in dining halls
- Allow students with known allergies to pre-order allergen-free meals
- Display notices concerning food allergies and identify foods containing specific allergens
- Train food service and university staff about food allergy-related issues
- Provide a dedicated space to store and prepare gluten-free and allergen-free foods



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Incidence of Allergens and Intolerances within University Housing and Dining Services



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Campus Partners

- Disability Access Services
 - Dietary Accommodation Process
- Office of New Students and Family Outreach
- Retail Food Services
- Student Health Services



What term do you plan to move to? *

Fall
 Winter
 Spring
 Summer

What year do you plan to move to? *

Must be 4 digits. Currently entered 8 digits.

Dietary Request Options

Limited Meal Plan: This meal plan equates to approximately one (1) meal per day and is designed for individuals with dietary restrictions who have limited options available to them. The UMCS dietitian will work with you to determine if you are eligible for this option.

Kitchen Access: If you intend to do some of your own cooking, consider halls with larger or multiple built-in kitchens, such as Buxton, Sackett, Weatherford, Callahan, Tetzels, and TULL.

Suite with Kitchen: Halls in an upper division residence hall with a kitchen in each suite. If you are a Freshman you may request an accommodation on a medically necessary basis and this request will be reviewed by the UMCS Registered Dietitian who will be in contact with you. Please note that space is limited. You will also need to fill out a [Dietary Accommodation Request](#).

Dining Plan Exemption: Dining plan exemptions are for individuals with severe dietary restrictions or other medical needs. Exemptions are not an accommodation but are accommodations such as the limited meal plan. To request a dining plan exemption on a medically necessary basis and this request will be reviewed by the UMCS Registered Dietitian who will be in contact with you. You will also need to fill out a [Dietary Accommodation Request](#).

Specify your request (descriptions above) *

Limited Meal Plan
 Kitchen Access
 Suite with Kitchen
 Dining Plan Exemption

Please share with us if you practice the following diets (check all that apply):

Vegetarian (includes dairy and/or eggs)
 Vegan (no animal products)
 Gluten Free
 Halal
 Kosher
 Other

If you have any documented allergies or dietary needs, please provide a description of these on severity of the allergy, and the type of reaction you have if exposed to the allergen. *

Do you carry an EpiPen for emergency treatment? Please know that University staff is trained from administering an EpiPen for you.

Yes
 No

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Accessing Dietary Information

University Housing & Dining Services

Menus and Nutrition

Global Fare Lunch Specials Sep 12th

- Steamed Sicilian Blend Vegetable Calories 281
- Butternut Squash & Potatoes Calories 254
- Cajun Black-Eyed Peas Calories 41
- Brown Rice Pilaf Calories 131
- Breadstick Calories 247
- Fruit, Vegetable & Peanut Curry Calories 247
- Grilled Steak Calories 283
- Macaroni & Cheese Side Calories 180
- Macaroni & Cheese Side Calories 240
- Sole on Papillote Calories 153
- Penne Pasta w/Spinach, Ricotta, & Shrimp Calories 317
- Thai Peanut Curry w/Tempah Calories 233
- Specials Sep 12th Calories 280
- Specials Sep 12th Calories 280
- Specials Sep 12th Calories 280

Nutrition Facts

Calories 2300

Amount Per Serving

% Daily Value		% Daily Value	
Total Fat	45g	Total Fat	90g
Sodium	1000mg	Sodium	2000mg
Total Carbohydrate	350g	Total Carbohydrate	700g
Dietary Fiber	10g	Dietary Fiber	20g
Sugars	10g	Sugars	20g
Protein	50g	Protein	100g

Allergen Filter

Dairy Eggs Fish Gluten Peanuts Shellfish Soy Tree Nuts Wheat

Diet Preference

VEG HAL KOS GF



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Informing of Risk

Oregon State University
UNIVERSITY HOUSING & DINING SERVICES
Dining

HOUSING OPTIONS RATES AND POLICIES RESIDENT SERVICES FOOD OUI CATERING APPLY FOR HOUSING ABOUT MYHSDS

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Managing Food Allergy & Special Dietary Considerations

Students with food allergies and special dietary considerations are encouraged to be self-advocates when managing their dietary conditions to promote safety and minimize the risk of a reaction.

Guidelines

1. For medical emergencies, dial 911 immediately.
2. Notify your primary care physician if a reaction has occurred. This may also contact [Student Health Services \(SHS\)](#) 543.737.9355 to make an appointment if the reaction is not an immediate emergency.
3. If you believe your food allergy or special dietary consideration substantially limits your or more major life activities and may require a classroom accommodation, please contact Disability Access Services (DAS) at 543.737.4208. Documentation requirements for disability related accommodations can be found [here](#).
4. If you are a resident and have specific dietary restrictions or food allergies that you would like the staff of University Housing and Dining Services to be aware of and avoid the information on how to meet your diet needs, please fill out the "Dietary Needs Request" form on [SHS](#).
5. Dietitian services are available to help assist with special dietary considerations through SHS at 543.737.9355 and University Housing and Dining (UHS) at 543.737.9353. A UHS dietitian can assist with identifying dining options in UHS dining centers. **Please note:** Not all dining establishments on campus are operated by UHS.
6. The following items can only be provided in self-managing a food allergy or special dietary condition:
 - Make a medical alert ID.
 - Contact your primary care physician on how to avoid unsafe foods.
 - An OUI ingredient and allergy information is posted on line for UHS at <http://www.ursing.com/food>
 - Food Allergy Insurance Disclaimer: UHS is committed to identifying ingredients that may cause reactions for those with food allergies and intolerances and trains employees on safe handling practices to minimize risk. However, because foods are prepared in a commercial kitchen, there is always some risk of cross contact of allergens and gluten. Consumers should also be aware of the risk that manufacturers of the commercial food OUI uses may change the formulation of ingredients or substitute other ingredients at any time without notice.
 - [UHS Food Safety Services \(FSS\)](#) - If you have questions or concerns about allergens, contact the manager for more information. [Click here](#) for a list of veget, vegetarian and gluten free options.
 - Have them to recognize and respond to the symptoms of an allergic reaction. Should a reaction occur, know when to restrict those around you to call 911 if medical attention is needed immediately.
 - Carry prescription medications at all times for self-administration.
7. **Please note:** Some dining establishments on campus are non-UHS affiliated, be aware that UHS may not have knowledge of ingredients used in non-UHS operated dining establishments.

Contact Information and Additional Resources:

- OUI Student Health Services: <http://www.studenthealth.ursing.com>; 543.737.9355, Nurse Advice Line 543.737.4224
- OUI Disability Access Services: <http://www.disabilityaccess.ursing.com>; 543.737.4208
- OUI University Housing and Dining Services: <http://www.ursing.com>; 543.737.9375
- Food Allergy Research & Education (FARE)

UNIVERSITY HOUSING & DINING SERVICES

GLUTEN-FREE FRIENDLY
Does not contain any gluten ingredients

GFF

VEGAN
Does not contain any animal products including honey

VGN

VEGETARIAN
Does not contain meat or animal by products

VEG

MAKE CENTS
Low cost, traditionally labeled items

MC

What's on the menu?

UHS is committed to serving guests with special dietary needs with the use of these icons:


BETTER BITES
Meats, deli meats and sandwiches

BB

HALAL
Does not contain pork, or alcohol or animal products or lies on the halal

HALAL

Dietary Key



FOODS ARE PREPARED IN A COMMERCIAL KITCHEN AND THERE MAY BE SOME RISK OF CROSS CONTACT OF ALLERGENS AND GLUTEN. ALSO, MANUFACTURERS MAY CHANGE THEIR FORMULATION OF INGREDIENTS WITHOUT NOTICE. BEFORE PLACING YOUR ORDER PLEASE INFORM YOUR SERVER IF YOU HAVE A DIET RESTRICTION.


Oregon State
543.737.9375

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Thai Peanut Curry w/Tempah

GFF

BB



This product may have manufactured on equipment in a facility that also processes foods containing: Eggs, Fish, Gluten, Milk, Peanuts

Allergen Disclaimer

Training Staff and Student Employees

- Training is ongoing
- Annual training for all staff and student employees
- Chefs, managers and coordinators receive additional training & certification
- More challenging to train student employees

Allergen and Diet Preference Pre-Test

- On UHS display cards and online menus, we label food items with the top 8 allergens plus gluten and alcohol. Check the two allergens that we **DO NOT** label for:
 - Soy
 - Peanuts
 - Shellfish
 - Sesame Seeds
 - Egg
 - Milk
 - Tree Nuts
 - Gluten
 - Shellfish
 - Fish
- Write in the missing dietary preference that UHS labels for on display cards, menu boards and online menus.
 - GFF (Gluten Free Friendly)
 - VGN (Vegan)
 - VEG (Vegetarian)
 - BB (Better Bites - see menu site for BB criteria)
- True or False: Those practicing a Halal diet cannot eat pork in foods containing alcohol.
 - True
 - False
- Select the liquids that contain alcohol/neutral and not milk:
 - Brewed any beer
 - Red wine vinegar
 - Balsamic vinegar
 - Vanilla Extract or Flavouring
- Select the best answer to this scenario: If a customer requests a peanut butter and jelly sandwich, you should:
 - a. Prepare them a peanut butter and jelly sandwich using a separate knife and cutting board so not to cause cross contact of peanuts on the deli line.
 - b. Explain to the customer that we do not make peanut butter and jelly sandwiches on our deli line due to concern over cross contact and provide them with their choice of bread and sides of peanut butter and jelly.

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Resources

- Food Allergy Research & Education (FARE)
 - Researched based
 - Educational materials
 - Laws and regulations
- Food and Drug Administration
 - Labeling standards
- Celiac Sprue Association



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**Thank You for Helping Us Celebrate
Risky Business on Our Campus!**

Questions?



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Who Is URMIA?

- The University Risk Management and Insurance Association is dedicated to the advancement of risk management in higher education
 - URMIA helps institutions of higher education reach their academic, social, and economic goals
- Goals:
 - To protect the reputation and resources of institutions of higher education through sound risk management practices
 - To make available the best risk management information for institutions of higher education
 - To provide excellent professional development opportunities for risk management professionals



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