

# Antioch College Policy on Food Allergies

## **Purpose:**

It is the purpose of this document to inform students and staff the procedures used by the College to identify and provide services for students with allergies to food.

## **Food Allergy defined:**

Food allergy is an immune system reaction that occurs soon after eating a certain food. Even a tiny amount of the allergy-causing food can trigger signs and symptoms. In some people an allergic reaction to food can affect the skin, the gastrointestinal tract, the respiratory tract, and, in the most serious cases, the cardiovascular system. Reactions can range from mild to severe or even a life-threatening reaction known as anaphylaxis. Symptoms typically appear within minutes to several hours after eating the food to which you are allergic.

In adults, the foods that most often trigger allergic reactions include fish, shellfish, peanuts, and tree nuts, such as walnuts or almonds. Problem foods can include eggs, milk, peanuts, tree nuts, soy, and wheat.

A food allergy is not an “intolerance” to food or “sensitivity” to certain food. Symptoms of a food intolerance or sensitivity usually involve digestive disturbances such as bloating, diarrhea and indigestion which are remedied by avoiding the triggering foods- but these symptoms do not reflect a true allergic response.

A food Allergy is NOT a dietary preference like veganism, vegetarianism, paleo, halal/kosher, or raw food.

It is recommended that students with suspected allergies to food seek out a diagnosis from a medical professional and carry a prescription for an Epi-pen for emergencies in the case of accidental exposure to allergens.

## **Mild symptoms may include one or more of the following:**

- Hives (reddish, swollen, itchy areas on the skin)
- Eczema (a persistent dry, itchy rash)
- Redness of the skin or around the eyes
- Itchy mouth or ear canal
- Nausea or vomiting
- Diarrhea
- Stomach pain
- Nasal congestion or a runny nose
- Sneezing
- Slight, dry cough
- Odd taste in mouth
- Uterine contractions

## **Severe symptoms may include one or more of the following:**

- Obstructive swelling of the lips, tongue, and/or throat

- Trouble swallowing
- Shortness of breath or wheezing
- Turning blue
- Drop in blood pressure (feeling faint, confused, weak, passing out)
- Loss of consciousness
- Chest pain
- A weak or “thread” pulse
- Sense of “impending doom”

Severe symptoms, alone or in combination with milder symptoms, may be signs of anaphylaxis and require immediate treatment.

### **How to inform the kitchen of your food allergy**

It is the responsibility of the student to inform dining staff of their food allergy at the beginning of each term on campus or as soon as an allergic condition is identified. There will be “Food Allergy Notices” (attached) posted in each dining hall on campus that informs students how to register their food allergies.

Students with food allergies will fill out a “Dining Services Registration of Food Allergies and Intolerance Form” (attached) available in the Center for Academic Support Services or the office of the Food Service Coordinator and present the completed form to the Food Service Coordinator. The Food Service Coordinator will then notify staff of the specific allergy. Students should then personally introduce themselves to the House Chef in the hall they are assigned to be identified for specific services and accommodations.

The form will also be sent to admitted students with other community life paperwork as people with severe allergies will be permitted to opt out of the dining program if they have a severe food allergy. If the forms are sent in before the student arrives on campus then the office of Community Life will pass the information along to the Food Service Coordinator (unless opting out). If the student chooses to opt out of any meal plan for medical reasons then the office of Community Life will make the necessary changes to the student account.

It is up to the individual student whether or not they would like to register their allergy formally as a disability with the Center for Academic Support Services (CASS). If a student would like to officially register with CASS, they will be required to submit documentation from a licensed medical professional that speaks to the student’s functional limitations in regards to their allergies. Please contact CASS for more information about registering formally.

### **Accommodation**

Once the student submits their notification, there are a variety of ways in which they could be accommodated. Students should meet personally with their respective House Chef at the beginning of each quarter on campus so that kitchen staff is aware of the allergy and the individual who has the allergy.

- 1) Students with food allergies have the option to ask for separately prepared meals in any of our dining facilities.
- 2) Students with severe food allergies will have the opportunity to opt out of our dining program.
- 3) Students are encouraged to suggest specific ingredients or products for use in the dining hall if they will benefit the experience of the student. All suggestions will be subject to review

and will need to meet our purchasing guidelines. The kitchen staff will make any reasonable accommodation and request made by students with food allergies.

- 4) Students can request ingredient lists of any food item at any time and ingredient lists will be made available upon request.
- 5) Students may make use of the Birch Commons Kitchenettes at their own risk and discretion for personal food preparation so long as the rules and guidelines of those spaces are adhered to.

### **Antioch Kitchens Response to allergic reaction**

Antioch Kitchens staff are not equipped or trained in the use of potentially lifesaving techniques or technologies. If someone dining in an Antioch Kitchens facility exhibits symptoms of an allergic reaction to food the employee will immediately dial 911 on a personal phone or 8-911 on an office phone and request assistance from the medical squad to their specific location. The caller or an assistant assigned by the caller will monitor the person stricken until medical personnel arrive.

After contact with emergency medical personnel has been made, kitchen staff will notify the office of Community Life that the squad has been called to campus by calling the duty phone (937) 471-0517 and that we request their presence for a medical emergency.

Kitchen staff will stay within reach of the person suffering a reaction or will assign an assistant or peer to monitor the person until the emergency medical personnel arrive and secure the situation.

### **Staff training and allergen awareness**

Antioch Kitchens staff will receive regular training in food allergies and how to accommodate individuals with allergies to food. This training will include the prevention of cross contamination and basic food safety, awareness of common food allergies, symptoms of allergic reaction and reviews of this policy.

Common food allergens will be listed and posted in a conspicuous place in each kitchen food production area for the benefit of all food handlers.

### **Resources:**

[www.foodallergy.org](http://www.foodallergy.org)

[www.nlm.nih.gov/medlineplus/foodallergy.html](http://www.nlm.nih.gov/medlineplus/foodallergy.html)

[www.aaaai.org/conditions-and-treatments/conditions-dictionary/foodallergies.aspx](http://www.aaaai.org/conditions-and-treatments/conditions-dictionary/foodallergies.aspx)

[www.mayoclinic.org](http://www.mayoclinic.org)



ANTIOCH  
COLLEGE

## Dining Services Registration of Food Allergies and Intolerance

- Please note, if you have a severe or life threatening food allergy and please contact the Center for Academic Support Services (CASS) as soon as possible at [eharvey@antiochcollege.org](mailto:eharvey@antiochcollege.org) or 937-319-0093. **“Severe food allergy” means a dangerous or life-threatening reaction of the human body to a food-borne allergen introduced by inhalation, ingestion, or skin contact that require immediate medical attention.**

Antioch Kitchens strives to provide a variety of food options for people with varying dietary restrictions and preferences. Please complete this form allows you to disclose to Antioch’s Dining Services if you have a food intolerance or a non-life threatening allergy that you believe should be reported to Dining Services in order to enable the College to take necessary precautions for your safety. Antioch’s Dining Services will accommodate your needs to the best of their abilities. Please note that it is your responsibility to update the Food Service Coordinator (table for record on back) at the beginning of each term so that your needs can be shared with the appropriate chef and dinning staff.

Student Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Predicted year of graduation: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Please list any foods to which you are allergic or to which you have an intolerance, as well as the nature of your reaction to the food.**

Food:	Nature of reaction to the food:

Have you ever been hospitalized because of any information provided here? \_\_\_\_\_

If so, please explain and/ or contact CASS immediately (continue on back). \_\_\_\_\_

Signature of student: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Isaacs title: \_\_\_\_\_ Date: \_\_\_\_\_

- By completing and signing this form, you are giving Dining Services permission to share this information with all parties necessary to accommodating your food allergy/ies. If your allergy/ intolerance is deemed severe, Dining Services will share this information with CASS and someone from that office will be in contact with you. Students should be given a copy of this form completed.

Term	Residence Hall

## Notice

**Food-Allergic Individuals: Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut, tree nut products, and other potential allergens in our kitchens. Please inform the House Chef if you have a food allergy. Please direct questions about specific dishes or ingredients to the House Chef or Food Service Coordinator.**