

# FOOD ALLERGIES

## ON CAMPUS

WTAMU Dining Services supports students who have food allergies by providing information & knowledge that is necessary to make informed food choices. Here is how a student can be proactive in the management of their food allergies:

1. **CONTACT** Dining Services to develop a plan to safely navigate dining on campus
2. **BE AWARE** that food prepared in our kitchen may have come in contact with common food allergies - special measures can help to minimize risks
3. **READ** station signage, menus & ingredient information in order to **BE BETTER INFORMED**
4. **BE AWARE** of HIGH - RISK foods & locations
5. **NOTIFY** the manager on duty if you have a question during a meal

## INDIVIDUAL RESPONSIBILITIES

1. **ALWAYS** carry your Epinephrine auto - injector (i.e. EPI - PEN) as prescribed/recommended by your physician
2. **BE PROACTIVE** in self - management of your allergies
3. **KNOW WHAT TO DO** in the event of an allergic reaction
4. **SCHEDULE** a consultation with Dining Services to review the dining program on campus

## ALLERGIC REACTIONS

1. **GET HELP IMMEDIATELY** - Dial 911 to reach emergency services
2. Administer your EPI - PEN or take an antihistamine as prescribed or recommended by your physician  
**DO NOT IGNORE MINOR SYMPTOMS**
3. **DO NOT RETURN** to your room or residence hall by yourself - Call **UPD** 806.651.2300
4. **NOTIFY** Dining Services of food-related reactions as soon as possible to address the incident

## RESOURCES

1. Visit <http://westtxam.campusdish.com/> for more information on WTAMU Dining Services
2. Contact Food Service Director Michael Ives at 806.651.2715 or email: [ives-michael@aramark.com](mailto:ives-michael@aramark.com)
3. Student Health Services at 806.651.3287 for EpiPen information and guidance on allergies
4. Connect with Residential Living at 806.651.3001 or email: [housing@wtamu.edu](mailto:housing@wtamu.edu)