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MEAL PLANS
Purchase online at: https://dining.uchicago.edu/

MEAL PLAN OPTIONS

Unlimited
$2,500/quarter
• An unlimited number of visits to the dining commons
• 100 Maroon Dollars per quarter
• 3 meal exchanges per quarter
• 5 guest swipes per quarter
• Saturday Night Meal Swipes
• The plan can be purchased at any time during the quarter

Phoenix
$2,500/quarter
• 150 visits to the dining commons per quarter (about two meals per day)
• 150 Maroon Dollars per quarter
• 15 meal exchanges per quarter (taken from total of 150 meals)
• 5 guest swipes per quarter
• Saturday Night Meal Swipes
• The plan can be purchased at any time during the quarter

Apartment
$1,772/quarter
• 90 visits to the dining commons per quarter (about one meal per day)
• 200 Maroon Dollars per quarter
• 8 meal exchanges per quarter (taken from total of 90 meals)
• 5 guest swipes per quarter
• Saturday Night Meal Swipes
• The plan can be purchased at any time during the quarter

Off-Campus
$161/pack
• 10 meals in Dining Commons
• Packs of 10 (max 6)
• No guests

Travel
$158/pack
• 120 Maroon Dollars
• 2 meals in the dining commons
• 1 Meal Exchange*
• No Guest swipes

Park
$263/pack
• 190 Maroon Dollars
• 4 meals in the dining commons
• 2 Meal Exchanges*
• No Guest Swipes

HOW DOES MY MEAL PLAN WORK?
It’s simple and convenient! Your meal plan account information is securely encoded onto your University ID. Present your University ID to the cashier, and you’ll have access to the delightful all-you-care-to-eat dining experience at any of our Dining Commons, available from opening until close.

Your meal plan offers convenience and access to all-you-care-to-eat dining at any Dining Commons with your University ID. Plans deduct one meal per visit (excluding Unlimited Meal Plan) for dining flexibility. Only ice cream, cookies, or hand fruit can leave the Dining Commons to maintain variety. Please don’t bring outside food for safety and quality. Enjoy a delightful dining experience with diverse and delicious choices throughout your time at the University. Let us make your dining journey exceptional!

Meal Exchange
Experience the convenience of our Meal Exchange Program. Use designated meal swipes for combo meals at cafés, markets, and Hutchinson Commons. Each exchange deducts a combo meal from your total, keeping your Maroon Dollar balance intact. The number of exchanges depends on your plan. Enjoy diverse dining options, with one exchange allowed per meal period. Unused exchanges expire quarterly, so make the most of this fantastic program to elevate your UChicago dining experience!

Maroon Dollars
Maroon Dollars provide a convenient cashless system, enabling students, faculty, and staff to use their University IDs like a debit card. Maroon Dollars are accepted at any Dining location, as well as at most cafés and markets on campus. Each time you purchase using Maroon Dollars, the corresponding amount will be deducted from your personal account. Rest assured, one Maroon Dollar holds the same value as $1, making transactions seamless and hassle-free.

Guest Swipes
Guest Swipes offer you the perfect opportunity to treat a guest to a delightful meal in any of our Dining Commons. Please note that as the host, you must be present and dine with your guest for the Guest Swipe to be valid. We encourage you to share the exceptional dining experience at UChicago with your visitors while creating cherished memories.
OUR PHILOSOPHY

INCLUSIVE DINING

UChicago Dining believes that good nutrition is essential to good health. That’s why we are committed to nourishing each student by providing them with healthy, nutritious foods every day.

Our dining program recognizes different allergens, preferences, diets, and limitations. Our goal is to empower students to best navigate our comprehensive dining program by providing them with the tools and resources necessary to make informed decisions within a safe and supportive environment.

FOOD ALLERGIES

At every dining facility, we provide Pure Eats, an allergen-friendly station free from the top 9 food allergens. Our Pure Eats stations feature food that is simply prepared, seasoned, and served by a trained culinary professional.

The Avoiding Gluten pantry contains a separate toaster, waffle iron, refrigerator, and Avoiding Gluten items such as breads, cereals, waffle mix, and spreads. The Avoiding Gluten pantry is available at all four of our residential dining commons.

UChicago Dining follows a limited exposure peanut and tree nut dining policy in all our residential dining commons. Products and ingredients that contain peanuts and tree nuts will not be brought into any food service area. Products or ingredients that state the following on packaged labels will not be purchased or brought into any food preparation area:

- Contains Peanuts, Contains Nuts, or Contains Tree Nuts**
- May Contain Peanuts or Tree Nuts**
- Made on Shared Equipment that also processes Peanuts or Tree Nuts**

**Please note that coconut is considered a tree nut by the FDA, however the dining team does include products or recipes containing coconut in their dining area.

PREFERENCE AND DIETS

We are proud to cater to the diverse dietary needs and preferences of our students at UChicago Dining. All four of our dining commons are equipped with certified Kosher kitchens, certified by the Chicago Rabbinical Council, ensuring a dedicated space for students adhering to Kosher dietary practices.

Furthermore, we offer a diverse Halal station at each dining commons, certified by the Islamic Food and Nutrition Council of America (IFANCA), providing a range of options for students following Halal diets.

For those seeking vegetarian choices, a variety of options are available throughout all our dining commons. Our Rooted Station offers a wide array of delicious vegan options for anyone following a strict vegan diet.

We understand that individual preferences, diets, and limitations can vary, and we are dedicated to accommodating them all. If you have specific dietary requirements or need personalized assistance, we encourage you to engage with our campus dietitian or the UChicago Dining team. We are here to ensure that your dining experience is enjoyable, inclusive, and aligned with your unique needs.
HOW CAN WE HELP YOU?

Welcome to UChicago Dining! We have carefully designed a plan to cater to students with special dietary needs. Here’s how the process works:

1. Reach out to dining@uchicago.edu to initiate the process. We’ll schedule an initial meeting with our UChicago Dining team and our skilled dietitian. This meeting is essential for gathering information about your individual dietary needs and understanding how you’ve managed them in the past. If necessary, you might be asked to provide medical documentation to Student Disability Services (SDS), who will collaborate with us in devising a comprehensive plan to manage your individual dietary needs effectively.

2. Once we have a clear understanding of your dietary requirements, we will communicate your specific needs to the residential dining commons manager. This ensures that everyone involved is aware of your unique situation and can provide the necessary support.

3. For further personalization, the UChicago Dining team, which includes our experienced executive chef, your dining commons manager, and our dietitian, will meet with you for a second time. Together, we will develop an individualized plan to navigate your residential dining commons successfully. Throughout the year, these dedicated individuals will be available as valuable resources, guiding you to find safe and suitable food options.

We’re committed to ensuring you have a fulfilling dining experience while addressing your dietary needs. Feel free to contact us anytime at dining@uchicago.edu for assistance or to start the process. Let us take care of your dining journey so you can focus on thriving academically and socially at UChicago!

DON’T BE SHY, SELF-IDENTIFY

STUDENT RESPONSIBILITIES WHEN MANAGING A FOOD ALLERGY IN DINING LOCATIONS:

• Be proficient in managing your food allergy(ies) and avoid allergenic foods.
• Recognize and address allergic reaction symptoms promptly.
• Carry your prescribed EpiPen at all times.
• Know how to use medications for allergic reactions and keep emergency contact information with you.
• Familiarize yourself with UChicago Dining policies, consult your physician, and read station signage and ingredient information online at dining.uchicago.edu.
• For ingredient inquiries, ask a manager or executive chef.
• Request glove changes or fresh utensils/pan at made-to-order stations.
• Exercise caution with deep-fried and bakery items for potential cross-contact.
• Ask to see ingredient labels for non-housemade products.
• Request ingredients be stored separately for allergy concerns.
• If you notice an issue, inform a manager or executive chef on duty.
• Feel free to ask questions anytime for a safe dining experience.
SPECIFIC ALLERGY INFORMATION

Pure Eats Stations feature food that is simply prepared, seasoned, and served by a trained culinary professional. These meals avoid gluten and the top 9 food allergens: peanuts, tree nuts, fish, shellfish, wheat, soy, eggs, dairy and sesame. Pure Eats is located at all of our residential dining locations (Woodlawn, Baker, Cathey, and Bartlett).

Refer to the menus and ingredient information made available to you. We use manufacturer-provided information, and we do not confirm the presence or lack of an allergen. UChicago Dining periodically reviews ingredients to verify ingredient labeling is consistent with what is provided by the manufacturer. Ingredients listed may be subject to change without notification.

**WHEAT ALLERGIES / AVOIDING GLUTEN**

Gluten-free cereals and gluten-free breads are available daily. Other gluten-free bakery items may be available upon request. Be sure to check the ingredients of all food items you wish to consume. Look for the Avoiding Gluten icons on dishes that are prepared in-house. We use the term "Avoiding Gluten" to identify dishes made without gluten-containing ingredients. Since gluten can be airborne for up to 24 hours, we cannot use the term gluten-free for items made in-house. If you have any questions, just ask a manager or chef. All of our residential dining commons have an Avoiding Gluten Pantry equipped with a toaster, breads, desserts, and a waffle maker with a gluten avoiding mix.

**MILK ALLERGIES**

A non-dairy milk option is available every day in residential dining. However, milk and milk-based products are ingredients used in many of the menu items served. Items prepared with butter or margarine should also be avoided. Please check with a manager or chef if you have questions.

**SOY ALLERGIES**

Soybeans are present in a large variety of products. Cooking and frying oils may be made from soy. While studies have shown that highly refined soy oil is safe to consume for most with a soy allergy, if a medical professional has noted that you have a severe allergy, you should consider alternate options. Please ask a manager if you would like to review the ingredient label. Avoid products containing soy, such as tofu, miso, tempeh, edamame, soy sauce, and tamari. If you have any questions, please ask a manager or chef.

**EGG ALLERGIES**

Many of our baked goods and desserts contain eggs. Students are asked to take caution with all baked goods and are encouraged to check the ingredient labels of items they wish to eat.
SHELLFISH ALLERGIES
Avoid entrées and mixed dishes that contain shellfish (such as crab, shrimp, lobster, clams, mussels, oysters, and octopus) as a main component. Use caution when selecting Asian dishes, where shellfish may be included in sauces. Additionally, shellfish is sometimes found in bouillabaisse, fish stocks, sushi, or seafood flavoring. Students with shellfish allergies are asked to check the menus and full ingredient list.

FISH ALLERGIES
Beyond entrées and mixed dishes that contain finfish as a main component, please use caution when selecting Asian dishes, where fish may be included in sauces. Additionally, fish is sometimes found in some gravies, barbecue sauces, Worcestershire sauces, Caesar salads, sushi, and some dressings. Students with fish allergies are asked to check the menus and full ingredient list.

PEANUT ALLERGIES
Students with a peanut allergy are advised to take caution with bakery items. Peanuts are not brought into our kitchen, however, some of our bakery products are manufactured in facilities that use peanuts. Our dining commons offer sunflower butter as a replacement for peanut butter.

TREE NUT ALLERGIES
Students with a tree nut allergy are advised to take caution with bakery items. Tree Nuts are not brought into our kitchen, however, some of our bakery products are manufactured in facilities that use tree nuts. Please note that coconut is considered a tree nut by the FDA, however the dining team does include products or recipes containing coconut in their dining areas. Recipes containing coconut will not be found at the Pure Eats station.

SESAME
Sesame is present in items like hummus, baba ganoush, breads, bagels, sushi, falafel, tempeh, veggie burgers, and dressings, to name a few.

*Even foods commonly prepared without gluten-containing ingredients may not be ‘gluten-free.’ Our recipes are prepared in open kitchens, where cross-contact is possible and where ingredient substitutions are sometimes made. If you have celiac disease or a gluten sensitivity, please notify your on-site manager or dietitian to assist with safely navigating the dining commons.
ALLERGEN REACTION

If you are at risk of anaphylaxis, please keep in mind the info below:

If you have been prescribed an epinephrine auto-injector, keep it with you at all times! Wear medical alert identification at all times. If you are having a reaction get help immediately!

• Administer your medication (e.g., epinephrine auto-injector)
• Call 911 or ask someone to call for you. Let them know you are having a food allergic reaction.
• Do not go back to your room alone.

DIETARY & PREFERENCE ICONS ON CAMPUS

Vegan
Foods that do not contain any animal products or animal-derived products at all including honey, dairy, or eggs. The Rooted stations feature daily vegan entrees.

Vegetarian
Foods that do not contain animal products but may contain dairy or eggs. Daily vegetarian offerings will be offered at a variety of stations.

Avoiding Gluten
Foods prepared without gluten-containing ingredients. Pure Eats stations offer Avoiding Gluten options as well as the Avoiding Gluten Pantry located within each residential dining location.

Kosher
Certified station fit & allowed to be eaten or used, according to the dietary or ceremonial laws of kosher. Kosher meat kitchens are located within Baker, Cathey, and Woodlawn dining commons; a Kosher dairy kitchen is located at Bartlett Dining Commons.

Halal
Certified Zabiha halal; denoting or relating to food prepared as prescribed by Muslim Law. Halal stations are located within all residential dining locations.
UChicago Dining provides complimentary nutrition, dietary, and allergy-related food counseling so all UChicago students can meet their food goals and eat with peace of mind. UChicago Dining provides free counseling for students in areas such as:

- Healthy and Mindful Eating
- Nutrition and Fitness
- Vegetarian and Vegan Nutrition

MORE INFORMATION
View daily menu information online at [https://dining.uchicago.edu](https://dining.uchicago.edu) under the “Menus & Locations” tab, or download the Dine On Campus App.

INDIVIDUALIZED NUTRITION COUNSELING

Sheree Ledwell, UChicago’s campus registered dietitian, takes an individualized approach to nutrition and wellness. She is committed to helping students build a healthy relationship with food and feel confident in their food choices. Contact Sheree at dining-dietitian@uchicago.edu.

The Dine On Campus smartphone app is an all-in-one resource that provides UChicago Dining guests with nutrition and allergy information, dining hours, menus, café menu promotional sales, special events programming, and more. The app also allows users to provide feedback on all things dining.

To take advantage of the Dine On Campus app, simply go to your smartphone’s app store or marketplace, install the application, click “More,” then “My Profile or Sign In,” followed by “Create an Account,” and follow the on-screen instructions to create a unique UChicago Dine On Campus account.

What better way to learn how to cook than from chefs themselves. UChicago students can hone their kitchen skills when they enroll in chef-led cooking classes. Learn how to make quick pickles, caramelize onions, or braise a rack of short ribs so you can add exciting new flavors to your meals at home. Other areas of focus in UChicago’s teaching kitchen include nutrition, meal planning and budgeting, and mindful food choices for guests. UChicago’s teaching kitchens are located throughout campus.

To find out more about teaching kitchen opportunities, download the Dine On Campus app and follow UChicago Dining on social media @UChicagodining.

Get ready for some amazing dining events! Our Joyful series, Celebrity Chef Series and our award-winning Cultural Series focus on providing authentic and inclusive dining experiences.
WASTE NOT 2.0

A high priority for UChicago Dining is lessening the dining system’s impact on the planet. Food is an essential component of how we can reduce our carbon footprint, conserve water, and eliminate waste. **Waste Not 2.0**, a program newly implemented within the UChicago Dining system, helps us track food waste to identify areas of improvement. Dining Commons associates are able to document overproduction, cooking errors, inedible ingredients past their prime, and more to help us reduce waste and invest in our planet’s long term health. Any inedible food products recovered from Waste Not 2.0 are fed to an anaerobic digester, diverting those food products from landfills.

If you have any questions or want to be a part of UChicago’s transformative, long term plans to create a more robust and environmentally friendly food system on campus, reach our Sustainability and Community Engagement Manager, Amreh Hopkins at amreh.hopkins@compass-usa.com
GRUBHUB

Save time, order for pickup.

Order ahead from your favorite on-campus spot, then grab ‘n’ go!

Available at Hutchinson Commons
Coming soon to other on-campus locations!

Order
Pay
Grab ‘n’ go

*Terms apply: https://lp.grubhub.com/campuslegal2022/

DOWNLOAD GRUBHUB

UChicago Dining

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