

MechSE WELLness

N09 Special Diets

Intent: Provide alternative food choices to those with dietary restrictions or food allergies.

Individuals with food allergies, intolerances, or dietary restrictions may encounter difficulty in finding suitable meal options outside of the home setting. Additionally, a growing number of individuals are omitting certain ingredients or following special diets for a variety of personal, health, social, and environmental reasons. Dietary guidelines increasingly recognize a variety of healthy eating patterns, such as the Mediterranean-style and vegetarian eating patterns that can help ensure an individual's diet is both nutritionally adequate and enjoyable.

Impact: Accommodating special dietary needs can help ensure equitable food access and support healthy eating patterns for everyone.

What are the requirements to earn this credit?

1. Manage allergies and alternatives when catering meals by including at least one main course option for each of the following criteria upon request: peanut-free, gluten-free, lactose-free, egg-free, containing no animal, seafood, or dairy, and containing no animal or seafood, except for eggs and dairy.
2. Implement enhanced ingredient labeling by requesting that caterers provide a list of primary ingredients for all food and beverages at or near point of decision, on packaging, via signage, or menus.

How is MechSE accomplishing these requirements?

Whenever food is catered for department events, special attention is given to care for those with special dietary needs. If an employee or student voices such needs, the department respects the request and kindly seeks to provide an adequate alternative as noted above. Thus now when the ever student favorite pizza is provided, the respective unit provides an information sheet from the pizza provider's website indicating the nutritional and ingredient content to help all make an informed choice. When possible and affordable, the department seeks to provide more nutritional food to contribute to the students education and future health.

