



A better tomorrow starts today

recycle & global  
SUSTAINABLE  
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GLOBAL  
SUSTAINABLE  
ENVIRONMENT

If you have dietary restrictions such as:

- Food Allergies
- Celiac Disease
- Lactose Intolerance

You may be wondering what you can eat on campus... This information is for you!

Contact:  
Kimberly Pierce, RD, LDN  
Sodexo Dietitian at Stonehill College

356 Washington Street  
North Easton, MA 02356

508-565-1879

Roche Dining Commons Room 105

[www.stonehilldining.com](http://www.stonehilldining.com)  
[kpierce@stonehill.edu](mailto:kpierce@stonehill.edu)

# Dietary Restrictions at Stonehill College

## WHAT CAN YOU DO?

Is this the first time you have been fully responsible for your dietary restrictions? Here are some steps that you can take to advocate on behalf of yourself:

- Be sure that health services has your food allergies &/or celiac disease on file – as well as any medications you are prescribed. 508-565-1307
- Consider wearing a medic alert bracelet. You will be meeting lots of new people. Many may be unaware of your allergies.
- ALWAYS carry your medications with you.
- ALWAYS alert your food server of your food allergies. Although you may have reported your allergies on your health form, this information is privacy protected. The only way your food server will know of your allergies is if you tell them! Ingredients may change at the last minute.

## WHAT CAN WE DO?

Dietary restrictions can make meals challenging. Add the stress of being in college, adjusting to living on your own, and a heavy academic load - it can feel overwhelming at times. Self-advocacy is an essential element to this process. Please review the information below. Once you become familiar with what dining services has to offer, set up a free appointment with the campus dietitian to provide further guidance. We look forward to serving you!

• **Make a free appointment with the campus dietitian. She will meet with you to discuss your dietary restrictions and help you navigate the dining commons.**

- Meet with the chefs who prepare your food. You will be able to ask them detailed ingredient information.
- If you are not satisfied with the meal options, you may at any time contact the kitchen to have a meal made especially for you! Call 508-565-1613 and ask to speak with a chef.

## DID YOU KNOW?

- We have an email listserve for students (and staff) who follow a gluten free diet. We let you know what products and services are new to you and you let us know what products and services you'd like to see. Contact the dietitian for info.
- There is a gluten free toaster!
- A Student Allergy and Intolerance group meets monthly to discuss allergy and intolerance concerns. Contact the dietitian if you have an issue!
- We carry an assortment of gluten free specialty and convenience items such as bagels, English muffins, muffins, waffles, cookies, brownies, wraps, bread and snacks.
- A "What's gluten-friendly today" menu highlights the daily menu items made without gluten ingredients. [www.stonehilldining.com/nutrition](http://www.stonehilldining.com/nutrition)
- All students are welcome to attend the weekly food committee meetings to discuss food concerns. Contact David Miller for more info 508-565-1881.