



# How to Use Your Meal Plan with Dietary Restrictions

## • Resources Available

- » USF Dining Service's website: <https://usf.campusdish.com>
  - Where you can view residential dining menus, including nutrition information and ingredients for specific recipes
- » Vegetarian & Vegan Guide
  - Includes options available at all retail and residential locations
- » Made without Gluten Guide
  - Located on our website under the health and wellness campus resources tab.
- » Nutrition symbols at residential dining halls. The symbols below are listed next to menu items that fit their description. There are small decals with symbols and descriptions (as seen below) posted on sneeze guards at each station in the dining halls where digital menus are present (Hub and Juniper Dining).



Eat Well – These recipes provide at least a full serving of nutritionally- dense whole foods, are lower in calories, saturated fat and sodium.



Made with Whole Grains – These recipes have whole grains as one of the leading ingredients in the recipe.



Plant-Forward – These recipes emphasize healthy plants at the center of the plate, including plant-based proteins. They may contain a proportionally small quantity of animal protein.



Vegetarian – These recipes do not include beef, chicken, pork, or seafood. These recipes can include cow's milk and other animal milk products (cheese, sour cream, and yogurt), honey and eggs.



Vegan – These recipes do not include beef, chicken, pork, seafood, cow's milk or other animal milk products (cheese, sour cream, and yogurt), eggs, honey, or butter.

## • Our Dietitian

- » As a nutrition professional, our Dietitian is available to provide any guidance or recommendations for dietary restrictions or preferences. She is accessible to all students, faculty, and staff who purchase a meal plan, free of charge.
- » Our Dietitian is also able to provide specific nutrition and ingredient information about any menu item or recipe served at our locations.

## • Important Contacts:

**Sierra Ditto, MPH**  
Consulting Dietitian  
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**Ryan McElhaney**  
Director of Operations  
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**Residential Dining:**  
Manager on Duty  
The Hub: 813-482-1122  
Juniper Dining: 813-509-6337  
Champion's Choice: 813-732-8880



- **Medical Conditions**

- » Diabetes
  - Carbohydrate content of food is available on <https://usf.campusdish.com/> for all residential dining halls. All retail locations have nutrition information available on brand websites.
  - Our Dietitian is also available for one-on-one counseling to manage or help prevent Diabetes.
- » Celiac Disease
  - There is a “Gluten Solutions” Station is available at each of the three dining halls. These stations include “Made without Gluten” items and designated equipment/utensils for products made without gluten ONLY.
    - Does Not Contain Gluten – Ingredients verified from the manufacturer as not containing gluten from wheat, barley, rye or any of its derivatives AND meets the Food & Drug Administration (FDA) definition of Gluten-Free Labeling:<https://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/ucm402549.htm>.
  - Gluten Solutions Grab n’ Go
    - Located at the Hub and includes gluten-free bagels, bread, cookies, oatmeal, waffles and soup. There is a designated toaster and utensils for products made without gluten ONLY at this station.
    - Retail POD Markets carry a variety of gluten-free snack bars and other grab n’ go items.

- **Food Allergies & Intolerances**

- » There is an Allergen Solutions Station at the Hub and Juniper Dining called True Balance. True Balance is a program designed to accommodate students with food allergies and help alleviate their concerns as they make meal selections in our residential dining hall. This “Allergen Solutions” station contains a menu that does not include ingredients or products containing any of the top 7 allergens, including shellfish, peanuts, tree nuts, soy, milk, eggs, or wheat.
  - True Balance menus are prepared in a designated area, have designated equipment, utensils and ingredients that are not allowed to be substituted.
  - Our Dietitian completes a monthly checklist at the True Balance station to ensure all processes and procedures are being followed.
- » There are a variety of dairy alternatives available at residential dining halls, including both almond and soy milk, for individuals who are lactose intolerant.
- » Dining Services Employee Training

- **Dietary Preferences**

- » Vegan & Vegetarian
  - There is a Vegan Station located at all three residential dining halls. We also incorporate vegetarian and vegan dishes in a variety of our menus at other stations within the dining halls. See nutrition symbols on the digital menu board for those additional options.
    - We use margarine or vegetable oil for our recipes in the dining halls, unless the specific recipe indicates otherwise.
  - There is a variety of vegan and vegetarian options available at our retail locations and POD markets (see the Vegetarian & Vegan Guide).
- » Plant-Based/Meatless
  - Plant-based protein and other meatless options are included in a variety of our menus on a daily basis at residential dining halls. See nutrition symbols on the digital menu board for those options.



- **Religious Dietary Practices**

- » We offer Halal meat at all residential dining halls located at the grill station upon request.
- » Kosher options are available at our P.O.D Markets across campus.
  - Please reach out to our Dietitian if there are specific products you would like to see in our markets. We are always more than willing to order additional items to accommodate the needs of our meal plan holders.
- » Religious holidays
  - During religious holidays, such as Passover, Lent and Ramadan our residential dining halls alter their menus to better accommodate individuals who engage in those religious holidays.