

 HOSPITALITY GROUP

CAMPUS DINING DIETARY GUIDE

Supporting Students with Food Allergies & Dietary Needs



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INTRODUCTION



PURPOSE

To support our students' experience by ensuring access to safe, transparent, and nourishing dining options that accommodate food allergies and dietary needs, while promoting confidence, independence, and well-being in campus dining.

DIETITIAN'S MESSAGE

At West Virginia University, we recognize that nourishing your body is an important part of succeeding academically and feeling your best. Our team is here to support you in navigating campus dining by helping you access a variety of safe, balanced, and satisfying food options.



As the Campus Dietitians, we work closely with students to accommodate medical and dietary needs, including food allergies. We are available to guide you through dining locations, review ingredients, and help you make informed choices that align with your individual needs while minimizing the risk of cross-contact. We will help you communicate with the chefs and dining teams to coordinate individualized accommodations when needed.

Our commitment to supporting students with dietary needs is both professional and deeply personal. We understand that managing food allergies requires constant awareness and can feel overwhelming at times. Our goal is to make dining on campus feel more manageable and less stressful, so you can focus on your academics, your health, and your overall campus experience. With a large and diverse student population on meal plans, many students navigate food allergies and medical conditions every day. You are not alone—and we are here to support you.

Sincerely, *Leighann Scott*, MS, RDN, LDN

Brennah Groves, MS, RDN, LDN

INTRODUCTION CONT.



SHARED RESPONSIBILITY (DINING + STUDENT)

Food allergies can be life-threatening, and because there is no cure, strict avoidance of allergens is essential. The West Virginia University Hospitality Group is committed to providing a safe and supportive dining environment for students with food allergies and dietary needs by offering ingredient transparency, trained staff, and processes designed to reduce the risk of allergen cross-contact. However, due to the nature of open dining environments and shared preparation spaces, allergen presence cannot be completely eliminated, and we cannot guarantee that any food item is entirely free from allergens.

Students also play an essential role in managing their food allergies. This includes communicating their dietary needs, asking questions about ingredients and preparation methods, and making informed food choices based on their individual level of sensitivity. Students strongly encouraged to carry any required emergency medications (such as an epinephrine auto-injector). WVU Hospitality Group does not stock or provide these medications.

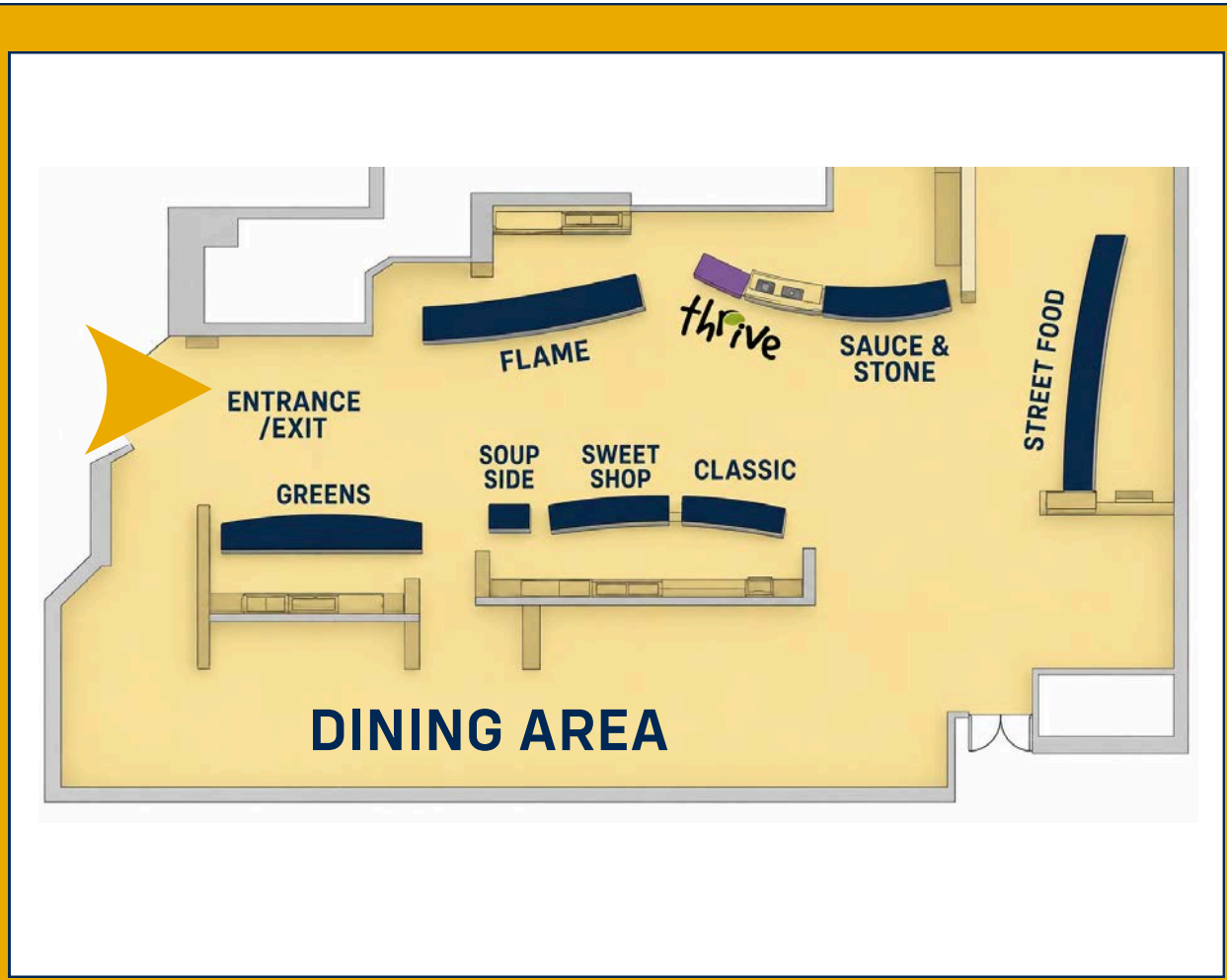
By working together, West Virginia University Hospitality Group and students can create a safer, more supportive dining experience that allows students to feel confident and cared for while on campus.

DINING HALL LOCATIONS



WEST VIRGINIA UNIVERSITY - MORGANTOWN, WV

HATFIELDS



 DOWNTOWN CAMPUS

SCAN QR CODE TO VIEW
DINING HALL MENU AND
HOURS OF OPERATION



DINING HALL LOCATIONS



WEST VIRGINIA UNIVERSITY - MORGANTOWN, WV

SUMMIT CAFE



DOWNTOWN CAMPUS

SCAN QR CODE TO VIEW
DINING HALL MENU AND
HOURS OF OPERATION

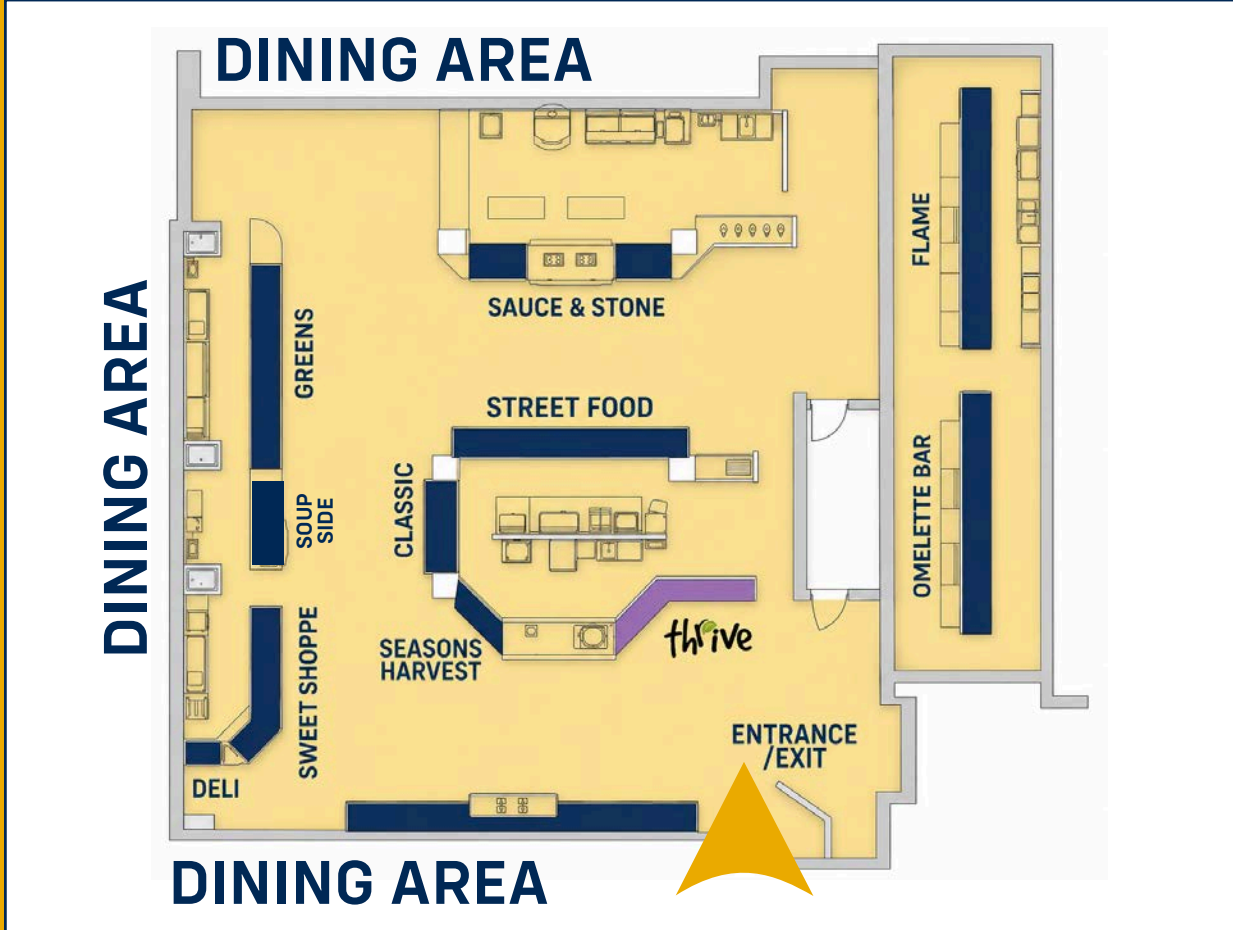


DINING HALL LOCATIONS



WEST VIRGINIA UNIVERSITY - MORGANTOWN, WV

CAFE EVANSDALE



📍 EVANSDALE CAMPUS

SCAN QR CODE TO VIEW
DINING HALL MENU AND
HOURS OF OPERATION



DINING HALL LOCATIONS



POTOMAC STATE COLLEGE - KEYSER, WV

THE COMMONS



 POTOMAC STATE COLLEGE

SCAN QR CODE TO VIEW
DINING HALL MENU AND
HOURS OF OPERATION



DINING HALL LOCATIONS



WVU TECHNICAL COLLEGE - BECKLEY, WV

BEAR'S DEN



 WVU TECH

SCAN QR CODE TO VIEW
DINING HALL MENU AND
HOURS OF OPERATION



NAVIGATING MENUS



WEBSITE MENUS

LOCATING LIVE DINING HALL MENUS FOR EACH LOCATION

1. Visit dining.wvu.edu 2. Hover over locations to find Hatfields Dining Hall, Summit Cafe Dining Hall or Cafe Evansdale Dining Hall 3. Select the right dining location then scroll down

A screenshot of the West Virginia University Hospitality Group website. The navigation bar includes "Locations", "Catering", "News", "Dining Plans", "Wellness", and "Contact". The "Locations" dropdown menu is open, showing three columns of dining locations: "Downtown Campus", "Evansdale Campus", and "Health Sciences Campus". In the "Evansdale Campus" column, "Café Evansdale Dining Hall" is circled in red. A red arrow points to the "Locations" dropdown menu.

FILTERING ALLERGENS ON THE MENU

Filter menu items based on your allergen or dietary preference here to only show those items that fit those criteria.

A screenshot of the allergen and dietary preference filter interface. The text reads "Filter menu items by dietary preference or that do not contain the following allergens". There are two sections: "Dietary Preferences" and "Does Not Contain". Under "Dietary Preferences", there are checkboxes for "Vegetarian" (checked), "Vegan", and "BeWell". Under "Does Not Contain", there are checkboxes for "Eggs", "Tree Nuts", "Sesame Seeds", "Milk", "Peanuts", "Gluten", "Soy", "Fish", "Wheat", and "ShellFish". A red arrow points to the "Eggs" checkbox, and another red circle highlights the "Gluten" checkbox. A "Clear All" button is in the top right corner.

NAVIGATING MENUS



NUTRITION FACTS

Select 'i' icon next to any food for nutrition and ingredient information and can see allergen icon listed for that meal item

Chicken Salad 180 CAL

(i) (allergen icon) (info icon)

Nutritional Information X

Chicken Salad +
1/2 Cup per portion

% Daily Values		
Calories	180 cal	9%
Total Fat	14.0 g	18%
Saturates	2.5 g	12%
Trans fat	0 g	1%
Cholesterol	40 mg	12.67%
Sodium	310 mg	13%
Carbs	<1g	0%
Fiber	0 g	1%
Sugars	0 g	1%
Protein	11 g	1%
Calcium	4 mg	0.31%
Iron	1 mg	2.78%
Potassium	150 mg	3.19%
Vitamin D	0 mcg	0%

Ingredients: Chicken Breast (Boneless, Skinless Chicken Breast With Rib Meat), Mayonnaise (Soybean Oil, Water, Egg Yolks, Distilled Vinegar. Contains 2% Or Less Of Salt, Sugar, Mustard Seed, Calcium Disodium EDTA Added To Protect Flavor), Fresh Celery, Fresh Yellow Onion, Dijon Mustard (Distilled White Vinegar, Mustard Seed, Water, Salt, White Wine, Citric Acid, Tartaric Acid, Fruit Pectin, Sugar, Spices), Fresh Squeezed Lemon Juice (Fresh Lemon), Kosher Salt (Salt, Yellow Prussiate of Soda), Canola and Olive Oil Blend (Canola Oil, Extra Virgin Olive Oil), Kosher Salt (Salt, Yellow Prussiate of Soda), Ground White Pepper, Ground Paprika (Sweet Paprika), Ground Black Pepper.

TRACKING CALORIES & MACROS

Click the (+) icon next to a meal item to build your meal and see total nutrition.

Greens

Chicken Salad 180 CAL *(+)*

(i) (allergen icon) (info icon)

The Local Deli

Turkey Club Sandwich 530 CAL *(+)*

(i) (allergen icon) (info icon) (gluten icon) (dairy icon)

Scroll up to "My Meal" to view the total of your selection and select the (i) info button.

My Meal

(2) Items - 700 cal *(i)*

ITEM NAME	CAL	%DV
Chicken Salad	180 cal	9% X
Turkey Club Sandwich	530 cal	26% X
TOTAL	700 cal	35%

(i) (allergen icon) (info icon) (gluten icon) (dairy icon)

 HOSPITALITY GROUP

DIETARY RESTRICTIONS

General Allergy Restrictions



GENERAL ALLERGY RESTRICTIONS



NOTE FROM CAMPUS DIETITANS - STUDENTS PLEASE READ

Students with food allergies—including those to common allergens such as milk, eggs, peanuts, tree nuts, soy, wheat, fish, shellfish, and sesame—are encouraged to take an active role in managing their dietary needs while dining on campus. For individuals at risk of Anaphylaxis, even small exposures can lead to serious or life-threatening reactions, making strict avoidance essential.

Our dining halls support students with food allergies by providing ingredient transparency, labeled menu options, and staff who are available to answer questions about ingredients and food preparation. Procedures are in place to help reduce the risk of cross-contact; however, all food is prepared in shared kitchen environments, and the presence of allergens cannot be completely eliminated.

Students are encouraged to communicate their allergies with dining staff, review ingredient information each visit, and carry prescribed emergency medication at all times. Those needing additional support are welcome to connect with the campus dietitian to develop a plan that helps them dine as safely and confidently as possible.

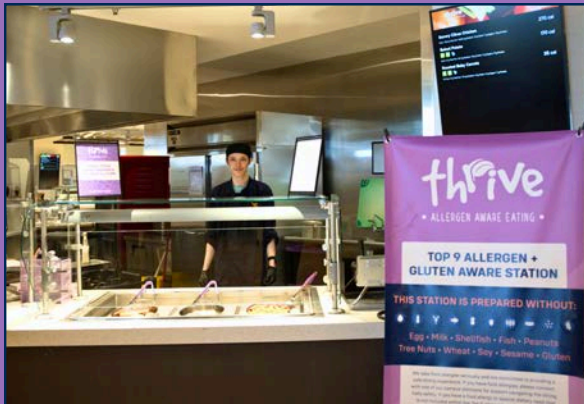
GENERAL ALLERGY RESTRICTIONS



THRIVE STATION*

The top 9 Food Allergens and Gluten are omitted from this allergy aware station.

This station is a served station, which means meals are protected behind glass and are served to you upon your order which cuts down on cross contact. You will be served your meal on a specific plate using station-specific utensils and tools that are color-coded purple. This station is open to all students, but has our food allergy – conscious students in mind. Each meal is thoughtfully balanced with protein, carbohydrates, and healthy fats to help keep you energized while supporting your dietary needs.



Does Not Contain

- | | | | |
|---------------------------------------|----------------------------------|-------------------------------|------------------------------------|
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Milk | <input type="checkbox"/> Soy | <input type="checkbox"/> Wheat |
| <input type="checkbox"/> Tree Nuts | <input type="checkbox"/> Peanuts | <input type="checkbox"/> Fish | <input type="checkbox"/> ShellFish |
| <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Gluten | | |

*Thrive is available only at Morgantown campuses, not at PSC or WVU Tech but some menu items can be made for students upon request in an allergy-aware environment per Thrive's meal SOPs (standards of practice).

GENERAL ALLERGY RESTRICTIONS



ALLERGEN SAFE OPTIONS OUTSIDE OF THRIVE

Daily, we will offer allergy-aware options that may not appear on the standard menu and may be available upon request. These options are available each day and may include, but are not limited to, the following. If you have questions or concerns about your specific allergies, please contact the dietitians, chef, and/or manager.

- Full salad, yogurt, and fruit bar
- Full deli
- Plant – based meat options including bean burgers, Impossible Meat, etc.
- A soup station with two soups daily, one always vegan or vegetarian
- Pizza and pasta station
- Dessert station
- Plenty of vegetarian options such as vegetable dishes, rice dishes, tofu, etc.
- Dairy – free alternative milks including but is subject to change: rice, almond, oat, soy (vanilla and chocolate), lactose free milk (these are in addition to regular cow's milk)
- Wheat and gluten free cereals
- Oats
- Cream of rice
- Variety of breakfast options



 HOSPITALITY GROUP

DIETARY RESTRICTIONS

Celiac's Disease, Medically Prescribed Gluten-Free,
Gluten Intolerant/Sensitive



Celiac's Disease, Gluten Free, or Gluten Intolerant



NOTE FROM CAMPUS DIETITANS - STUDENTS PLEASE READ

Students with Celiac disease or those following a medically prescribed gluten-free diet are encouraged to work closely with dining services to make safe and informed food choices. For individuals with Celiac disease, even small amounts of gluten can cause serious health effects, making strict avoidance essential.

Our dining halls support gluten-free needs by offering labeled menu options, ingredient transparency, and staff available to answer questions about food preparation. When available, procedures are in place to help reduce the risk of cross-contact; however, all food is prepared in shared kitchen environments, and complete elimination of gluten exposure cannot be guaranteed.

Students are encouraged to review menus carefully, communicate their needs to dining staff, and ask about preparation methods to ensure their selections align with their medical requirements. Those needing additional guidance or support are welcome to connect with the campus dietitian to develop a plan that helps them dine safely and confidently.

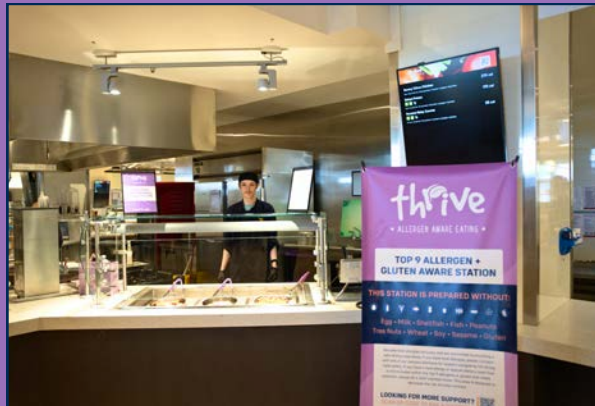
Celiac's Disease, Gluten Free, or Gluten Intolerant



THRIVE STATION*

The top 9 Food Allergens and Gluten are omitted from this allergy aware station.

This station is a served station, which means meals are protected behind glass and are served to you upon your order which cuts down on cross contact. You will be served your meal on a specific plate using station-specific utensils and tools that are color-coded purple. This station is open to all students, but has our food allergy – conscious students in mind. Each meal is thoughtfully balanced with protein, carbohydrates, and healthy fats to help keep you energized while supporting your dietary needs. This station is always gluten and wheat free.



Does Not Contain			
<input type="checkbox"/> Eggs	<input type="checkbox"/> Milk	<input type="checkbox"/> Soy	<input type="checkbox"/> Wheat
<input type="checkbox"/> Tree Nuts	<input type="checkbox"/> Peanuts	<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish
<input type="checkbox"/> Sesame Seeds	<input type="checkbox"/> Gluten		

*Thrive is available only at Morgantown campuses, not at PSC or WVU Tech but some menu items can be made for students upon request in an allergy-aware environment per Thrive's meal SOPs (standards of practice).

Celiac's Disease, Gluten Free, or Gluten Intolerant



GLUTEN FRIENDLY OPTIONS OUTSIDE OF THRIVE

Routinely, we will gluten-friendly options available that may not appear on the standard menu and may be available upon request. These options are available each day and may include, but are not limited to, the following:

- Gluten free sandwich bread
- Gluten free bagels
- Gluten free wraps
- Gluten free pizza made fresh – available at select locations
- Gluten free pasta can be made fresh for you upon request – please see the chef and manager at any of the dining halls for how to request this
- Gluten free packaged desserts such as brownies, cookies, etc.



*Although precautions are taken to minimize cross-contact, foods prepared in our kitchen environment are considered gluten-friendly rather than gluten-free once removed from original packaging.

 HOSPITALITY GROUP

DIETARY RESTRICTIONS

Religious Dietary Restrictions



Religious Dietary Restrictions



NOTE FROM CAMPUS DIETITANS - STUDENTS PLEASE READ

Students who follow religious dietary practices are encouraged to navigate dining in a way that aligns with their personal beliefs and level of observance. Our dining halls aim to support a variety of needs—including those following Kosher, Halal, Seventh-day Adventist, and other faith-based dietary practices—by offering a range of vegetarian, vegan, and simply prepared menu options, along with ingredient transparency to help inform choices.

Because religious dietary practices can vary widely from person to person, students are encouraged to review menu offerings, ask questions about ingredients and preparation methods, and make selections that best meet their individual needs. While we strive to provide inclusive options, our kitchens are shared environments, and not all items may meet specific certification standards (such as certified Kosher or Halal).

Students with specific questions or who need additional support are encouraged to connect with dining staff or the campus dietitian to explore available options and create a plan that works best for them.

Religious Dietary Restrictions



KOSHER

Rohr Chabad Jewish Student Center offers a certified kosher kitchen, Shabbat dinners, and holiday meals - please request assistance from chef and dietitian about connecting for Kosher meals.



HALAL

All unbreaded chicken breast is Halal – please request assistance from the chef and dietitian for more help.

Sugars	0 g	0%
Protein	18 g	1%
Calcium	18 mg	1.38%
Iron	1 mg	6.67%
Potassium	207 mg	4%
Vitamin D	0 mcg	0%

Ingredients: Chicken CVP Leg Quarters, Granulated Onion, Iodized Salt (Salt, Sodium Silicoaluminate), Dextrose, Potassium Iodide, Sodium Bicarbonate, Dried Rosemary (Rosemary), Ground Black Pepper.



VEGETARIAN

Season’s Harvest* is a vegetarian, plant-based station offering a variety of plant-based meals that are complimentary in their amino acid structure, which creates a balanced and nutritious meal with complete proteins.

- Tofu
- Salad bar
- Rice dishes
- Fruit bar
- Potato dishes
- Yogurt bar
- Bean dishes
- Hard boiled eggs
- Plain beans
- Vegan/vegetarian soup daily
- Vegetable dishes
- Breads
- Plant-based meats
- Pastas
- Desserts
- Pizza

*Available at select locations

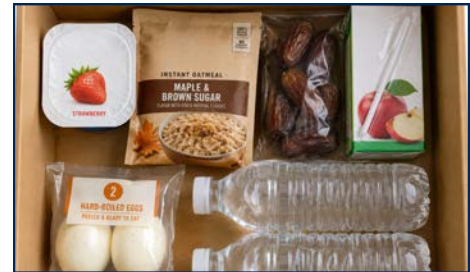
Religious Dietary Restrictions



RAMADAN

WVU Hospitality Group provides meal accommodations for students observing Ramadan. A form will be promoted prior to the observance period to sign up for breakfast box accommodations. Halal dinner options do not need to be requested through the form and will be available daily at select dining hall stations.

- **Breakfast (Suhoor): 1 MEAL SWIPE OR \$11.79** Pickup occurs during dinner service the night before at the Salad Station. Breakfast Includes yogurt, dates, oatmeal, fruit, juice box, two waters, and two hard-boiled eggs.



- **Dinner (Iftar): 1 MEAL SWIPE OR DOOR PRICE** Look for the HALAL Menu Icon at the dining stations during the Ramadan dates. Dinner service will feature Halal meat options as well as foods that are naturally compliant with Halal dietary practices.



HALAL MEAT WILL DISPLAY ON THE MENU BOARDS WITH THIS ICON

PASSOVER

In recognition of the Passover, fish will be available in all dining halls on Fridays throughout the Passover observance period. We remain dedicated to providing inclusive dining options that help ensure all students feel welcomed and supported on campus.



RESPONSIBILITIES FOR SAFETY



STUDENT RESPONSIBILITIES

- Carry emergency medication (EpiPen) – note: dining halls do not carry these on WVU property, and is the student’s responsibility to carry in case of emergency
- Communicate clearly with dietitian and dining team about allergies
- Make informed food choices using labels, icons, menus, and through communication
- Understand shared dining risks

WHAT SHOULD STUDENTS DO

- Identify allergies early (housing/dining forms) – please see Housing portal for allergen selection (insert link here)
- Speak with dining staff or dietitian ([Ask a Dietitian - West Virginia University | Elior Collegiate Dining](#))
- Review menus and ingredients
 - [Café Evansdale Dining Hall - West Virginia University | Elior Collegiate Dining](#)
 - [Hatfields Dining Hall - West Virginia University | Elior Collegiate Dining](#)
 - [Summit Café Dining Hall - West Virginia University | Elior Collegiate Dining](#)
 - [The Commons-](#)
 - [Bear’s Den](#)
- Avoid self-service if cross-contact is a concern
 - Students may request food from back of house that has not come in contact with allergens when on the food line. Please ask a dining staff member, manager, and/or chef for assistance

CAMPUS DINING RESPONSIBILITIES

- Provides food allergy training for staff twice yearly, while all chefs and Food Service Directors maintain AllerTrain certification
- Trains staff on food allergies, twice yearly and each time someone is hired
- Follows food safety and cross-contact prevention practices
- Offers support through designated staff



DINING HALL SAFETY TIPS



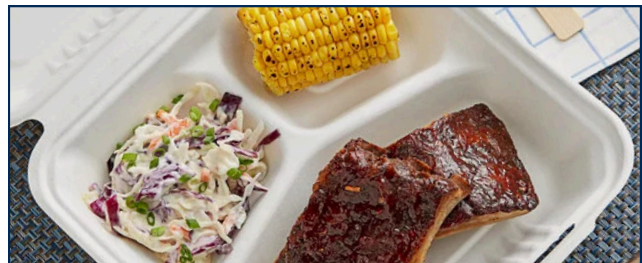
BEFORE YOU EAT

- Check menus ahead of time
- Ask questions. You may reach out to the dietitians at any time.



WHILE DINING

- Speak to a manager and/or chef
- Assess high-risk stations* and dine at your own discretion. Disposable takeout containers and plastic utensils are available
 - Shared serving utensils, high traffic stations, allergen-containing meals



SELF-SERVICE AREAS

- Higher risk for cross-contact
- Ask for a fresh serving from the kitchen when needed
- Disposable takeout containers and plastic utensils are available
- Visit and get your meals from Thrive for breakfast, lunch, and dinner.
 - This is strongly encouraged for those who are allergic to any of 9 allergens and/or gluten, and for those who are at risk for anaphylaxis
- Important Reminder - Staff should never guess—if unsure, they should verify

ALLERGY AND CELIAC EDUCATION



FOOD ALLERGIES

- Immune system response, exposure can cause anaphylaxis
- Can be severe or life-threatening
- Speed of reaction can usually occur quickly (minutes to hours)

CELIAC DISEASE / GLUTEN SENSITIVITY

- Gluten = protein in wheat, barley, rye
- Only treatment is strict avoidance
- Non-life threatening

FOOD INTOLERANCE

- Gut related response, non-life threatening
- Speed of reaction can be delayed

CROSS-CONTACT

When allergen proteins transfer from one food/surface to another, not to be confused with cross-contamination where raw food may come in contact with cooked food, caused a foodborne illness.

OTHER ACCOMMODATIONS (OSA) SUPPORT

- OSA - Medical documentation process [Student Accommodations at West Virginia University](#)
- How to request accommodations (please contact OSA)
- Meal plan modifications (if applicable) – OSA will contact and review student's needs and requirements on a case by case basis
- Students should create a case where allergies are concerned regardless of having a reaction

SIGNS & SYMPTOMS OF ALLERGIC REACTIONS



MILD SYMPTOMS

Itchy mouth
Rash/hives
Runny nose
Mild stomach discomfort

SEVERE SYMPTOMS (ANAPHYLAXIS)

Trouble breathing
Swelling of lips/tongue
Dizziness/fainting
Severe vomiting

EMERGENCY PROCEDURES

WHAT TO DO IF A REACTION OCCURS ON CAMPUS?

If a student has a reaction, they are to inform dining staff immediately. Staff may help student locate prescribed EpiPen and instruct student to administer themselves. Staff are not able to administer EpiPen injections. During this time, staff are to call 911 immediately for emergency services and support. West Virginia University Emergency Care is just minutes away from campus (insert map and location of hospital here)

- [Emergency Care | WVU Medicine](#)

WHO TO CONTACT AFTER AN ALLERGIC REACTION OCCURS?

Student may want to contact family and their physician

ROLE OF DINING STAFF AND EMERGENCY RESPONDERS

Dining staff will complete an incident report and review procedures to help determine how the reaction may have occurred. Emergency responders will provide the appropriate medical care and assistance.

HOW WVU HOSPITALITY GROUP MANAGES ALLERGEN SAFETY*



STAFF TRAINING

- Food allergy awareness training required twice yearly, taught by our Wellness Dietitian who is AllerTrain certified
- Ongoing education
- Training for those who onboard past the regularly scheduled training dates

INGREDIENT TRANSPARENCY

- Menus and ingredient info available – see labels, menus, paper print outs (insert photo here)
- Label review encouraged

CROSS CONTACT PREVENTION

- Cleaning and sanitizing procedures
- Separate equipment when possible
- Careful food preparation practices – all Thrive menu items are prepared separately back of house in purple, color-coded kitchen items that are not used for non-Thrive meals. All Thrive seasonings, oils, and other ingredients are also kept separate.

***Adapted from policies but simplified for students**

DISCLAIMERS

- Cross-contact cannot be completely eliminated
- Ingredient changes may occur
 - In the case for inventory issues, menu changes, substitutions, formulary changes, etc.
- Manufacturers of vendor items may change formulation or substitute ingredient(s) with minimal notice, which may cause ingredient list and labeling discrepancies. Please check labeling and request verification with dining staff at any time of uncertainty.

RESOURCES



CAMPUS CONTACTS



Brennah Groves

Wellness Dietitian

brennah.groves@elior-na.com



Leighann Scott

Campus Dietitian

leighann.scott@mail.wvu.edu



Clayton Cappellanti

Director of Dining

clayton.cappellanti@mail.wvu.edu

GENERAL INQUIRIES

dining@mail.wvu.edu
(304) 293-9999
dining.wvu.edu

OFFICE OF STUDENT ACCOMMODATIONS

(304) 293-7600
<https://osa.wvu.edu/>

ADDITIONAL RESOURCES

Food Allergy and Research Education (FARE) FoodAllergy.org

Gluten Free Resource Education Awareness Training (beyondceliac.org)