



EyMGZjmo

University of Michigan

Entry details

Entry Name:	Food for All: Integrating Inclusion, Safety, and Trust into the Campus Dining Experience
Institution Name:	University of Michigan
Entry Completed By (<i>name and position</i>):	Eliza Haffey, MPH, RD - Senior Culinary Nutrition Specialist

Michigan Dining’s inclusive special diet program is grounded in the principle that no student should have to choose between food safety, religious or cultural preferences, health, or belonging when navigating campus dining. Serving a diverse student population with a wide range of dietary needs, Michigan Dining has intentionally built systems that allow students with food allergies, medical conditions, and religious dietary requirements to participate fully in the dining experience with confidence and trust.

At the core of the program is a team of Registered Dietitians who provide leadership across dining operations. The team manages ingredient and nutrition data, establishes campus-wide allergen standards, and collaborates closely with culinary and operations leaders. Through weekly meetings, they maintain a structured six-week master menu that guarantees daily access to vegan, gluten-free, halal, and top nine allergen-free entrées in every residential dining hall, ensuring inclusive options are embedded into everyday service rather than offered as exceptions.

Michigan Dining employs a multi-layered approach to managing food allergies and dietary restrictions. Recipes and menus are labeled for the top nine allergens, as well as coconut, pork, beef, oats, and alcohol. Dining staff complete recurring training on allergen awareness and cross-contact prevention. Students with complex dietary needs may submit a special meal request form to pre-order personalized meals prepared in controlled kitchen environments, providing an added layer of safety and reassurance.

Religious dietary accommodations are seamlessly integrated into daily operations. Certified halal proteins are served daily with transparent sourcing and labeling. For students observing Kosher dietary laws, a certified Kosher kitchen operates under mashgiach supervision, and Kosher-certified meals are also available in campus retail and café locations to ensure consistent access.

To promote awareness of inclusive dining and special diet services, the nutrition team prioritizes high-visibility engagement, hosting more than 75 in-person events annually. Registered Dietitians maintain a presence at Campus Days, New Student Orientation, and start-of-semester events to introduce students to available resources early in their campus experience. The team also launched a Wellness Tabling series featuring interactive pop-up events in residential dining halls. These events paired engaging experiences, such as a build-your-own trail mix bar, blueberry slaw tastings, and a popular bubble tea pop-up, with evidence-based nutrition education. By combining cultural relevance, approachability, and education, the team reinforces that Registered Dietitians are visible and accessible resources.

This inclusive approach has led to increased student engagement and positive feedback. Students who once expressed hesitation about campus dining report greater comfort and trust after connecting with dining and nutrition teams. By removing barriers related to food safety, religious observance, and dietary restrictions, Michigan Dining fosters inclusion and belonging, ensuring all students can safely and confidently participate in the shared campus dining experience.

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Twigs Wellness ... 3.0 MiB



Screenshot 202... 954 KiB



Image 2025102... 2.9 MiB



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RD_pic.png 1.2 MiB



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Taking Action During an ALLERGIC REACTION

What is anaphylaxis? An extreme, often life-threatening allergic reaction to proteins found in food to which the body becomes hypersensitive

THE TOP 9 FOOD ALLERGENS:

- Peanuts
- Tree nuts
- Milk
- Eggs
- Wheat/Gluten
- Soy
- Sesame
- Fish
- Crustacean Shellfish

These foods account for 90% of food allergies and serious allergic reactions in the U.S.

SIGNS/SYMPTOMS:

Hives, swelling, itching, vomiting, diarrhea, wheezing, wheezing, trouble breathing, dizziness, fainting, and more.

Not every student will react in the same way. The signs/symptoms vary from person to person and even from incident to incident. People can react from a single crumb of a peanut whereas some may need larger quantities, like a handful of peanuts to start reacting. It is also important to remember reaction times may vary as well.

HOW TO TAKE ACTION:

1. Encourage the guest to administer their own epinephrine (or other medication)
2. Call 911, and let them know the location including building, room, building etc.
3. Make sure to mention the student is having an allergic reaction and that epinephrine is needed
4. Encourage the guest to remain where they are and to sit or lie down

RESOURCES

Michigan Dining is one of the few universities that have a student emergency program in campus. Emergency is provided to all of our residential dining halls and our Dining managers are trained and ready to administer the epinephrine. If needed, campus security also carries epinephrine and is able to administer it if a student is having an allergic reaction or collapse.

Scan the QR code to visit our Incident Report Form immediately printed

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AllergenHando... 604 KiB

Share Your Wellness Win!

How do you take care of yourself during finals week?

M | DINING

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LEARN ABOUT UBE

Pronounced oo-beh, Ube is a Filipino purple yam. It has origins in Southeast Asia and is common in Filipino cuisines and has been used for over 400 years.

What are some ways Ube is traditionally prepared and consumed?

- Ube Milk Tea (with Buko)
- Ube Flavored Ice with tapioca pearls
- Ube Maltosa (Jam)
- Filipino Jam made from boiling and mashing the purple yam
- Ube Rice Cake
 - Baked rice cake that is topped with powdered Ube
 - Typically served during special occasions like holidays, family gatherings and etc.
- Other Desserts
 - Cake, cupcakes, cheesecake, cookies, donuts and many more!

Ube.png 235 KiB

LEARN ABOUT MATCHA

Matcha is thought to originate in China and was introduced to Japan in the 1100's by a Zen Buddhist monk. The "Way of Tea" in Japan, also known as "Chado", is a traditional ritual of preparing and serving matcha.

The Four Core Principles of "The Way of Tea" is usually summarized by four guiding values:

- Wa (和) — Harmony
- Kei (敬) — Respect
- Sai (清) — Purity
- Jaku (寂) — Tranquility



Traditional Preparation of Matcha includes

1. Sifting of Matcha Tea Powder
2. Preparation of Hot Water
3. Whisking of the tea

Matcha.png328 KiB



Attachment name
Link to MDining Nutritio...

<https://www.canva.com...>

Attachment name
Link to MDining Gluten ...

<https://youtu.be/cSKVw...>



Attachment name
Link to Food Savvy Frida...

<https://mbc.studentlife....>