

## SIUE Dining Services - Food Allergens and the Top 9

SIUE Dining Services is committed to transparency and care when it comes to food allergens. Clear labeling and ingredient awareness help students make dining choices that align with their individual health needs.

The Top 9 food allergens include milk, eggs, wheat, soy, peanuts, tree nuts, fish, shellfish, and sesame. Menu items are reviewed and labeled to indicate the presence of these allergens, with information available on menu boards and digital platforms.

Allergen-aware options are available throughout campus dining venues. Many stations offer simple, customizable components that allow students to select foods based on their comfort level and dietary requirements.

To support safe dining practices, SIUE Dining Services provides additional allergen awareness trainings and certifications for all staff who handle food. An extensive labeling system is used across digital signage, physical signage, Nutrislice menus, and food packaging to help clearly identify allergens.

Behind the scenes, established practices are in place to reduce points of cross-contamination. Recipes across dining locations are monitored and adjusted as needed to reduce allergens when possible. Extra care is taken when handling any of the Top 9 allergens to minimize the risk of cross-contact or cooking contamination.

Grab n Go items include ingredient labels that identify common allergens. Students are encouraged to review packaging carefully and to ask dining staff questions about ingredients or preparation methods. Items are also available at Union Station and Chimega Mart that are sealed, certified and clearly labeled.

We encourage students with food allergies to communicate proactively with our team. Questions, feedback, or accommodation requests may be directed to [siuedining@siue.edu](mailto:siuedining@siue.edu) or Executive Chef Drake at [Dutech@siue.edu](mailto:Dutech@siue.edu).

