



## Focus on your future, not your food allergy

Simple Servings, our dining option that provides safe and appetizing food choices for our customers with food allergies, gluten intolerance, or those who prefer simple foods.

College is complicated enough; enjoying a meal at the resident dining hall shouldn't be. But choosing meals can present undue anxieties for the growing number of students who are arriving on college campuses with food allergies that can be dangerous—even fatal. According to the Centers for Disease Control and Prevention, teenagers and young adults with food allergies are at the highest risk of fatal food-induced anaphylaxis.

Simple Servings is TCU Dining's solution to proactively address most of the ingredients that account for 90% of all food-allergy reactions: milk, eggs, wheat, soy, shellfish, peanuts, and tree nuts. The 8th FDA specified allergen, fin fish, is included in the offer. Simple Servings also recognizes the current skyrocketing demand for gluten-free foods, which certain students may require out of medical necessity (celiac disease) or simply by choice. Simple Servings also appeals to students who prefer plain and simple foods and those with other health-related dietary concerns, such as Type I diabetes.

Prepared without 7 of the 8 FDA most common food allergens, Appetizing and creative menus, All dishes prepared without gluten-containing ingredients, Carefully trained staff minimize chances of cross-contact with separate equipment, storage, utensils, and prep areas.

With Simple Servings, students can comply with food allergy or other dietary concerns without feeling singled out. They won't have to go off campus for their meals or miss out on dining with their friends while waiting for the chef to specially prepared their meals. All foods offered at the Simple Serving station are naturally free of milk, eggs, wheat, soy, shellfish, peanuts, tree nuts and gluten.

Straightforward preparation techniques assure transparency of ingredients, and help student prepare to be responsible for their own shopping and cooking in future. The lunch and dinner menu change daily and include varied protein options: fish, beef, pork, chicken and turkey. All side dishes are vegan, containing no milk, eggs, or meat products.

# FEED THE FROG