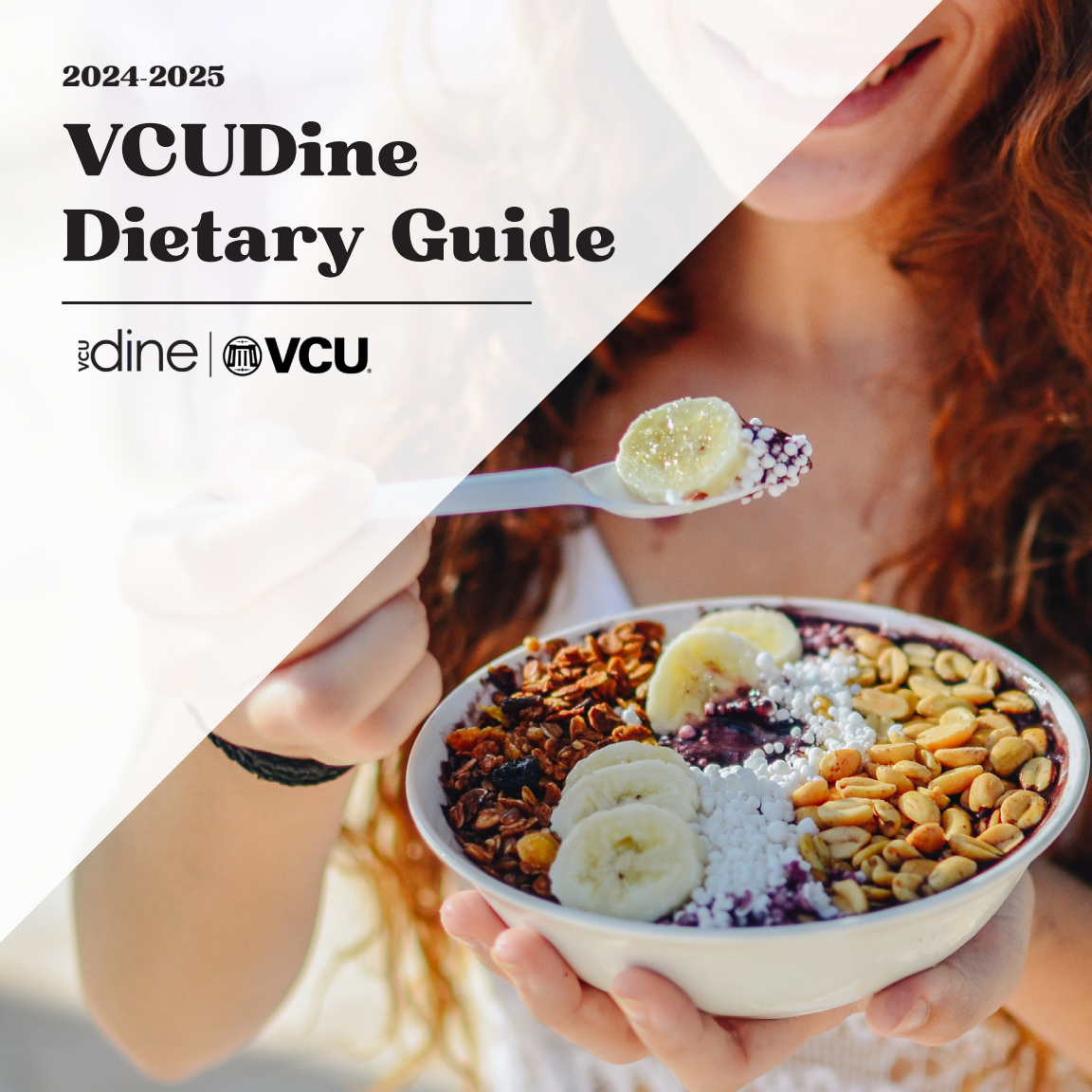


2024-2025

VCUDine Dietary Guide

vcu dine |  **VCU**





Quinn Taylor, RD
 (804) 828-0306 | @VCUDietitian
 dietitian@vcu.edu



Email or call
to set up your
meeting today.

Our Commitment

Good nutrition is essential to good health. That’s why at VCUDine, we’re committed to nourishing every student through healthy, nutritious food options. Our daily offerings allow you to build a balanced meal around fruits, veggies, lean meats, grains and low-fat dairy. With educational nutrition events throughout the year, VCUDine also gives you the skills and knowledge necessary to lead a healthy lifestyle, both during your time at VCU and beyond.

Our Registered Dietitian

Our Registered Dietitian, Quinn Taylor, is your on-campus resource. Quinn is available for one-on-one consultations with students and personalized dining hall tours to discuss any food allergies, dietary restrictions and overall healthy eating on campus. She can also introduce you to members of the VCUDine team in order to make your dining experience more comfortable.



Icons to look for in our dining locations:



Low in calories, saturated fat, & sodium, with a full serving of nutrient-rich ingredients.



Contains no meat, fish or poultry.



Contains no animal products of any kind.



A plant-centered cooking style with minimal animal protein.

Mobile Resource

CampusDish can be accessed from the VCU Mobile App - under the “Dining” icon. Also access swipe exchange options, hours of operation and more.

Online Resources

To view nutrition and allergen information, visit vcu.campusdish.com. For up-to-date info about VCUDine nutrition events and activities, check out our social media accounts.

@VCU_Dining | @VCUDietitian

CAMPUS GUIDE TO HEALTHY OPTIONS

Check out these locations for our most popular healthy options!

1 Harrison & Grace

Au Bon Pain

2 Shafer & Grace

Ram City Market

3 Laurel & Grace

Twisted Taco
Bento

4 Shafer Court Dining Center

Market 810
Bleecker Street
Shake Smart
Einstein Bros. Bagels

5 University Student Commons

Za'atar
P.O.D. Market
Subway

6 Snead Hall

Bleecker Street

7 Engineering Research Building

Au Bon Pain - Ram Bytes

8 Cary & Belvidere

AVO Kitchen



Scan the QR code to view a detailed list of our healthy options on campus.

true balance

We offer a True Balance® allergen solutions station, located in AVO Kitchen. Here you can find lunch and dinner entrees made without all of the top nine allergens - eggs, dairy, wheat/gluten, peanut, tree nuts, soy, sesame, fish and shellfish. Each recipe has been carefully selected to ensure safety for those with dietary restrictions while still focusing on flavor and variety.

While all of our employees go through food safety training, employees at our True Balance station are required to complete extra training to further minimize risk for cross-contact. See page 5 for more information on cross-contact.

We also offer accommodations for certain allergies at many other locations, including:



no wheat
no gluten

Made-without-gluten products

Made-without-gluten cereal/ bread products, including sliced bread, burger buns and pizza crust. Available at Shafer's Market 810 and Ram City Market.



no milk

Dairy alternatives, such as soy and almond milk

Available at Starbucks, Shake Smart, Shafer's Market 810 and Ram City Market



no eggs

Vegan options that are made without eggs and dairy

Available at multiple locations including Shafer's Market 810, AVO Kitchen, Shake Smart, Za'atar, Bleecker St. and Ram City Market.



Avoiding Cross-Contact*

If there is a risk for cross-contamination of allergens, students are encouraged to:

1. Ask the dining employee to change their gloves
2. Ask the dining employee to use a new utensil or fresh pan at made-to-order stations
3. Take caution with deep-fried foods, as frying oil is reused during the day before being changed

Be Prepared

1. Know the symptoms of allergic reactions and how/when to tell someone you might be having an allergic reaction
2. Carry medication/Epi-pen and emergency contact information at all times in case of exposure

*Aramark relies on our vendors' allergy warnings and ingredient listings. Because we operate a commercial kitchen where cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

Medical & Religious Dietary Restrictions

Our dining team is available to assist with a wide range of food-related medical conditions, such as Irritable Bowel Syndrome (IBS), Inflammatory Bowel Disease (IBD) and Celiac Disease. Religious dietary restrictions such as Halal can be accommodated as well.

If you have specific questions or concerns about your dietary needs while on campus, our registered dietitian is available for one-on-one consultations. Looking for dining accommodations info? Visit saeo.vcu.edu and click "request your accommodation letter" at the bottom of the screen.



For more info

Scan the QR code to access our allergen guide and to receive more information about dining on-campus with a food allergy.





vcu dine

VCU Dining Services

804-828-1148 | dining@vcu.edu

1111 West Broad St., Suite A, Richmond, VA 23298

@VCU_Dining | bsv.vcu.edu

VCUDine Registered Dietitian

804-828-0306 | dietitian@vcu.edu

810 Cathedral Place, Richmond, VA 23284

@VCUDietitian | vcu.campusdish.com