

4 Meal Accommodation Policies

✓ REGISTER

Follow BC's Meal Accommodation Policy (which can be found [here](#), or by visiting the Wellness tab on the BC Dining website), which includes meeting with our dietitian and registering with the Disabilities Services Office.

✓ SPECIAL REQUEST

You can seek meal accommodations, such as pre-ordering a meal in our allergy prep station (locations: McElroy, Lower, Stuart).

✓ ALWAYS ASK

If you aren't sure what an item contains or have other questions, don't hesitate to ask a manager!

✓ CARRY EPINEPHRINE

Carry epinephrine if it is prescribed for treatment of an allergic reaction. We do not carry epinephrine in our dining locations.

In the case of an allergic reaction, call BC Police at 2-4444 and administer epinephrine.



"It is our mission to make healthy, delicious, and sustainable food for the BC community"

Make An Appointment



Christina Karalolos - MS, RD, LDN
Administrative Dietitian
BC Dining
Email: christina.karalolos@bc.edu

Contact Us

Email: BCDining@bc.edu

Find us on social media!
[@bc_dining](#)



BC DINING



**EAT.
DRINK.
TALK.
THINK.**

Learn more about how you can navigate your dietary restrictions with BC Dining.

ALLERGEN-FRIENDLY DINING

ALLERGEN-FRIENDLY DINING



We always take extensive precautions!

BC Dining takes extensive precautions when preparing and serving food to ensure as little cross contamination with allergens as possible.

Free of the Top 9 Allergens



Our Allergy Eats dinner station at Lower Live, Carney, and Stuart is made without gluten and the Top 9 Allergens. Additionally, using our online menu, students can use the allergen filter to check for Top 9 Allergen-free offerings, as well as mustard and sulfites.

Did you know?

BC Dining does not serve open containers of nuts or nut butter

ALLERGEN-FRIENDLY DINING

Please be aware!



★ Granola

Granola, which can be found in all the major dining halls, is also nut-free. However, please be aware that it is made in a bakery that processes peanuts, tree nuts, and soy. It is not certified gluten-free

★ Dairy Free Options

Non-dairy milk is available at Lyons, Carney, Lower, Stuart, and Addie's and can be used to make lattes. At locations serving coffee, there is always a risk of cross-contact on the latte machines. We are in the process of procuring dairy free yogurt, cream cheese and ice cream to be available on capmus.

★ Concessions

Due to the small food preparation space, the risk of cross-contact is high! Students can go up to the food service stands and request a list of products & their ingredients for review.



ALLERGEN-FRIENDLY DINING

ALLERGY ALERT!

The BC Bakery uses nuts in production. We are rolling out a brand of certified nut free breakfast pastries and desserts. These items will be individually packaged to maintain their certification.

Did you know?

You can find many allergen friendly treats and baked goods in the gluten-free freezers!

ALLERGEN FRIENDLY

LASTLY!

Online Menus can be viewed on the BC Dining Website with allergen filters to help navigate the dining halls. Students can click on menu items to review ALL ingredients.