REQUEST FOR DIETARY
ACCOMMODATION

Resources for Students

Sodexo Dining Services offers a variety of options related to dietary needs. Standard food selections are offered that meet the needs of students seeking allergy accommodated, vegetarian, vegan and gluten free diets (to name just a few). During the academic year, students are encouraged to speak with any of the Sodexo Management Team. They may also refer to the Sodexo Website to identify nutritional content. Visit the MECA Café online!

MECA Café on Facebook: https://www.facebook.com/#!/meca.cafe?ref=ts
MECA Café Website: http://www.meca.edu/meca-life/cafe

At any point in the semester, students can schedule an informal dietary consultation with a member of the Sodexo management team. This consultation may address questions regarding food preparation, discuss standard ingredients used and provide an orientation of what is offered at the various stations.

If students have questions at any time regarding available options, ingredients, or cooking methods, it is important that they ask a member of the management staff.

Documentation Guidelines

Students who have dietary needs or food allergies may request reasonable accommodations related to their meal plan. The Café General Manager will work jointly with the Disability Services Coordinator in the Department of Student Life and the student to develop an individualized plan to address accommodation needs. Choices within this plan will be nutritionally comparable to the food choices of other students and to an extent that it is reasonably possible.

Documentation: Professional recommendations are accepted from medical doctors as well as dietitians, nutritionists, and allergists who are appropriately licensed. This documentation should describe:

- The condition requiring the accommodation
- The current impact and severity of the condition
- A listing of types of food the student is to avoid with corresponding severity of reaction
- A listing of acceptable food options

This information should be forwarded to the Coordinator of Disability Services listed below. The documentation will be reviewed jointly by Disability Services Coordinator and Sodexo Dining Services. Upon receipt of all documentation, a follow-up meeting may be scheduled to discuss specific needs and establish a plan. Due to the severity of some allergic reactions, it may be necessary to inform appropriate staff of dietary restrictions.

For questions related to dietary accommodation requests and Disability Services please contact:
Adrea Jaehnig
Director of Student Life
Disability Services Coordinator
207-699-5035
ajaehnig@meca.edu

For questions regarding general meal plan options please contact:
Pam Ryder
Café General Manager
207-699-5066
pryder@meca.edu

For general questions related to Sodexo Dining Services please contact:
Pam Ryder
General Manager
PRyder@meca.edu
207-699-5056

Lauren Withers
Campus Dietitian
Lauren.Withers@sodexo.com
REQUEST FOR DIETARY ACCOMMODATION

Request Form

To request a dietary accommodation, fill out the information below as completely as possible. Be sure to include documentation from a medical physician or other approved professional.

Submit your request with supporting documentation to the Disability Services Coordinator. All documentation will reside in the Office of Disability Services.

Your request and supporting documentation will be reviewed by the Disability Services Coordinator and Sodexo Dining Services Staff. Sodexo Dining staff will be aware of the restriction, not the diagnosis. A follow-up meeting may be scheduled to discuss specific needs and establish a plan.

Written requests should be submitted as early as possible to allow adequate time to make arrangements as appropriate.

<table>
<thead>
<tr>
<th>Food Allergies and Medical Conditions (please check all that apply)</th>
<th>Please indicate what type of reaction or severity of your allergy/intolerance by circling any of the symptoms illustrated below</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Allergy is:</td>
<td></td>
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<tr>
<td>[ ] Gluten/Wheat</td>
<td><img src="image" alt="SEVERE SYMPTOMS" /></td>
</tr>
<tr>
<td>[ ] Eggs</td>
<td><img src="image" alt="SEVERE SYMPTOMS" /></td>
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<tr>
<td>[ ] Dairy</td>
<td><img src="image" alt="SEVERE SYMPTOMS" /></td>
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<tr>
<td>[ ] Soy</td>
<td><img src="image" alt="SEVERE SYMPTOMS" /></td>
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<tr>
<td>[ ] Peanuts</td>
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<tr>
<td>[ ] Fish</td>
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<tr>
<td>[ ] Shellfish</td>
<td><img src="image" alt="SEVERE SYMPTOMS" /></td>
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<tr>
<td>[ ] Tree nuts</td>
<td><img src="image" alt="SEVERE SYMPTOMS" /></td>
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<tr>
<td>[ ] Other (please specify): ________________________________</td>
<td><img src="image" alt="MILD SYMPTOMS" /></td>
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<tr>
<td>[ ] Gluten Intolerance</td>
<td><img src="image" alt="MILD SYMPTOMS" /></td>
</tr>
</tbody>
</table>

Other Medical Conditions requiring Dietary Accommodations (please specify): ______________________________

Do you carry a prescribed epi pen? ________________

Please be sure to attach supporting documentation.