

# Newly Diagnosed?

Nutrition counseling is available to help develop your knowledge & skills about your new food restrictions. Contact the Bi-College Dietitian, Natalie Zaparynski to make an appointment:

Also, please complete the "Bi-Co Dietitian Special Needs Form"

## Resources

Food Allergy & Anaphylaxis Network

American Academy of Allergy, Asthma & Immunology

Celiac Disease Foundation

Crohns & Colitis Foundation of America

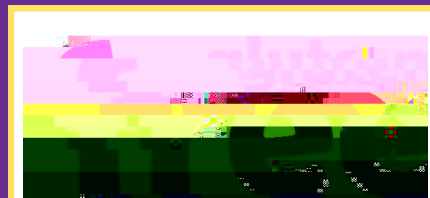
Food Allergies in the Real World

# Bryn Mawr College

Erdman Dining Hall  
610 526 7411  
New Dorm Dining Hall  
610 526 7408  
UnCommon Grounds  
610 526 7413

# Haverford College

Haverford Dining Center  
610 896 1108  
The Coop  
610 896 1806



allergy-friendly space where you can eat without the worry

More everyday choices for those who need them! Contact our Dietitian for access to "Free" space!



## Food Allergy 101

A Guide to Safe Dining Resources on Campus

DINING

services

## Dining Hall Standards

Available in all Dining Halls:

Vegetarian and meat options at every meal

New Dorm Dining Hall offers additional vegan dishes

Erdman offers one dinner entree that is prepared Gluten Free, Shellfish Free, Dairy Free & Nut Free

Kosher options available during Passover  
Lactaid 100 (100 percent lactose reduced, non-fat milk)