

Managing Allergies: A Guide for Pre-College Students



Welcome to Brown University Pre-College Programs! To ensure a safe and successful summer, we want to provide clear information about how we support students with allergies - including food, environmental, medication and insect stings - and what we expect from you in return.

THE ACCOMMODATION PROCESS

If you have disclosed the need for dietary/medical accommodations on your **Medical Authorization and Health History Form**, our team will initiate the following based on your selection:

Dietary Accommodations Only: If you select only dietary accommodations, your request is automatically approved. You will be granted access to the resources listed in the “Dining Services” section below.

Medical Accommodations: If you indicate a need for both medical accommodations, our team will launch a formal review process:

- 1. Information Gathering:** We will launch a process to collect more specific details regarding your allergy and triggers.
- 2. Documentation Review:** We will request medical documentation to help us provide the most appropriate and effective accommodations.
- 3. Support Planning:** Our team works closely with Dining and Residential Life to ensure your needs are met while on campus.

Questions? Contact the Pre-College Accessibility Team at accessibility@brown.edu.

STUDENT RESPONSIBILITIES & SAFETY

While the University provides robust resources, students are expected to manage their allergies independently:

- **Self-Management:** Students are responsible for their own food selections and environmental choices.
- **No Active Monitoring:** Staff do not track students’ activities, movements or food intake to ensure they are avoiding allergens.
- **Proximity Awareness:** In shared spaces - such as dining halls, dorms and classrooms - other students may be using products or consuming foods that contain your allergens.
- **Off-Campus Excursions:** For any University-sponsored trips or off-campus activities, students must bring their own medications and be prepared to manage their allergies independently.

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EMERGENCY PROTOCOLS & EPIPENS

If you have been prescribed an epinephrine auto-injector (EpiPen):

- **Carry it Everywhere:** You are expected to carry your EpiPen on your person at all times, in all campus and off-campus locations.
- **Self-Administration:** Our staff are not specifically trained to administer EpiPens. You must be prepared to self-administer your medication if an emergency arises.
- **Immediate Emergency Contact:** If you experience a severe reaction or administer your EpiPen, you must immediately call for emergency services.
 - » If on campus, call the **Department of Public Safety and Emergency Management at 401-863-4111**. Calling this number ensures that Brown's on-campus Emergency Medical Services (EMS) are dispatched directly to your location. **Please save this number in your contacts now.**
 - » If off campus, call **911**.

DINING SERVICES

Brown University Dining Services provides high-level support for students with food allergies. You can view more information on their website: <https://dining.brown.edu/about-your-food/food-allergies-and-dietary-restrictions>

- **Self-Service Environment:** Most dining hall stations are self-service. All top allergens are found throughout the dining halls, and we do serve foods and desserts containing **coconut and/or sesame**.
- **Nut Policy:** While we do not serve products with peanuts or tree nuts in our general recipes, there is a specific location within the dining halls that offers **peanut butter** for students to take at will.
- **The Allergen-Aware Kitchen:** This kitchen, located in the Sharpe Refectory, offers a rotation of hot meals for lunch and dinner that do not include the top nine allergens (peanuts, tree nuts, egg, dairy, wheat, soy, shellfish, fish and sesame) and are naturally gluten-free. No formal accommodation is required to access this station.
 - » *Cross-Contamination Disclaimer:* Ingredients used in this kitchen are prepared in a facility that uses these ingredients in the production of other dishes. While Dining Services takes measures to ensure against this, the possibility of cross-contamination at the packaging facility does exist.
 - » *Communal Environment:* The Allergen-Aware Kitchen is located within the main dining facility; please be aware that other diners may be sitting near you consuming foods that contain your allergen(s).

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- **Allergy-Friendly Pantry:** We have an Allergy-Friendly Pantry that offers specialty products such as breads, desserts and snacks available to students with dietary needs. No formal accommodation is required to access this station.
 - **Menu Transparency:** Students with allergies are able to eat in any of our campus eateries and manage their food selections to avoid their known allergens. To help make this easy, full menus and ingredient lists are available on the [Brown Dining Website](#). All dining facilities provide signage listing ingredients and students are encouraged to review these labels before eating.
 - **Individualized Plans:** If you believe these standard offerings will not meet your needs, our team can connect you with the Wellness and Nutrition team within University Dining Services to discuss an individualized dining plan.

IMPORTANT CONTACTS

- **Pre-College Accommodations:** accessibility@brown.edu
- **Brown Dining Wellness & Nutrition:** dining_services@brown.edu
- **On-Campus Emergency Medical Services (EMS/Police):** 401-863-4111