

# COMPARING COLLEGES

*Allergic Living* compares the food allergy and celiac practices of 32 universities and colleges across the United States.  
by ALLISON INSERRO and PATRICK BENNETT

UNIVERSITY A - R	Doctor's Note required for accommodations?	Registration with disabilities office required?	Dietitian or dining services staff available for a meeting before applying?	Food allergy fair or similar event at start of year?	Area on housing form to indicate food allergies/ceeliac?
University of Arizona (AZ)	No*	Yes	Yes	No	Yes
University of California, Davis (CA)	No	No	Yes	No	Yes
Boston College (MA)	No	No	Yes	No	Yes
College of the Holy Cross (MA)	Yes	Yes	Yes	No	Yes
Colorado State University (CO)	No	No	Yes	Yes	No
Dartmouth College (NH)	Yes	No	Yes	Yes	Yes
University of Delaware (DE)	Yes	No	Yes	Yes (GF only)	Yes
Eastern Michigan University (MI)	Yes	No*	Yes	Yes	Yes
Emory University (GA)	No*	No*	Yes	No	Yes
Georgetown University (DC)	Yes	No*	Yes	Yes	N/A (no housing application)
Gonzaga University (WA)	Yes	Yes	Yes	Yes	Yes
Haverford College (PA)	No	No	Yes	No	Yes
University of Illinois (IL)	Yes	Yes	Yes	Yes	Yes
Iowa State University (IA)	Yes	No*	Yes	No	Yes
University of Kansas (KS)	Yes	No	Yes	Yes	No
Universtiy of Maryland (MD)	Yes	It depends	Yes	No	Yes
University of Michigan (MI)	No	No	Yes	Yes	Yes
University of Missouri (MO)	No	No	Yes	Yes	No
New York University (NY)	No*	Yes	Yes	Yes	Yes
University of North Carolina at Chapel Hill (NC)	No*	No	Yes	Yes	Yes
University of Notre Dame (IN)	No*	No	Yes	No	No
Ohio State University (OH)	No*	No	Yes	No	Yes
Pennsylvania State University (PA)	No	No	Yes	No	Yes
Purdue University (IN)	No	No	Yes	Yes	Yes
Rutgers University (NJ)	Yes	No*	Yes	Yes	Yes

\*For certain higher-level accommodations, such as custom meals or an apartment-style room, a doctor's note or disabilities registration may be required. Legend: FA: Food allergy GF: Gluten-free DF: Dairy-free PN: Peanut TN: Tree nut SF: Shellfish



# COMPARING COLLEGES *Allergic Living* compares the food allergy and celiac practices of 32 universities and colleges across the United States.

UNIVERSITY A - R	Is ingredient or allergen information onsite/online?*	Staff trained regularly on FA, celiac, cross-contamination?	Pre-made allergy-friendly meals available?	Ingredient substitutions available?	Separate utensils and area in kitchen for FA/celiac orders?
University of Arizona (AZ)	Yes/Yes	Yes	Yes (GF, DF, EF only)	Yes	Yes
University of California, Davis (CA)	Yes/Yes	Yes	Yes	Yes	Yes
Boston College (MA)	Yes (TN, PN, SF only)/Yes	Yes	Yes	Yes	Yes
College of the Holy Cross (MA)	Yes/Yes	Yes	Yes	Yes	Yes
Colorado State University (CO)	No/Yes	Yes	Yes	Yes	No (GF only)
Dartmouth College (NH)	Yes/No	Yes	Yes	Yes	No (GF only)
University of Delaware (DE)	No/Yes	Yes	Yes	Yes	Yes
Eastern Michigan University (MI)	Yes/Yes	Yes	Yes	Yes	Yes
Emory University (GA)	Yes/Yes	Yes	Yes	Yes	No (GF only)
Georgetown University (DC)	Yes/No	Yes	Yes	Yes	Yes
Gonzaga University (WA)	Yes/Yes	Yes	Yes	Yes	Yes
Haverford College (PA)	Yes (TN, PN, SF only)/Yes	Yes	Yes	Yes	Yes (utensils only; same prep area)
University of Illinois (IL)	Yes/Yes	Yes	Yes	Yes	Yes
Iowa State University (IA)	Yes/Yes	Yes	Yes	Yes	Yes
University of Kansas (KS)	Yes/Yes	Yes	Yes	Yes	Yes
University of Maryland (MD)	Yes/Yes	Yes	Yes	Yes	Yes
University of Michigan (MI)	Yes/Yes	Yes	Yes	Yes	Yes
University of Missouri (MO)	No/Yes	Yes	Yes	Yes	Yes (utensils only; same prep area)
New York University (NY)	No/Yes	Yes	Yes	Yes	Yes
University of North Carolina at Chapel Hill (NC)	Yes/Yes	Yes	Yes	Yes	Yes
University of Notre Dame (IN)	Limited (best to ask chef)	Yes	Yes	Yes	Yes
Ohio State University (OH)	No/Yes	Yes	No	Yes	Yes
Pennsylvania State University (PA)	Yes/Yes	Yes	Yes	Yes	Yes
Purdue University (IN)	Yes/Yes	Yes	No	Yes	Yes
Rutgers University (NJ)	No/No	Yes	Yes	Yes	Yes

\*In all cases, students can ask food manager about ingredients. Legend: FA: Food allergy GF: Gluten-free DF: Dairy-free EF: Egg-free PN: Peanut TN: Tree nut SF: Shellfish

# COMPARING COLLEGES *Allergic Living* compares the food allergy and celiac practices of 32 universities and colleges across the United States.

UNIVERSITY S - Z	Is ingredient or allergen information onsite/online?*	Staff trained regularly on FA, celiac, cross-contamination?	Pre-made allergy-friendly meals available?	Ingredient substitutions available?	Separate utensils and area in kitchen for FA/celiac orders?
The University of Texas at Austin (TX)	Yes/Yes	Yes	Yes	Yes	Yes
The College of New Jersey (NJ)	Yes/Yes	Yes	Yes (GF only)	Yes	Yes
Tufts University (MA)	Yes/Yes	Yes	Yes	Yes	Yes
Valparaiso University (IN)	No/No (but working on it)	Yes	Yes	Yes	No (but working on it)
Virginia Tech (VA)	No/Yes	Yes	No	No (GF only)	No (GF only)
Williams College (MA)	Yes/Yes	Yes	Yes	Yes	No
University of Wisconsin-Madison (WI)	Yes/Yes	Yes	No	Yes, (mostly GF, limited for other allergens)	Yes
Chart continues next page					

\*\*In all cases, students can ask food manager about ingredients. Legend: FA: Food allergy GF: Gluten-free DF: Dairy-free EF: Egg-free PN: Peanut TN: Tree nut SF: Shellfish

# COMPARING COLLEGES *Allergic Living* compares the food allergy and celiac practices of 32 universities and colleges across the United States.

UNIVERSITY A - R	All dining halls able to accommodate allergies, GF?	All retail sites able to accommodate allergies, GF?	Residence required in first year?	Meal plans required in residence?	Possible to group FA students as roommates?
University of Arizona (AZ)	Yes	Yes	No	N/A (no traditional meal plans)	Yes (if students request each other)
University of California, Davis (CA)	Yes	No	No	Yes	Yes
Boston College (MA)	Yes	Yes	Yes	Yes (unless in room with kitchen)	Yes (after freshman year)
College of the Holy Cross (MA)	Yes	Yes	Yes	Yes	Yes (if students request each other)
Colorado State University (CO)	Yes	No	Yes	Yes	No
Dartmouth College (NH)	No	No	Yes	Yes	Yes
University of Delaware (DE)	Yes	Yes	Yes (unless commuting from home)	Yes	Yes (if students request each other)
Eastern Michigan University (MI)	Yes	Yes	Yes (can waive for FA/ceciac)	Yes (except apartments)	Yes (if students request each other)
Emory University (GA)	No	No	Yes	Yes	Yes
Georgetown University (DC)	Yes	No	Yes (can waive for FA/ceciac)	Yes (freshman/sophmore year only)	Yes
Gonzaga University (WA)	Yes	No	Yes (can waive for FA/ceciac)	Yes (freshman/sophmore year only)	Yes
Haverford College (PA)	Yes	Yes	No	No	Yes
University of Illinois (IL)	Yes	No	Yes	Yes	Yes
Iowa State University (IA)	No	No	No	Varies	Yes (if students request each other)
University of Kansas (KS)	Yes	No	No	Yes	Yes
Universtiy of Maryland (MD)	Yes	No	No	Yes	Yes
University of Michigan (MI)	Yes	Yes	No	Yes	Yes (if students request each other)
University of Missouri (MO)	Yes	Yes	No	Yes	No
New York University (NY)	Yes	No	Yes	Yes (except with doctor's note)	Yes
University of North Carolina at Chapel Hill (NC)	Yes	No	Yes	No	Yes (if students request each other)
University of Notre Dame (IN)	Yes	Yes	Yes	Yes	Yes
Ohio State University (OH)	Yes	No	Yes	Yes (except kitchen rooms)	Yes
Pennsylvania State University (PA)	Yes	No	Yes	Yes	Yes
Purdue University (IN)	Yes	Yes	No	Varies	Yes
Rutgers University (NJ)	Yes	No	No	Yes	Yes

Legend: FA: Food allergy GF: Gluten-free DF: Dairy-free PN: Peanut TN: Tree nut SF: Shellfish

Chart published: August 2014



# COMPARING COLLEGES *Allergic Living* compares the food allergy and celiac practices of 32 universities and colleges across the United States.

UNIVERSITY A - R	Microwaves/mini-fridges allowed in rooms?	Room with kitchenette available, even if freshman?
University of Arizona (AZ)	Yes/Yes	No
University of California, Davis (CA)	Yes/Yes	Yes (off-campus housing only)
Boston College (MA)	Yes/Yes	No
College of the Holy Cross (MA)	Yes/Yes	No
Colorado State University (CO)	Yes	No
Dartmouth College (NH)	Yes/Yes	No
University of Delaware (DE)	Yes/Yes	Yes
Eastern Michigan University (MI)	Yes/Yes	Yes (space permitting)
Emory University (GA)	Yes/Yes	Yes (with disability registration)
Georgetown University (DC)	No/Yes	No
Gonzaga University (WA)	Yes/Yes	Yes (with disability registration)
Haverford College (PA)	Yes/Yes	Yes
University of Illinois (IL)	Yes/Yes	Yes
Iowa State University (IA)	Yes/Yes	Yes (case-by-case)
University of Kansas (KS)	Yes	No
University of Maryland (MD)	Yes/Yes	No
University of Michigan (MI)	Yes/Yes	Yes
University of Missouri (MO)	Yes/Yes	No
New York University (NY)	Yes/Yes	No
University of North Carolina at Chapel Hill (NC)	Yes/Yes	Yes
University of Notre Dame (IN)	No/Yes	No
Ohio State University (OH)	Yes/Yes	Yes (case-by-case)
Pennsylvania State University (PA)	Yes/Yes	No
Purdue University (IN)	Yes/Yes	Yes
Rutgers University (NJ)	Yes/Yes	No

Legend: FA: Food allergy GF: Gluten-free DF: Dairy-free PN: Peanut TN: Tree nut SF: Shellfish

Chart published: August 2014

# COMPARING COLLEGES Allergic Living compares the food allergy and celiac practices of 32 universities and colleges across the United States.

UNIVERSITY S - Z	Microwaves/mini-fridges allowed in rooms?	Room with kitchenette available, even if freshman?
The University of Texas at Austin (TX)	Yes/Yes	No
The College of New Jersey (NJ)	Yes/Yes	No
Tufts University (MA)	Yes/Yes	No
Valparaiso University (IN)	Yes/Yes	No
Virginia Tech (VA)	Yes/Yes	No
Williams College (MA)	Yes/Yes	No
University of Wisconsin-Madison (WI)	Yes/Yes	No