



A NEW STATION IN THE DUC

There are always new systems and new changes as students return to school. Those of you that dine in the DUC have probably noticed the new Allergy and Gluten Free Station. You probably are familiar with allergies such as eggs, milk, nuts, or shellfish. You know that a life threatening event may occur if someone that's allergic encounters an allergen. But what about a gluten free diet. Why is it necessary? Individuals needing GF Dining generally have Celiac Disease, an autoimmune disease or gluten sensitivity. Celiac Disease is triggered by eating gluten, a protein particle found in wheat, barley, rye, and oats.

If a student eats these foods, he/she can become ill. The GI tract has problems digesting these foods. Although a reaction may not be seen immediately, even a crumb can cause problems to these individuals. There are a lot of foods that can be eaten such as meat, fish, poultry, eggs, vegetables, potatoes, fruits; however these foods cannot be touched or made with anything that has gluten. This is considered cross contamination. This is the reason that the allergy and GF station is needed. This is the reason that those requiring a gluten free diet have to have this separate area. These students would not choose a gluten free diet unless absolutely necessary. This is why we need your help to keep the area free from gluten contamination.

Please contact Susan Johnson MNS,RD/LD,CDE our new dietitian in Food Service Administration or Michael Lyle our Executive Chef if you have questions or need help. Susan's phone no is 404-712-8048 and she is located in the DUC, room 220W, in the new Food EU center.