

Special dietary requirements while eating at the AIS Dining Hall

At the AIS, we are committed to providing a supportive food environment that caters to a range of dietary needs.

The AIS Dining Hall buffet contains fresh vegetables and a significant salad bar which contains a wide variety of salad ingredients individually presented, and a salad/s dish prepared fresh daily. Additional to this, we always provide at least 2 different protein options for selection.

How the AIS Dining Hall Addresses Specific Food Allergies: All catering staff at the AIS Dining Hall are required to undertake and maintain training with regards to “Allergen Control Policy” and “Allergen Awareness” in the kitchen and meal preparation. All catering staff are trained with regards to the importance of allergies and the subsequent need to follow recipes closely and avoid cross contamination. This training is undertaken in collaboration with the AIS Foodservice Dietitian.

All meals/ prepared dishes have accompanying nutrition cards which will specify nutritional information, along with listing any allergens added in the dish (i.e. contains eggs, fish or shellfish, gluten, soy, milk, wheat etc.).

Food Allergy: Food Allergy is a harmful immune system response to a food protein. The allergy occurs due to the body mistakenly identifying the food protein to be harmful.

A food allergy is distinct from food intolerance. Intolerance is the inability to properly digest certain foods.

Anaphylaxis: Anaphylaxis is the most severe allergic response, which can potentially be life threatening.

It is a requirement that anyone with a known food anaphylaxis carry an EpiPen with them at all times whilst in the AIS Dining Hall. The manager of the visiting group is responsible for ensuring that a person trained in issuing EpiPen or other auto injector of adrenaline is in attendance with the visitor with food allergies to administer the medication as required.

Bringing Your Own Food: If our current menu cannot accommodate your special dietary requirements, with prior arrangement, the AIS Dining Hall can accept guests individual ‘special’ foodstuff (pre-packaged meals, snacks) brought from home. Our chefs will accept / receipt the goods and store them appropriately in line with food safety standards and requirement. These will then be available as required by letting the Dining Hall staff know. This will purely be a reheating process, no cooking / meal preparation included.

Notification: It is a requirement of those organising or managing a visiting group to notify the AIS of any special dietary requirements of members of the group. *Special Dietary Needs at the AIS – Request Form* (see page 5) will need to be completed and signed by each person who has special dietary needs. Notification of Special Dietary Needs is required no later than **two (2) weeks** prior to your AIS visit.

Please send all completed dietary forms for your group to your ESC coordinator, bookings@ausport.gov.au

Below we have summarised what we currently do on a daily basis to help cater to some food allergies/intolerances. Further to this, we also ensure that all meals are accompanied by a nutrition card that clearly states all ingredients and any allergens that are present within that dish.

If you have provided notification of your special dietary needs via the below form, but require further individualised dietary assistance *beyond* what is described below, please email foodservedietitian@ausport.gov.au. This will allow our Foodservice Dietitian onsite to contact you directly to help meet your dietary needs.

Reasons that you may need to contact our Dietitian outside of the details provided below may include:

1. Your allergy/intolerance is not included in the table descriptions below;
2. You have severe or multiple allergies that will require more in-depth Dietitian management to ensure that you are able to consume adequate nutrition from the menu;
3. You follow a strict Vegan diet;
4. You require a Kosher or Halal diet due to religious/belief reasons.

The AIS will make every effort to cater for special dietary requirements as outlined above.

Personal dietary preferences of likes or dislikes, on the other hand, are adequately catered for in the variety available in the standard meal offerings and hence no further special provisions will be made.

AIS Dining Hall - Special Dietary Requirements Summary

Please note that an information card is located for guests to refer to at each meal. These information cards will provide specific dietary information about the meal, as well as clearly state the ingredients and possible allergens present in the food.

We urge all guests that have one of more of the below dietary requirements to refer to these information cards at each meal and speak to a dining hall staff member if further information is required.

Dietary Requirement	What We Provide Daily	Further Comments
Vegetarian	At each meal at AIS Dining Hall, we will provide a suitable Vegetarian option to choose from. This is accompanied by a range of vegetables and fresh salad bar (lunch & dinner only).	NOTE: This does not include vegan dietary requirements. If vegan, please contact our Foodservice Dietitian.
Nut &/OR Seed Allergy (including anaphylaxis)	<p>Peanut: We are a peanut free kitchen at all times – they are not used at all within the AIS Dining Hall.</p> <p>Tree Nuts (walnuts, almonds, cashews, pistachios, pecans): Our breakfast cereals contain no nuts in the ingredients, however do state that they are made on equipment that also produces cereals that contain ‘milk, soy and tree nuts’.</p> <p>Sesame: The AIS Dining Hall does receive some breads that have sesame seeds on the outside of the bread. No breads containing sesame seeds will be used in lunch packs.</p>	If you need more clarification regarding our kitchen standards, please contact our foodservice dietitian.
Coeliac Disease (Strict Gluten Allergy)	Gluten Free Cereals & Breads are readily available at the AIS Dining Hall for those with Coeliac Disease. This also includes the use of a Gluten Free toaster to avoid cross-contamination. Please see our Dining Hall monitor if you need help locating these. Dining Hall staff will be made aware of your arrival and we will also have Gluten Free protein options available at all meals, plus a range of vegetables & salads to choose from. Just ask the staff over the counter for your Gluten Free protein option to be served separately for you if preferred.	If you would like more information for food standards for Coeliac Disease, please contact our Foodservice Dietitian.
Gluten or Wheat Intolerance	Our menu will always ensure that there is always at least one gluten free meal option available, however if you need further assistance, please discuss with one of our chefs over the counter to clarify any ingredients or help source an alternative.	
Egg Allergy	If you require further assistance, please ask the chefs over the counter for further information or an alternative if needed.	If your egg allergy is severe and airborne, please contact our foodservice dietitian so we can manage this appropriately during your stay.
Lactose Intolerance	Soy milk and lactose free milk are provided as milk alternatives in our Dining Hall daily and will be easily accessible during your	If you require other alternatives during your stay, please contact our

	<p>stay. Depending on your sensitivity to lactose, you may need to check the ingredients in our meals to ensure that you are comfortable during your stay. Above all of our meals in Dining Hall are our nutrition cards that clearly state all of the foods ingredients and also state any allergen alerts. This will include any dairy products.</p>	<p>Foodservice Dietitian to see what we can provide and what you may need to bring with you.</p>
<p>Milk &/or Dairy Allergy</p>	<p>Soy milk is provided as a milk alternative in our Dining Hall and will be easily accessible during your stay.</p> <p>Above all of our meals in Dining Hall are our nutrition cards that clearly state all of the food's ingredients and also state any allergen alerts. This will include any milk or dairy sources if they are present in any of the ingredients. If you cannot see a suitable option or require some ingredient clarification, please ask the chefs over the counter to arrange a suitable alternative if needed.</p>	<p>If your allergy is severe (particularly if airborne) or if you require other dairy alternatives, please contact our Foodservice Dietitian to see what we can provide and what you may need to bring with you.</p>
<p>Fish &/OR Shellfish Allergy</p>	<p>Our menu will always provide at least one option that is free from any seafood. However, if you cannot see a suitable option or require some ingredient clarification, please ask the chefs over the counter to arrange a suitable alternative if needed.</p>	<p>If your allergy is severe (particularly if airborne), please contact our foodservice dietitian.</p>
<p>Soy Allergy/Intolerance</p>	<p>Above all of our meals in Dining Hall are our nutrition cards that clearly state all of the foods ingredients and also state any allergen alerts. This will include soy if it is present in any of the ingredients.</p> <p>If you cannot see a suitable option or require some ingredient clarification, please ask the chefs over the counter to arrange a suitable alternative if needed.</p>	
<p>Halal</p>	<p>We can cater for a Halal diet by ordering product from a certified supplier on an as needs basis. Additional charges might apply.</p>	<p>Please provide specific details of your meal requirements on the form.</p>
<p>Kosher</p>	<p>We can cater for a Kosher diet by ordering a complete prepared Kosher meal from a certified supplier on an as needs basis. Additional charges might apply.</p>	<p>Please provide specific details of your meal requirements on the form.</p>

Special Diets at the AIS Dining Hall – Request Form

This form is to be completed and signed only by the person (or their parent/guardian) attending the AIS, who has special dietary needs. Personal dietary preferences of likes or dislikes, on the other hand, are adequately catered for in the variety available in the standard meal offerings and hence no further special provisions will be made

The completed form must be received by Events and Sports Camps staff by email (see details below) at least 14 days before your group's arrival. You will be required to bring your own food if this form is not filled out or lodged by this deadline. We will acknowledge receipt of this form via email.

On arrival you must introduce yourself to the catering staff so we can put a face to the dietary information.

1. Group Name..... Guest Name.....
Date of arrival..... Date of departure.....
Email..... Age if under 18.....
Mobile number (*parent or guardian if under 18*)

2. Please tick the box(s) that apply.

- Peanut Allergy Tree Nut Allergy Egg Allergy Milk/Dairy Allergy
 Seafood Allergy Sesame Allergy Coeliac Disease Soy Allergy
 Fish/Shellfish Allergy Sesame Allergy Vegetarian Vegan
 Gluten/Wheat Intolerance Other (Please Specify):

3. Are you able to have small amounts of the allergens you have listed above? YES NO

4. Are you able to have foods which carry the warning "may contain traces of..."? YES NO

5. Will you be providing your own food? YES NO (*Please specify*)
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6. Please provide any other information in relation to your food allergy.
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7. Do you require Halal or Kosher meals? YES NO (*Please specify*)
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I have read and understood the 'Special dietary requirements while eating at the AIS Dining Hall'.

I understand that the AIS makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies. I understand that while the AIS is able to take every reasonable effort to avoid the allergens listed, when they have been disclosed, in prepared food, it is impossible for the AIS to provide any guarantee that I will not come into contact with the listed allergen or residues during my stay.

I understand that it is a requirement that anyone with a known food anaphylaxis carry an EpiPen with them at all times whilst in the AIS Dining Hall. I understand that the manager of the visiting group is responsible for ensuring that a person trained in issuing EpiPen or other auto injector of adrenaline is in attendance with the visitor with food allergies to administer the medication as required.

Guest/Parent/Guardian Signed..... Date.....

Print Name..... Email completed forms to bookings@ausport.gov.au