

## 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 operates a buffet with various food options available at every meal service including 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 hot 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.). We are a peanut and nut free dining hall however no other allergens are specifically avoided in the dining hall. Being a buffet, we cannot guarantee there will be no cross-contamination of allergens.

**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. Reactions range from rashes to vomiting and can be life threatening (see anaphylaxis below).

A food allergy is distinct from food intolerance. Food Intolerances do not involve the immune system.

**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 adrenaline auto injector, such as 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 the 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 Need is required no later than **two (2) weeks** prior to your AIS visit.

Group managers should collect all completed dietary forms and send to your AIS Events and Sports Camps coordinator.

In the below table, 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 in the hot buffet are accompanied by a nutrition card that clearly states all ingredients and any allergens that are present within that dish. Please note that we cannot guarantee there will not be any cross contamination of allergens in our buffet.

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

Further reasons that you will need to contact our Dietitian include:

1. You have more than one allergy (you must contact the foodservice dietitian as a special menu may be required to meet your needs)
2. You have a severe allergy/ies that will require more in-depth Dietitian management
3. You are concerned about the presence of allergens in our buffet
4. Your allergy/intolerance is not included in the table descriptions below

The AIS will make extensive effort to cater for special dietary requirements.

Personal dietary preferences of likes or dislikes, on the other hand, are adequately catered for in the variety available in the standard meal offerings within the buffet 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.

<b>Dietary Requirement</b>	<b>What We Provide Daily</b>
<b>Nut &amp;/OR Seed Allergy</b> (including anaphylaxis)	We are a peanut and tree nut free kitchen at all times – they are not used at all within the AIS Dining Hall. 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'.
<b>Egg Allergy</b>	On most occasions, there is an egg free dish available at all times. If you require further assistance, please ask the chefs over the counter for further information or an alternative if needed.
<b>Fish &amp;/OR Shellfish Allergy</b>	Our menu will always provide at least one option that is free from any seafood.
<b>Soy Allergy/Intolerance</b>	On most occasions, there is an soy free dish available at all times. If you require further assistance, please ask the chefs over the counter for further information or an alternative if needed.
<b>Milk &amp;/or Dairy Allergy</b>	Soy milk is provided as a milk alternative in our Dining Hall and will be easily accessible during your stay.
<b>Coeliac Disease</b> (Strict Gluten Allergy), <b>Gluten or Wheat Intolerance</b>	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. Foodservice 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. If you cannot see the gluten free options in the buffet please ask the chefs for it.
<b>Lactose Intolerance</b>	Soy milk and lactose free milk are provided as milk alternatives in our Dining Hall daily and will be easily accessible during your 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.
<b>Vegetarian</b>	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).
<b>Vegan</b>	The AIS Dining Hall Vegetarian choices may not always be Vegan, please contact the foodservice dietitian if you require a Vegan diet and arrangements for your stay can be made.
<b>Halal</b>	We can cater for a Halal diet by ordering product from a certified supplier on an as needs basis. Additional charges might apply.
<b>Kosher</b>	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.

**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. 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.**

## 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 sent to your group manager. Group managers should collate all group forms and send to AIS Events and Sports Camps staff by email 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.

**Food allergies:**

- |   |  |  |  |
|---|--|--|--|
| <input type="checkbox"/> Peanut Allergy | <input type="checkbox"/> Tree Nut Allergy  | <input type="checkbox"/> Milk/Dairy Allergy  | <input type="checkbox"/> Wheat Allergy   |
| <input type="checkbox"/> Egg Allergy    | <input type="checkbox"/> Sesame Allergy    | <input type="checkbox"/> Soy Allergy         | <input type="checkbox"/> Coeliac Disease |
| <input type="checkbox"/> Fish Allergy   | <input type="checkbox"/> Shellfish Allergy | <input type="checkbox"/> All Seafood Allergy | <input type="checkbox"/> Other: .....    |

**Food intolerances:**

- Gluten/Wheat Intolerance     Lactose intolerance (Dairy)     FODMAPs
- Other: .....

**Other:**

- Vegetarian                       Vegan                       Halal                       Kosher
- Other: .....

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

4. Are you able to have packaged or processed 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/intolerance.

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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 Adrenaline auto injector 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.....