

# Rutgers Dining Nutrition Health & Safety Plan

Rutgers University – New Brunswick



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### Goal:

The goal of the Rutgers Dining Nutrition Health & Safety Plan is to outline the proper safety procedures to execute a safe environment for staff and students under the most recent public health guidelines set forth by the State of New Jersey and the Centers for Disease Control and Prevention (CDC). This plan also includes expectations when meeting with our Nutrition Team.

### The Nutrition Team:

Rutgers Dining's registered dietitians are available to assist students with dietary restrictions, including medical needs such as food allergies and celiac disease. The dietitians work with Chefs and Dining Managers to assure that a variety of different diets are considered during the menu planning phase (Vegan, Vegetarian, Gluten Free, Halal, Kosher, and Allergy-Free). The dietitians also enforce accurate food labelling of all food items listed on the online dining hall menus; this includes nutrition facts, ingredients, and allergens.

### Health & Safety:

The Rutgers Dining Nutrition Team is committed to adhering to the highest standards regarding safety. Staff, faculty, students, and guests are expected to reciprocate these procedures when meeting with the dietitians.

For the health and safety of all, **dietary meetings and appointments with the dietitians will be conducted both virtually (via Zoom) and in-person within the four campus dining halls.**

### Appointments:

Dietitians work with students and Dining Services Operations to determine appropriate accommodations and recommendations based on the student's nutritional need.

- If you wish to meet with one of the dietitians, please email your request to: [nutrition@dining.rutgers.edu](mailto:nutrition@dining.rutgers.edu).
- For students requiring a **specialized diet for medical needs**, such as celiac disease or food allergies, please complete a [Medical and Dietary Consideration Form](#) and submit by emailing the form to [nutrition@dining.rutgers.edu](mailto:nutrition@dining.rutgers.edu). Submission of this form will initiate a professional review of your nutritional and dietary concerns and you will be contacted by our dietitians.

**Additional Resources:**

1. For the latest Rutgers COVID-19 information visit <https://coronavirus.rutgers.edu/>
2. For updates to Rutgers Dining Services' Operating Status visit: <http://food.rutgers.edu/operatingstatus/>
3. For additional information regarding Rutgers Dining Nutrition visit: <http://food.rutgers.edu/nutritionist/>
4. COVID-19 nutrition and hydration guidelines from the American Society for Parenteral and Enteral Nutrition (ASPEN): [http://food.rutgers.edu/wp-content/uploads/sites/138/2020/05/COVID19-Patient\\_Nutrition-Quick-Facts.pdf](http://food.rutgers.edu/wp-content/uploads/sites/138/2020/05/COVID19-Patient_Nutrition-Quick-Facts.pdf)
5. Additional Nutrition Recommendations for COVID-19 from Rutgers Dining Nutrition: <http://slwordpress.rutgers.edu/dining/wp-content/uploads/sites/138/2020/03/Nutrition-Recommendations-COVID19-Final-1.pdf>
6. New Jersey COVID-19 Information Hub: <https://covid19.nj.gov/index.html>
7. Centers for Disease Control and Prevention (CDC) COVID-19 Site: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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