

Food allergies are now commonplace on college campuses, affecting an estimated 32 million Americans. Prospective food-allergic students and their parents now consider dining options a vital factor in choosing a college, seeking allergy-free accommodations they can trust to provide safe meals and daily peace of mind. As a result, colleges are increasingly tasked with providing more dining options that meet the dietary needs of all students.

At the same time, today's generation of college students wants to be included in their meal preparation more than ever before, whether by making a recipe on their own or having the opportunity to customize a dish on the menu to their liking. Simple Zone by Sodexo offers a convenient, customizable pantry-style station that gives food-allergic students the resources they need to customize their own safe meals within the dining hall.

Simple Zone is a self-serve pantry where students with food allergies or celiac disease can select items free of gluten, nuts, peanuts, and/or dairy to augment their breakfast, lunch, or dinner. Glutenfree, nut-free, and/or dairy-free versions of condiments, cereals, bread, bagels, tortillas, pastries, desserts, and milk are some of the pantry staples students have access to in Simple Zone. Dedicated Simple Zone appliances like a toaster and microwave reduce the risk of cross-contact during food preparation. Heat and eat meals can also be kept in Simple Zone's reach-in refrigerator for additional meal options.







1 in 13
Children have

a food allergy (about 2 in every college classroom)*

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of children with a food allergic to more than one food*



1 in 4

Teenagers practice some sort of avoidance diet

(for social, health or other reasons) **

