

FOOD ALLERGIES & DINING ON CAMPUS

Hospitality Services locations maintain strict control in their food preparation. Guests with food allergies or other dietary needs should consult the Unit Manager for specific ingredient questions. Please keep in mind that all products are produced in a facility that may contain other common food allergens. It is recommended that all guests with food allergies consult our **Registered Dietitian** for additional assistance and accommodations at (806.742.1360).



TEXAS TECH UNIVERSITY
Hospitality Services™
HOSPITALITY.TTU.EDU

FOR MORE INFORMATION

806.742.1360



WELLNESS PROGRAM



WHEAT



MILK



TREENUT



SOY



PEANUT



FISH



SHELLFISH



EGG



SESAME



WHAT IS SMART CHOICES?

SMART CHOICES is a program supporting the dietary and nutritional needs of the students and staff at Texas Tech University. The program provides support through 'one-on-one' coaching, online resources, and 'Smart' labeling. The Smart Choices wellness program ensures healthy and nutritious food options are available throughout campus.

REGISTERED DIETITIAN

Hospitality Services has a registered dietitian on staff. Our dietitian is a resource to assist you with establishing and meeting your dietary, lifestyle, nutritional, and religious dining needs. Call today (806.742.1360) if you have special needs requiring additional consideration.

SMART CHOICES WEBSITE

Visit our website SmartChoices.ttu.edu, where you can find nutrition facts for food served at all Hospitality Services locations across campus. Tips, tools, and nutrition calculators are available to support your dining needs. Watch our Smart Choices videos featuring our registered dietitian and students, sharing their knowledge about the Smart Choices program.

DINING WITH SMART CHOICES

The Smart Choices Wellness Program is rooted across campus in all Hospitality Services locations to provide a healthier, fresher alternative to everyday fast food. Smart Choices caters to Red Raiders seeking to incorporate healthier options into their day. Eating healthy doesn't have to be boring and bland. Look for the Smart Choices indicators on menus and in dining locations to find out how good "healthy" can be!

SMART CHOICES BLOG

Need more support?
Read our weekly blog at EATATTEXASTECH.WORDPRESS.COM, which covers a wide range of health and nutrition topics.

FOLLOW US!

@EatAtTexasTech

