

Dining at UW-Madison

Overview for Residential Youth Activities



Meals in Dining Venues

All youth participants in residential programs are provided with a meal plan through UW-Madison Dining Services, which is part of University Housing. Three meals are served in on-site dining venues each day. Healthy food options are available.

Dining Services provides options for participants with dietary restrictions due to health concerns, food allergies, or religious observances. A customized sign accompanies each menu item in all UW-Madison dining venues. Vegan, vegetarian, and halal options are labeled. These signs also identify common food allergens (see symbols on the right). [Menus are posted online](#) seven days in advance.

Prior to arrival at UW-Madison, information about food allergies is collected by CampHealth. As this information is shared with UW-Madison's Housing Dietitian, it is important that all families share details about youth participant dietary needs for use in meal planning. Employees in dining venues are also trained in food safety and allergen recognition. Dining Services staff are available at each site during mealtimes to answer questions about the food being served.

All UW-Madison dining venues serving youth participants are licensed and inspected by UW-Madison Environment, Health & Safety through an agreement with Wisconsin Department of Agriculture, Trade, and Consumer Protection. Send questions or concerns about items served in dining venues to the Conference Services team at conferenceservices@housing.wisc.edu.

The symbols below are used to identify food items meeting common dietary preferences:



Allergens identified for all menu items served in UW-Madison dining venues include:



TREE NUTS



DAIRY



PEANUTS



FISH



SESAME



SHELLFISH



WHEAT



SOY



EGGS

Please note that fryers are used for all fried food products, and those products should not be considered allergen-free.

Helpful Resources:

[Summer Programs Allergy & Nutrition Guide](#)

[FAQs About Dining by University Housing](#)

Dining at UW-Madison

Overview for Residential Youth Activities



Personal Snacks

Youth participants can bring snacks from home when enrolled in UW-Madison residential youth activities. Snacks are also available to purchase on campus. Foods requiring limited preparation are permitted. Examples of permitted snacks include but are not limited to:

- Washed, whole fruits and vegetables
- Dried fruits, nuts, trail mix
- Prepackaged, shelf stable snacks
- Shelf stable protein drinks
- Commercially prepared baked goods
- Foods requiring minimal preparation (e.g., instant soup, mac and cheese cups, microwave popcorn)

All dorm rooms have a small refrigerator. Youth participants should always check to ensure the refrigerator is plugged in and turned on before using.

Shared Kitchens

Youth participants may have access to shared kitchen space in their assigned residence hall. Snack preparation (e.g., washing, microwaving) must take place in residence hall kitchens. Food preparation is not permitted in dorm rooms, restrooms, lounges, or other areas.

Shared kitchens can only be used during hours posted by the program. All food preparation, including use of microwave ovens, will be performed under age-appropriate levels of supervision. Youth participants must receive permission from program staff on duty before using a stove or oven. Staff on duty must be notified about issues or accidents immediately.

Consider Selecting Snacks that Meet the USDA Smart Snack Standards

To qualify as a Smart Snack, a snack must meet the following general nutrition standards:

- Be a grain product that contains 50 percent or more whole grains by weight (have a whole grain as the first ingredient); or
- Have as the first ingredient a fruit, a vegetable, a dairy food, or a protein food; or
- Be a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable (for example, $\frac{1}{4}$ cup of raisins with enriched pretzels); and
- The food must meet the nutrient standards for calories, sodium, fats, and total sugars.

For more information on Smart Snacks, check out the [USDA's Guide to Smart Snacks in School](#).

Practices to Avoid When Attending Overnight Youth Activities

- Do not bring ingredients that require extensive food preparation.
- Do not bring food that requires [temperature/time control for safety](#) (e.g. cooked or uncooked meat, fish, poultry; dairy products; beans and tofu; eggs; sliced melons and tomatoes; cooked vegetables; sprouts).
- Do not bring kitchen appliances from home (e.g., hot plates, grills, toasters). Basic food prep items are available in residence halls (e.g., microwaves, can openers).

Dining at UW-Madison

Overview for Residential Youth Activities



Food Safety Guidance

Shared kitchens in residence halls are not commercial kitchens. They are not sanitized by residence hall staff.

- Wash hands with soap before preparing food, after food preparation, and whenever hands are soiled.
- Place food on designated surfaces to maintain cleanliness and prevent cross contamination; avoid placing food directly on counters or other shared surfaces.
- Do not share food, plates/bowls, or utensils with others.
- If storing food in communal areas, clearly label items with your name, room number, and expiration date.
- Help keep shared spaces clean (e.g., wipe down surfaces, clean spills in microwave, throw away trash, remove food from sink).
- Perishable food cannot be left out of the refrigerator for more than two hours.
- If reusable plates/utensils or other equipment are used, they must be thoroughly washed with dish detergent and water before and after use; recommend using disposable plates and utensils.

Eating Leftovers

- Leftovers that include perishable food (e.g., meat, vegetables, rice) must be properly refrigerated (e.g., cooled to 41 degrees Fahrenheit within four hours of preparation).
- Do not keep leftovers for more than 6 days from the time it was prepared.
- Youth activities with access to shared kitchens should place a thermometer in the refrigerator; check to ensure that the temperature is 41 degrees Fahrenheit or lower.
- When reheating leftovers, the internal temperature should reach a minimum of 165 degrees Fahrenheit.

Please note that residence halls do not provide thermometers for use in mini refrigerators in dorm rooms. Families can send a thermometer with their youth participant for that purpose.