

R-22-03 Motion to increase accessibility to safe and varied gluten-free food in University accommodation, University catering services, and University buildings and Student Association cafés.

Owner: Heather Gore and Quinn Murphy on behalf of Gluten Free St Andrews

In Effect From: Immediately

Review Date: One year

It is noted that:

1. Coeliac Disease is an autoimmune disease which causes inflammation of the small intestine, leading to malabsorption of nutrients in response to eating gluten (Green, Gabri, 2003).
2. Treatment for Coeliac Disease requires following a gluten-free diet. If untreated, people with Coeliac Disease can experience complications such as dermatitis herpetiformis, anaemia, osteoporosis, neurological conditions such as gluten ataxia and neuropathy, small bowel cancer, and intestinal lymphoma.¹
3. Cross contamination of gluten free food with even tiny amounts of gluten can cause damage to the health of people with Coeliac Disease.²
4. 1% of people in the UK have Coeliac Disease (Coeliac UK). Up to 13% of the population is estimated to have a non-coeliac gluten intolerance or sensitivity (Aziz et al, 2014; Aziz, Hadjivassiliou, and Sanders, 2015).
5. In the 2020-2021 academic year, the University of St Andrews had 10,119 students enrolled. In the 2019-2020 academic year, there were 1,230 members of academic staff and 1,576 members of administrative staff.³ With these statistics there are an estimated 101-1,315 students and 28-364 members of staff with Coeliac Disease or a gluten sensitivity or intolerance.
6. The University's policies and advice for accommodation and catering services are unclear, inconsistent, and inaccessible with regards to allergies and dietary requirements.
7. Gluten Free St Andrews conducted a survey about the experiences of students who are gluten-free or have other dietary requirements in University accommodation and cafés. This survey received 52 responses: 21 have Coeliac Disease and 12 are gluten-intolerant or gluten-avoidant. (See Appendix A).
 - 100% of students with Coeliac Disease who have eaten from University catering reported being 'glutened' or feeling sick after eating in University accommodation or from University or Union catering services.
 - 87% of catered students reported having limited options, repeated meals, or no adequate dietary option at meals.

¹ <https://www.coeliac.org.uk/information-and-support/coeliac-disease>.

² *Ibid.*

³ *"Who's working in HE? | HESA". www.hesa.ac.uk; "Reports and Financial Statements of the University Court for the year to 31 July 2019" (PDF). University of St Andrews. Retrieved 24 December 2019.*

- 67% of students indicated that they would prefer to be assigned to a dedicated gluten free hall or flat.
 - 54% of students indicated that being gluten-free influenced their choice of accommodation; many indicated experiencing stress and/or extra pressure when applying for accommodation because they had to do more research and contact catering themselves. Many chose self-catered accommodation because they believed the options in University catered halls would be unsafe or limited.
8. The Food Information Regulation for Consumers, Regulation (EU) No. 1169/2011 requires all caterers to provide information (written or oral) on the presence of the fourteen common allergens, including gluten.⁴
 9. In accordance with the Regulation (EU) No 828/2014, to label a dish gluten-free on a menu, it must contain 20 parts per million (ppm) or less of gluten.⁵

It is believed that:

1. Every student is entitled to safe and healthy food in University accommodation, catering services, and cafés regardless of dietary requirements.
2. Students paying for catering should receive proper food at every mealtime, especially if they chose a catered plan after having been promised gluten-free options.
3. Students and staff with gluten intolerances or Coeliac Disease are entitled to safe, nutritious, and varied gluten-free food in the University and Union cafes for quick, convenient, and substantial meals in between classes and studying or working.
4. Having consistently safe and diverse gluten-free options available in University accommodation would help students to feel less stressed and anxious during the application process, their transition to University, and their everyday lives during term.
5. Publishing and advertising specific information about resources and support for students with Coeliac Disease, food intolerances, or other conditions would be an incentive to study at the University of St Andrews and a benefit to the mental and physical wellbeing of current students.
6. Every member of catering staff, regardless of their capacity, should be knowledgeable of Coeliac Disease, food intolerances, and other dietary restrictions, should understand the severity of each dietary requirement, and should know the difference between them.
7. Students should not be charged more for gluten-free, dairy-free, or any other dietary required equivalent.
8. Students should be able to access the complete allergen and dietary information on all foods served in University catering and cafés in an easily accessible and up-to-date format.

⁴ <https://www.coeliac.org.uk/food-businesses/caterers-and-restaurateurs/gluten-free-and-the-law/>

⁵ *Ibid.*

9. Students would like the option to indicate a preference of being assigned to a dedicated gluten-free cafeteria if catered or a dedicated gluten-free shared kitchen if self-catered in the application for University accommodation.
10. Students are made to feel bothersome or embarrassed for asking and verifying whether foods are gluten-free, risking their health and safety.
11. The gluten-free options provided in University catering and cafés are unsafe, insufficient, and/or non-existent.

It is resolved:

1. To mandate the Director of Events and Services and the Director of Wellbeing to implement Coeliac UK approved gluten-free training for all catering staff in the Student Association cafés and bars as a matter of urgency.
2. To mandate the Director of Wellbeing and the Association President to work with the University to ensure the following in every meal in University accommodation catered hall: a separate gluten-free toaster, serving utensils, and containers for gluten-free foods, gluten free cereal, oats, and bread for toast at breakfast, and gluten-bread and rolls at lunch and dinner.
3. To mandate the Association President and Director of Wellbeing to work with the University to ensure that accurate allergen, ingredient, and nutrition information signs are accurate and accessible for every meal in all University catered halls.
4. To mandate the Director of Wellbeing to lobby for more naturally gluten-free, allergen friendly meal options in University accommodation.
5. To mandate the Director of Events and Services to provide equally substantial and priced *gluten-free options as the gluten-containing foods currently provided in all Student Association cafés (Rector's Café, Old Union Coffee Shop, Main Bar, etc.).
6. To mandate the Athletic Union President to work with the Sports Centre Café to provide equally substantial and priced *gluten-free options as the gluten-containing food and drink currently provided.
7. To mandate the Association President and the Director of Wellbeing and Equality to lobby for the University to provide equally substantial and priced *gluten-free options as the gluten-containing foods currently provided in all University-managed cafés (the Library Café, the School of Physics and Astronomy Café, and the Medical and Biological Sciences Building Café).
8. To mandate the Director of Wellbeing and the Association President to work with the University to create one dedicated gluten-free kitchen/cafeteria in a catered hall to serve gluten-free food free of gluten contamination and safe for people with Coeliac Disease and any gluten sensitivity.
9. To mandate the Association President and the Accommodation Officer to discuss and reshape the policy for accommodation allocation, allowing students to indicate a preference for assignment based on dietary requirements.

10. To mandate the Association President and the Director of Wellbeing to work with the University to clarify and publish its policies on dietary requirements, so that they are readily accessible on the University's website and accommodation pages.
11. To mandate the Director of Wellbeing and the Wellbeing Subcommittee to provide resources to current and prospective students who are gluten-free or have alternative/additional dietary requirements.
12. To mandate the addition of a new role to the Wellbeing Subcommittee to oversee the progress and maintenance of the actions and long-term goals of this motion and to provide support and resources to students with dietary requirements.

*Within the gluten free options, there should always be an option or multiple options that are also dairy-free, vegetarian, and vegan. The allergen and ingredients of all options must be made available to students either on the appropriate webpage or on a physical menu for accessibility and transparency.

Proposed by: Heather Gore and Quinn Murphy on behalf of Gluten Free St Andrews along with petition:

Supported by Petition:

Student Name	Student Number
Heather Gore	170003347
Quinn Murphy	190012659
Amelia Nelson	210032106
Sophie Anstee de Mas	200021610
Cari Miller	200021970
Hope Noteboom	190001449
Lucy Penman	190014025
Ewan R	170002221
Darren Caldwell	180010116
Polina Dorfman	200007685
Orfeas Pagkalos	200023324
Megan Gore	200008732
Alexander Smith	170005714
Emma Jervis	200012471
Hayley Stone	210017682
Amy	1900011177
Lucy Wright	170003346
Viola	210027502
Fiona Hawkings	210011901
Quinn Murphy	190012659
Jennifer van der Merwe	170000305
Nicholas Field	200000432
Angela Gupta	200000218
Jaden Jones	210011013

Lucia Opalka	210014427
Kevin McCleary	210023333
Grace Colangelo	210027485
Jana weyand	210007191
Grayson Brewer	21001494
Emma Porter	190009676
Ruby Lyon	210008490
Kelly Ann Perez	210029476
Annabelle Andersen	190031851
Sophia Anderson	210000647
patrick mcgarrahan	210024417
Sagar Kumar	150002442
Sophie Davidson	190010004
Katie Harvey	190004307
Ashley Rice	180014541
Deming Rohlfs	190018912
Skylar O'Mara	190002158
Mildrid Tubeileh	210025611
Sierra Willett	210014890
Easha	210016198
Abigayle Driscoll	210006785
Ingrid	200017856
Maria McCaffrey	210003802
Julie	200020718
Claire Smith	190020542
Mohib Ali	200007554
Katie Vause	190014535
Felizitas Thoma	190000267
Caroline Vestergaard	200000714
Isabella	190009163
Helen Garnett	180004223
Karenza Williams	210019505
Laura Memmott	200004177
Chantelle Lau	190021148
Laura Walker	190010457
Bronwen Davies	190003080
Viola Komedova	170009675
Kavya Mishra	200010923
Elizabeth	210005871
Grayce Butterworth	200002167
Aaron Laurie	200020953
AJ	190000699
Casey McClendon	210012007
Rohaam hameed	190001973
Eleanor	200001531

Catherine Hogarth	190014101
Emily Jenkins	200000430
Euan Macdonald	180012185
Craig Barbour	180018078
John Stubbs	180016843
Ramsay Bader	2100015901
AK Schott, Accommodation Officer	160016455
Jonathan Lucas	210034044
Ross Barclay	180015872
Claire Shortt	190015913
Rhona McCracken	180017395
Hunter Garrison	170008393
Francesca Lavelle	190001463
Nathan Cuttica	190006042
Harry Ledgerwood	180012483
Thomas Rintoul	180014198
Haomin Li	180011487
Helen Matthews	170010856
Evelyn Hoon	190005756
Jakub Sokolowski	190015636
Jenna Fisher	200033541
Madelyn Cornetta	190008849
Eleanor Pitt	180004690
Page Huang	190007562
Eleanor Briggs	200009051

Appendix A:

Student or Parent?	Catered or Self-catered	Are you gluten free?	Been 'glutened' or gotten sick	In University catering...	Would you prefer being assigned to a dedicated gluten-free hall/flat/kitchen?
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, You witnessed cross contamination	No
S	Self-catered	Yes, gluten	n/a	n/a	Yes

		intolerance			
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, You had limited options or repeated meals, There was no gluten free option.	No
S	Self-catered	Yes, Celiac Disease	Yes	I was told the food was gluten free and ate it and then was throwing up hours later.	Yes
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, You had limited options or repeated meals, There was no gluten free option.	Yes
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about cross contamination, You witnessed cross contamination, You had limited options or repeated meals, There was no gluten free option.	Yes
P	Catered	Yes, Celiac Disease	No	You had limited options or repeated meals, There was no gluten free option.	Yes
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, Servers did not understand cross contamination, You had limited options or repeated meals, There was no gluten free option.	Yes
S	Self-catered	Yes, Celiac	n/a		Yes

		Disease			
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, Servers did not understand cross contamination, You witnessed cross contamination, You had limited options or repeated meals, There was no gluten free option.	Yes
P	Catered	No	No	Signs were unclear about ingredients, You had limited options or repeated meals, There is not enough variety of vegetarian options. Quarantine was a real problem with regards to getting non-meat food.	If my student required a gluten free diet, I would be interested in a dedicated hall/flat
P	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, Servers did not understand cross contamination, You witnessed cross contamination, You had limited options or repeated meals, There was no gluten free option.	Yes
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, You had limited options or repeated meals, There was no gluten free option.	No
P	Catered	Yes, gluten intolerance	n/a	Servers were unaware of gluten free options/ingredients when asked, There was no gluten free option.	Yes

S	Catered	Yes, gluten intolerance	Yes	Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, Servers did not understand cross contamination, You had limited options or repeated meals, There was no gluten free option.	No
S	Self-catered	Yes, Celiac Disease	Don't know		I don't care
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, Servers did not understand cross contamination, You had limited options or repeated meals, There was no gluten free option.	I don't care
S	Self-catered	Yes, gluten avoidance	No	You had limited options or repeated meals, There was no gluten free option.	Yes
S	Self-catered	Yes, gluten intolerance			Yes
S	Self-catered	Yes, Celiac Disease	n/a	Servers were unaware of gluten free options/ingredients when asked, Servers did not understand cross contamination, There was no gluten free option.	Yes
S	Catered	No	N/A	Signs were unclear about cross contamination, You had limited options or repeated meals	N/A
S	Self-catered	Yes, Celiac Disease	Almost- was delivered food when isolating which wasn't labelled gluten free	Signs were unclear about ingredients, Signs were unclear about cross contamination	No

			despite asking for it		
S	Catered	Yes, gluten intolerance	Yes	Signs were unclear about ingredients, Servers were unaware of gluten free options/ingredients when asked, You had limited options or repeated meals, There was no gluten free veggie option	No
S	Catered	Yes, gluten avoidance	No	Signs were unclear about ingredients, You witnessed cross contamination, You had limited options or repeated meals	No
S	Catered	No	No	Signs were unclear about ingredients, Signs were unclear about cross contamination, You had limited options or repeated meals, It is difficult to understand whether someone has been cross contaminated and also, sometimes the signs are very indicative if the meal is pescatarian friendly!	I am not gluten free.
S	Self-catered	Yes, Celiac Disease			No
S	Catered	Yes, Celiac Disease	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, Servers did not understand cross contamination, You witnessed cross contamination, You had limited options or repeated meals, There was no gluten free option.	Yes
S	Catered	Yes, gluten avoidance	Yes but this is my own fault for recognising it had gluten and eating it anyways.	Signs were unclear about cross contamination, Servers were unaware of gluten free options/ingredients when asked, You had limited options or repeated meals	Yes

S	Catered	No	No	You had limited options or repeated meals	I am not gluten free.
S	Catered	No		Signs were unclear about ingredients, Signs were unclear about cross contamination, You witnessed cross contamination, You had limited options or repeated meals	More options should simply be provided for all.
S	Self-catered	Yes, gluten intolerance	No		
S	Catered and self-catered	Yes, gluten intolerance	No	Servers did not understand cross contamination, You witnessed cross contamination, You had limited options or repeated meals, There was no gluten free option.	Yes
S	Self-catered	No	No	You had limited options or repeated meals	Yes
S	Catered	Yes, gluten intolerance	I rarely go to the dining hall due to lack of options/poor quality of options. When I did go and could find something I wanted, I would always feel unwell after eating the food.	Signs were unclear about ingredients, You had limited options or repeated meals, There was no gluten free option.	Yes
S	Catered	No	Yes	Signs were unclear about ingredients, You had limited options or repeated meals	No
S	Catered	No	No	Signs were unclear about ingredients, You witnessed cross contamination, You had limited options or repeated meals	I am not gluten free.
S	Self-catered	Yes, Celiac	No	There was no gluten free option.	Yes

		Disease			
S	Self-catered	No	I have had things provided that were not vegan, but I saw and didnt eat them.		I am not gluten free, but I would like to be in an all vegan flat.
S	Catered	No	No	Signs were unclear about ingredients, You had limited options or repeated meals	I am not gluten free.
S	Catered	No	No	Signs were unclear about cross contamination	I am not gluten free.
S	Catered and self-caterd	No	No	Signs were unclear about ingredients, Signs were unclear about cross contamination, You had limited options or repeated meals	I am not gluten free.
S	Self-catered	No			I am not gluten free.
S	Catered	No	No		I am not gluten free.
S	Catered	No	Yes	Signs were unclear about ingredients, Signs were unclear about cross contamination, You witnessed cross contamination, You had limited options or repeated meals, The vegetaran options were the same if not continuous.	I am not gluten free.
S	Catered	Yes, Celiac Disease	Yes	Servers were unaware of gluten free options/ingredients when asked, You had limited options or repeated meals, There was no gluten free option.	No
S	Catered and self-caterd	Yes, gluten intolerance			Kitchen, yes, but flat and hall I don't think are necessary.

S	Catered and self-catered	No	Yes	Signs were unclear about ingredients, You witnessed cross contamination, You had limited options or repeated meals	I am not gluten free.
S	n/a	Yes, Celiac Disease	No	Signs were unclear about ingredients, Signs were unclear about cross contamination, You had limited options or repeated meals	
S	n/a	Yes, Celiac Disease	n/a	I so far have no experience with University catering	I will only be at St Andrews for one semester, and for that semester I will be staying at private accommodations
S	Self-catered	No	No	You had limited options or repeated meals	I am not gluten free.
S	Catered	No	No	Signs were unclear about cross contamination, Servers did not understand cross contamination	No
S	Catered	No	No	You had limited options or repeated meals, Vegetarian options tend to be too/always spicy. There aren't usually options of mains that have pasta/rice/bulgur/etc and even as sides these are rare. No way to have warm milk in dining hall if plant-based.	I am not gluten free.