

VETO | Nixon says HB 253 would damage the quality of Missouri's universities

Continued from page 1 which includes Mercer, Sullivan, Putnam, and Adair Counties, Representative Walker also was present at the presentation on Tuesday evening. Walker said the constituency of his district oppose this bill, and since his duty is to represent his constituents' opinions, he opposes the bill as well.

Nixon passionately reminded all those in attendance at the Tuesday event that "in Missouri, public education is a value," and went on to say that the bill's attack on the budget of public education is "unprecedented."

Nixon said his goal for his grassroots campaign is to call Missourians to some sort of attentive action.

"Don't turn over to your neighbor your responsibility to communicate," Nixon said.

According to the Missouri Legislature's official website, the emergency House session to consider an override or approval for the Governor's veto of the bill will be Sept. 11, 2013. The Governor's administration advises those who support public education in Missouri to contact their respective representatives before the bill goes to a vote.



Anna Grace/Index

Above, University President Troy Paino introduces Governor Jay Nixon before his speech. Below, state budget director Linda Luebbering answers a citizen's question. Nixon and his staff were in Kirksville to raise support for his veto against HB 253.

Sodexo introduces gluten-free options

University dining services is expanding its selection to protect against food allergies

BY CAMILLE SMITH
Staff Reporter

According to the Feb. 4 New York Times, about 1 in 100 Americans suffer from gluten allergies. One of those Americans is gluten-free freshman Karina Critten, who has to make careful selections at the dining hall. Critten does not eat any foods containing wheat, rye or barley.

"I eat salads or stir fries, vegetables, and any meat that doesn't have breading on it," Critten said. "I usually cook my own food."

For students like Critten, eating at the dining halls can be a challenge. However, gluten free students may have more options than are apparent at first glance.

"Gluten-free is one of the eight top allergens and the first allergen that was

brought to our attention about seven or eight years ago," dining services director Lora Cunningham said. "We carry several gluten-free foods for students, and there are several options that we keep on hand for them to enjoy. We get to know our gluten-free students very well, and they are aware that special food items are available for them."

Cunningham said items available for gluten-free students to request include cookies, donuts, brownies, bagels and buns, as well as white, wheat and raisin breads. She also said gluten-free pizza and pasta also are available, and any student can ask to see the label on any food if they want to know more about what is in it. John Stewart, Ryle Dining Hall Director, said communication with staff is crucial to making sure students get the food they need.

"Once someone brings it to our attention that they have an allergen, we inform them of what foods are safe for them to eat and also introduce them to the staff so that they can become famil-

iar and comfortable with us," Stewart said. "We also encourage our allergen customers to come to us if they have any concerns, questions or feedback with the entrees that they may have."

Gluten isn't the only allergen dining hall staff have to be aware of. Truman caters to people with allergies to everything from peanuts to sugar, and its most noticeable innovation for protecting against these allergens is very recent. Simple Servings, a part of Sodexo which prepares food free of milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, and gluten, was installed in Ryle and Centennial Halls and the Student Union Building during the last year. Missouri Hall does not offer Simple Servings, as it has not undergone recent renovation.

"If it's a medical concern, or just wanting to monitor the amount of butter, sauce and fats you put in your diet, you can go to our Simple Serving line," Cunningham said. It's a totally allergen free line and this allows everyone to not worry about cross contamination being

a hazard to anyone who has allergen restrictions," Cunningham said.

To prevent cross-contamination, all Simple Servings are prepared in special areas of the kitchens, according to the dining services website. Stewart said the dining halls also have stopped serving any ice cream or desserts containing peanuts.

"I always tell them, 'you know more about this than I ever will,' because they're the ones that actually deal with it," Stewart said. "And if they see us doing something wrong, I encourage them — do not hesitate, tell us if we're doing something wrong. In my opinion, we've actually noticed a lot more of it [gluten allergies] in the last four or five years, so we're getting better at dealing with it every day."

Beyond Simple Servings, there are other gluten-free foods available throughout the dining hall. Options include most un-breaded meats and vegetables, mashed potatoes, marinara sauce and stir fries cooked in clean pans with kung-pao or sweet and sour sauce.

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