

VALID REASONS FOR EXEMPTION FROM THE MEAL PLAN AT NC STATE UNIVERSITY AND THE TYPE OF DOCUMENTATION REQUIRED

MEDICAL

Two forms of documentation are required:

1) Diagnosis: A letter on letterhead from a MD or DO stating your medical diagnosis. The physician must also state why you cannot eat your meals at NC State University. In the case of food allergies or intolerances, the physician must state specifically which foods you must avoid and what your allergic reactions are.

2) Diet: A diet that you are required to follow for your medical condition. This should include a sample menu and how you will be able to purchase or prepare this menu without use of a meal plan. This needs to be detailed.

A dietitian is available to you free of charge at University Dining to help you plan your diet either on or off the meal plan. Please call 919-513-5310 to set up an appointment.

RELIGIOUS

A letter explaining your particular situation from a religious leader must accompany your application. Please write a separate letter explaining how you plan to meet your food needs without the meal plan. Your religion and dietary guidelines must be stated in this letter.

MEAL EXEMPTION APPLICATION

Student Name _____

NC State Student ID Number _____

Phone Number _____

Date of Birth _____ **Number of credits completed** _____

Email Address _____

Type of Exemption Requested **MEDICAL** **RELIGIOUS**

** All students who wish to be excused from the meal plan must bring documentation stated above along with this application to a meeting with the registered dietitian. Please call or email her for an appointment.*

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