

A better tomorrow starts today.



FOR YOUR HEALTH

FOR YOUR PLANET

FOR YOUR COMMUNITY

Tell Us, We're Listening!

During the month of October, Dining Services conducts its' fall customer satisfaction survey. This is your opportunity to tell us how we are doing and what we can do better to make your daily dining experiences more Exceptional. At the same time, if there is something you really like, we want to know that too!

On **October 9th** you will receive an invitation in your email to complete our on-line survey. It only takes 10 minutes and when you submit it, you will receive a coupon for a free bottled water or soda which is redeemable in any of our retail locations on campus including the Dining Marketplace. By completing your survey, you will help us improve your campus dining experiences. Thank You.



Mindful - Food for Thought



- We use local & seasonal fruits and vegetables whenever possible. The fall is a great time to enjoy lots of local apples & squash.
- We prefer steaming, grilling, baking, and roasting when preparing the meals in the Marketplace. We just added a food smoker to our kitchen.
- We do not add trans fat or MSG during our food preparation and we always use minimal butter & salt in the preparation of our recipes.
- Soy, Almond Milk, Rice Milk, and Lactaid Milk are available at all times.
- Special Dietary accommodations are always available.



The Three Keys to Healthy Eating in the Marketplace

1. **BALANCE:** Choosing a balanced plate will help you meet all of your body's nutrient requirements. If you need help—just ask us!
2. **VARIETY:** Try to eat an assortment of foods. Eating a variety of foods keeps your diet interesting. We have tons of daily options available.
3. **MODERATION:** Enjoy your favorite foods, but eat less and avoid oversized portions. Slow down and think about the choices you make.

Upcoming Special Events You Won't Want to Miss!!

- October 4 Celebrating National Taco Day @ Lunch
- October 7-9 Columbus Day Weekend—Brunch/Dinner on Monday 10/9
- October 9 Fall Satisfaction Survey Begins: Share your thoughts!
- October 20-22 Homecoming/Family Weekend—Watch for more details
- October 25 Meet our Dietician—Karen Jew @ lunch from 11am—2pm
- October 31 Sweet Dreams Halloween Spooktacular Theme Dinner