



EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

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Have You Heard?

Extra! Extra! This weeks' edition of *Have you Heard* may lead to a sandwich drop and head spinning episode. Rutgers Dining Services has a few surprises up their sleeve and the Healthy Dining Team is here to give you the inside scoop!



HARVEST

Harvest Café, located in the New Jersey Institute for Food, Nutrition, and Health, is now accepting meal swipes all day long. Healthy food enthusiasts and culinary foodies alike, may swipe for a meal from 8am to 7pm, Monday-Friday. The regular A La Carte Service is from 8am to 2:30pm; and the "Grab and Go" service, as well as retail items, are available from 2:30pm to 7pm. Grab a brick-oven pizzette or a smoothie on your way to class, you won't regret it.

MEAL SWIPES RIGHT

There is breaking news for all the meal swipers out there who eat at the cafés on campus. The value of a meal swipe has increased to \$7 for breakfast and \$9 for lunch and dinner. There is no need to *swipe left*, since Kilmer's Market, CABfare, Douglass, Woody's, Rock and Cook Cafés still accept meal swipes.



KEEP ON TRUCKIN'

Exciting news for Starbucks coffee lovers, the Starbucks Truck (**not** store locations) is now accepting meal swipes. 'Tis the season to cozy up with a pumpkin spice latte and fuel your belly with one of their scrumptious side items. As always, meal swipes are available for use at the Knight Wagon too. Check out their twitters @RUstartruck and @KNIGHTWAGON or www.food.rutgers.edu for daily updates on their locations around campus.

MENUS OF CHANGE

Rutgers Dining Services has joined the Menus of Change University Collaborative, which aims to provide nutritious, sustainable, and delicious food choices. Look out for mouthwatering, plant-forward dishes such as the *Eggplant Rollatini over Zucchini "Noodles"* or the *Meaty Mushroom "Bolognese" over Whole Wheat Penne* in the dining halls near you. MOC Dining Hall Food demos will be featuring blended burgers on September 28th, cauliflower rice on October 26th and "Zoodles" or Zucchini noodles on November 30th, beginning at 5:30pm at each dining hall.



BEAT PENN STATE!

We may have a tough time beating Penn State on the football field, but we have a chance at beating them in the culinary realm. Rutgers University is participating in a Blended Burger Challenge along with other major universities such as Penn state, UMass, and Virginia Tech. One vote = 1 entry for YOU to win up to \$1,000 worth of prize giveaways. VOTE NOW @ tinyurl.com/rutgersburger.



Read all about it at www.food.rutgers.edu

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References: *The Menus of Change University Research Collaborative* Available at: <http://www.moccollaborative.org> Accessed on: September 7, 2017 *Rutgers Student Affairs Dining Services* Available at: <http://food.rutgers.edu> Accessed on: September 7, 2017 *New Jersey Institute For Food, Nutrition and Health* Available at: <https://ifnh.rutgers.edu/harvest.html> Accessed on: September 7, 2017

Questions? Follow us on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU_HDT**), SnapChat (**RU_HDT**) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>