



# EATING 101

## RU DINING HEALTHY?

A Weekly Newsletter Brought to You by the RU Healthy Dining Team

A Joint Program Between RU Dining Services and The New Jersey Institute for Food, Nutrition, and Health

### Smart Swipes

Having a meal plan on campus is a wonderful convenience. Simply swipe your student ID and gain instant access to a variety of foods. However, how can you be sure you are using your meal plan to its greatest potential? Read below for the lowdown on your meal plan and how to swipe mindfully.

#### The Core Four

- All four campuses have a buffet style dining facility. In other words, one meal swipe grants you access to as much food as you would like. It's often tempting to interpret this as all you *can* eat, but remember you have the whole year to taste the different foods. Aim for a well-balanced meal each time you swipe, and don't forget Healthy Dining Team (HDT) is your source for healthy eating information at the dining halls!
- Make the most of your meal plan by attending the monthly promo nights featuring uniquely themed dinner menus. Upcoming promos include Mardi Gras, Chocolate Fantasy, and an Evening of Healthy Indulgences. Dates of promos can be found on [food.rutgers.edu](http://food.rutgers.edu).
- Take-out is located at every dining hall and counts as one meal swipe.
- Be sure to check out the new *Menus of Change* options available in the dining halls!

#### Did you know?

- Each meal plan includes 10 swipes for guests. Feel free to bring your friends who don't have a meal plan or a family member.
- You can swipe multiple times a day. So, if you need a coffee break or snack, don't forget about your meal plan! This will also help prevent you from having unused meals at the end of the semester.
- The dining halls offer Brunch every weekend, so keep calm and brunch on.

#### Dining Retail

- Some dining retail locations also accept meal plans. One meal swipe typically covers a \$7.00 breakfast and \$9.00 lunch/dinner. Each of the following locations has meal plan specifics so ask before swiping.
  - ✓ *Cook/Douglass*: Cook Café, Douglass Café, Harvest Café
  - ✓ *Livingston*: Rock Café, Sbarro, Kilmer's Market, Henry's Diner
  - ✓ *Busch*: Woody's
  - ✓ *College Ave.*: CABfare

#### Specialty Locations

- The Rutgers Club, located on the 2<sup>nd</sup> floor of Livingston Dining Commons, offers students a buffet on specific nights for a meal swipe. The Rutgers Club offers exceptional food in a quaint setting perfect for a change of scenery from the dining halls.
- Rutgers' very own food trucks, the Knight Wagon and Starbucks Truck (not retail store), also accepts meal plans. Follow them on twitter (@knightwagon and @Rustartruck) to track their location.



**Don't Be Shy, Get to Know Your Meal Plan!**



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References: <http://food.rutgers.edu>. Accessed on: 8 January 2018.

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Questions? Post on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggyp@dining.edu](mailto:peggyp@dining.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>.