



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 Department of Nutritional Sciences

Master Your Meal Plan

RU making the most of your meal plan? Navigating dining options can be tricky, but with the right strategies, you can stretch your swipes, make the most of your meals, and enjoy a variety of delicious, nutritious, and sustainable options! Read below for tips on maximizing your Rutgers meal plan with dining hall hacks, grab-and-go options, and value-based meals, all tailored to your needs.

Grab and Go.....

If you are busy or on the go, Neilson and Busch Dining Halls offer takeout options for your convenience. In a hurry? Skip those long kiosk lines and grab a ready-to-eat option from a retail location available on each campus. For retail locations and hours of operation, see <https://food.rutgers.edu/policies/retail>

Time Crunch.....

No time to sit down at the dining hall before those early morning classes? No worries! Plan and ensure you always have a snack or enjoy breakfast in your residence hall. Grab a piece of fruit on your way out of the dining hall to save for breakfast or yogurt as your retail swipe side.



Know Your Facts.....

Looking to plan ahead? Visit food.rutgers.edu or RU Dining through the MyRutgers app and select your location. Here, you will find:

- Daily food options.
- Menu offerings for the following week.
- Nutritional information and ingredients.

Utilize this convenient tool to create balanced meals and meet your nutritional needs ahead of time.

Chef it up.....

Want to cook like a pro without the hassle? Scarlet Apron is a packaged meal kit available at Kilmer's Market on Livingston campus for a meal swipe. Choose from five delicious, chef-curated meal options, each packed with all the ingredients you need for two servings of a balanced meal—no grocery runs required. Plus, video tutorials make cooking even easier. Check it out and start cooking like a Scarlet Knight!

Swipe Status.....

Running low on meal swipes? Don't get caught empty-handed. Keep track of your balance anytime at <https://food.rutgers.edu/meal-plans> to see where you stand.

- At any point in the semester, you can upgrade your meal plan.
- After the first two weeks of the semester, students with a meal plan can purchase a mini block. These add five extra meals and can be purchased up to five times per semester. Contact the RU Express/Board Plan Office for purchasing information.



Scarlet Knights Swipe Right.

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References: *References: New Brunswick Meal Plans. Available at: <https://food.rutgers.edu/meal-plans> Accessed on: March 2, 2024.*



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Questions? Like us on Facebook (RU Healthy Dining Team), Instagram (@ruhdt), or email nutrition@dining.rutgers.edu.