



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

Conversation Candy

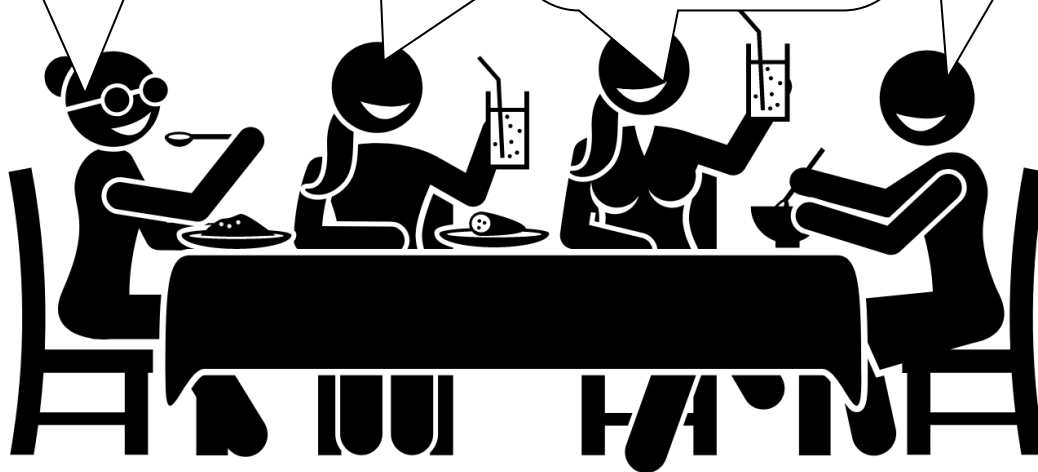
Eating together, or *commensalism* (from the Latin *com*, meaning together, and *mensa*, meaning table or food), is important to our health and well-being. The past couple years of Zoom™ classes and social distancing has made eating together a *no go*, and mealtimes were *solo*. The dining halls are a good place to flex your underused socializing muscles and to meet new people. If you are feeling anxious about introducing yourself to a stranger, do not worry- we have you covered. Next time you find yourself sitting at a table with someone you do not know, try these conversation starters to break the ice. *That's what I'm talking about!*

- Do you have class after this?
- What is your best study tip?
- What's your favorite place on campus?
- Why did you decide to come to Rutgers?

- How often do you go to the dining halls?
- What is your favorite food to get here?
- What is your favorite dining hall?
- Have you been to Harvest yet?

- I love your ____, where did you get it?
- Are you doing anything fun this weekend?
- What is the coolest place you have ever visited?
- Do you have any plans over break?

- What is your favorite class this semester?
- Do you live on campus or off campus?
- Are you in any clubs?
- Do you have any pets?



Oh, the places you'll go if you say hello.

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References: *What Is Commensality? A Critical Discussion of an Expanding Research Field*. Available at:

<https://pubmed.ncbi.nlm.nih.gov/34207626/> Accessed on: January 20th, 2023

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