



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

Harvest Healthy Habits

What is this mythical place called “Harvest Café” you speak of and where is this magical culinary experience located? The New Jersey Institute of Food, Nutrition, and Health (IFNH) on Cook Campus is home to Harvest Café. This dining venue is dedicated to showcasing the Menus of Change principles and the mission of the IFNH, which is to make New Jersey the “Healthy State” and a model for the nation. Read the bubbles to learn more about Harvest Café.



HARVEST
IFNH

Harvest Café’s motto is “Eat Well, Live Well”. It is currently run by Chef Alexandria Ceribelli, who comes to us from the Culinary Institute of America.

Harvest Café menus are kept fluid with sustainability in mind. Unused ingredients are reincorporated into new recipes to minimize food waste.

Harvest Café is open:
Monday – Friday
9:00 AM – 2:30 PM

Meal Swiping is available from 12:00 PM – 2:00 PM

In a rush? Try one of the grab-and-go salads or sandwiches. Delicious examples include a chickpea salad sandwich or the caprese salad.

Dishes served at Harvest Café are plant-forward, using minimally processed ingredients. All food is created in-house from scratch and features unique flavors from around the world.

One Meal Swipe includes...
One hot entrée (pizzette, hot sandwich, or grill station entrée), a side (chips, brownie, 2 ea. cookies, or fruit), and a beverage (Dasani Water, Agua Fresca, or Aha! Seltzer)

Cold sandwich or salad, a side (soup, chips, brownie, 2 ea. cookies, or fruit), and a beverage

A smoothie or smoothie bowl with one snack included

The “Harvest” part is choosing your favorite meal!

Revised By: Rachel Ho

Reviewed By: Chef Alexandria Ceribelli-Rutgers Dining Services

Works Cited: *Harvest IFNH*. Available at: <https://ifnh.rutgers.edu/harvest.html>. Accessed on 3/31/23. *Cook/Douglass Dining Options: Harvest IFNH*. Available at: <http://food.rutgers.edu/places-to-eat/cook-douglass-dining-options/#1496762395257-2a564b04-5945>. Accessed on 4/12/2023.

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