



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

Swiper, Mo' Swiping

As the semester draws to an end, you may find yourself with extra meal swipes. Meal swipes will not roll over to the next semester – if you do not use them, you lose them. You may know that you can swipe into the dining halls as many times as you like. But you might *not* know that you can use up to three retail meal swipes per day at several locations around campus. So instead of leaving money on the table, grab a table (or some takeout) from one of the following dining locations.

Accepts Meal Plans	7 am	8	9	10	11	12 pm	1	2	3	4	5	6	7	8	9	10	11	
Busch Takeout	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
Neilson Takeout					✓	✓	✓	✓			✓	✓	✓	✓	✓			
Brower Takeout	✓	✓	✓	✓	✓													
Café West			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cook Cafe									✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Douglass Cafe		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓					
Harvest IFNH						✓	✓	✓										
Henry's Diner						✓	✓	✓	✓	✓	✓	✓						
Kilmer's Market					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Red Pine Pizza					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				
Sbarro					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Woody's Cafe		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓						
Starbucks Truck				✓	✓	✓	✓	✓	✓	✓								

*Friday and weekend hours may vary, check [http:// food.rutgers.edu/places-to-eat/](http://food.rutgers.edu/places-to-eat/) for details.

✓ = times meal swipes are accepted

Feeling too sick to go to the dining halls? You can designate a fellow student to pick up meals for you. Visit <http://food.rutgers.edu/new-brunswick/> for more details.

Not sure how many swipes you have left? Scan this QR code and find out.



Have friends or family in town? You can use up to 10 meal swipes a semester on guests (you must be present).

If you or someone you know is experiencing food insecurity, please visit Rutgers Food Pantry (more info at <http://ruoffcampus.rutgers.edu/food/>)

The best laid meal plans of mice and men oft' buy to-go from the café.

Authored By: Jenny Campbell

Reviewed By: Marina Vineis, MS, RDN - Dining Services

References: Rutgers Dining Services- Home Page Link. Available at: <http://food.rutgers.edu/>. Accessed on: 3/24/23