



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



The newest edition of Dear HDT has just landed! Have burning questions or curious thoughts? We have all the answers tailored just for you. Dive in and discover the insights you have been waiting for.

Dear HDT,

"I avoid certain foods in the dining hall and have questions, how do I find a manager?" Sincerely, Dining Dilemma

Dear Dining Dilemma,

For questions about ingredients or food restrictions, the dining hall manager is the right person to ask. Finding a manager is easy; just ask any staff member or check the Rutgers Dining Services staff directory at food.rutgers.edu for contact information. The directory lists each dining hall's manager along with their phone number and email address.

"I noticed there are events held at the dining hall like breakfast at midnight. How can I find out when they are scheduled?" Sincerely, Event Enthusiast

Dear Event Enthusiast,

The dining halls are buzzing with exciting events! Enjoy themed meals this semester like Friendsgiving (11/21/24), Holiday Meal (12/5/24), and MidKnight Breakfast (12/12/24). Follow @rutgersdiningservices on Instagram or go to the Rutgers Dining Services website: <https://food.rutgers.edu/> to see additional theme meals/special events for spring 2025. Rutgers' theme meals/special events are a fun way to hang out with friends and build community.



"I frequently go to the gym and need to hit my PR(otein) goals. How can I count my macros when eating in the dining hall?" Sincerely, Gym Bro

Dear Gym Bro,

Tracking your calories, fats, and proteins is easy in the dining hall. This information can be found on the Rutgers Dining Services website: <https://food.rutgers.edu/>.

Here is a quick guide:

1. Head to food.rutgers.edu.
2. Look for the section called "What's on the Menu" on the homepage.
3. Choose the dining hall you would like to see the menu for.
4. Once you have the menu open, each item will have a "nutritional information" link next to it. Click that for all the details.



This way, you can plan your meals and make sure they fit your dietary needs.

"My mom and dad are coming to campus to check up on me. Can I bring them to the dining hall for a meal?" Sincerely, Family Foodie

Dear Family Foodie,

You can use 10 of your meal swipes as guest swipes, perfect for treating your friends or family to a delicious meal. If you do not use all of your guest swipes, there is no need to worry. These 10 swipes will not go to waste. You can use them at any dining hall or retail spot on campus.



Did not find the answer you were looking for? No problem at all! Connect with us on social media or drop by one of our Healthy Dining Team booths on campus. Your question might just make it into the next edition of Dear HDT.

XOXO,

HDT members

Authored by: Candace Johnson

Reviewed By: Peggy Policastro, PhD, RDN-Dining Services/IFNH

Reference : <https://food.rutgers.edu/> Accessed on September 29, 2024



food.rutgers.edu
@RutgersDiningServices

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