

Food Service Advisory Committee

March 3rd, 2017

Team Update:

- New Managers
 - Byron Bolton, Residential Dining Chef started
 - Clyde Gidrey "CJ" – Supervisor at Panda promoted to Store Manager
 - Student Employees – 68 students hired this semester

Residential Update:

- Events:
 - Go Texan Day....today! 8 Tickets to Rodeo will be raffled
 - April 3rd – Baseball theme; Tickets for both Astros games and UH (meals) to be raffled
- Black bean burgers are going to start being available at the grill
- Feedback?
 - Valentine's Parties, Mardi Gras?

Retail Update:

- CFA incident
- Starbucks Gift Card Readers
- Panda Express adding grill – Teriyaki chicken; tastings will begin after Spring Break
- Update on hours of operation changed from last semester:
 - Proposing to close Einstein's on Sunday, averaging 36 guests in 8 hours,
- March 25th – Easter Egg hunt at Satellite, opening Starbucks, C3, Smoothie King
- April 15th – Red/White Game – Patio Party at Taco Cabana
- Freshii – exploring adding breakfast; Freshii rep coming early next month for Summer roll out
- Feedback?

C-Store Update:

- Krispy Kreme getting added after Spring Break!
- Sushic at CV, SC (once Lofts fridge is moved it will be there as well)
- CV – Roller machines getting added for Hot Dogs, Corn Dogs, Taquitos
- Fresh whipped cream machines getting added, as well as Coffee condiments (Café Zuca)
- Getting quote for Starbucks Machines
- Ben & Jerry's "Slices" – First campus in Texas with product, sampling event in end of March
- Fresh-baked cookies
- Feedback?

Project Updates:

- Will be expanding Subway to increase server space and expedite flow
- Outlets will be added to Moody to create a better student environment (thanks John!)
- Benches will be getting repaired before the end of the semester

Other Updates:

- Registered Dietitian
 - Two tablings in the dining halls (healthy tailgating and sugar content of beverages)
 - Submitted all information to Partnership for a Healthier America
 - last week of February presented for CAPS national eating disorder week events - Mindful Eating 101
 - Today Danielle will be tabling at the 'Love Your Selfie' event with CAPS for their NEDA week events 11-1 in CV courtyard
 - Coogs Go Healthy is March 30th 11-1pm in student center plaza
 - Newsletter Handout
- Component Campuses
 - Incorporating Theme Meals, C-store and Retail support to build-up programs
 - Clear Lake will be getting new POS system over break to expedite service and increase sales reporting

Josh @Josh_Jordan45 19h
Love my school @UHDining



1 3 6

highlight = chg for Summer

SUMMER SEMESTER 2017															
UH Dining Services		Summer		#VALUE!		#VALUE!		#VALUE!		#VALUE!		#VALUE!		#VALUE!	
Hours of Operations		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
RESIDENTIAL DINING															
Moody Fresh Food Company		7am	2pm	7am	2pm	7am	2pm	7am	2pm	7am	2pm	7am	2pm	8am	2pm
		5pm	8pm	5pm	8pm	5pm	8pm	5pm	8pm	5pm	8pm	5pm	8pm	5pm	8pm
Cougar Woods (TFA only)		5:30am	8am	5:30am	8am	5:30am	8am	5:30am	8am	7am	9pm	8am	10p	8am	10p
		5pm	8pm	5pm	8pm	5pm	8pm	5pm	8pm						
STUDENT CENTER MAIN															
Starbucks		7:30am	5pm	7:30am	5pm	7:30am	5pm	7:30am	5pm	7:30am	5pm	7:30am	3pm	12pm	6pm
Chick-fil-A		10:30am	6pm	10:30am	6pm	10:30am	6pm	10:30am	6pm	10:30am	6pm	11am	3pm		
Panda Express		11:00am	6pm	11:00am	6pm	11:00am	6pm	11:00am	6pm	11:00am	6pm				
McDonalds		8am	9pm	8am	9pm	8am	9pm	8am	9pm	8am	9pm	11am	6pm	12pm	6pm
Cougar Xpress Mini		8am	9pm	8am	9pm	8am	9pm	8am	9pm	8am	9pm	9am	6pm		
Freshii		11am	3pm	11am	3pm	11am	3pm	11am	3pm	11am	3pm				
STUDENT CENTER SATELLITE															
Starbucks		8am	3pm	8am	3pm	8am	3pm	8am	3pm	8am	3pm				
Convenience Store C3		8am	3pm	8am	3pm	8am	3pm	8am	3pm	8am	3pm				
Smoothie King		8am	3pm	8am	3pm	8am	3pm	8am	3pm	8am	3pm				
Sushic															
Little Kim Son															
Burger Studio															
Tandoori Nite															
Pizza Hut		11am	3pm	11am	3pm	11am	3pm	11am	3pm	11am	3pm				
Taco Bell		11am	3pm	11am	3pm	11am	3pm	11am	3pm	11am	3pm				
Chick - Fil - A															
CAMPUS DINING															
Taco Cabana															
Cougar Mini- Stadium Garage															
Subway - Lofts		9:30a	8pm	9:30a	8pm	9:30a	8pm	9:30a	8pm	9:30a	3pm				
Cougar Xpress - Calhoun Lofts		7am	8pm	7am	8pm	7am	8pm	7am	8pm	7am	8pm				
Einstein's - PGH		7am	2:30p	7am	2:30p	7am	2:30p	7am	2:30p	7am	2:30p				
Starbuck's - Bauer															
Cougar Xpress - Cougar Village		9am	7pm	9am	7pm	9am	7pm	9am	7pm	9am	7pm				
Cougar Xpress - Cougar Woods (TFA)		6am TFA	7pm	6am TFA	7pm	6am TFA	7pm	6am TFA	7pm	6am TFA	7pm				
Smoothie King - CRWC		9am	8pm	9am	8pm	9am	8pm	9am	8pm	9am	8pm	12pm	5pm	12pm	5pm
Cougar Express - ERP		8am	4pm	8am	4pm	8am	4pm	8am	4pm	8am	4pm				
FOOD TRUCK															
ENGINEERING/BUSINESS PAD															
Truck #1															
Truck #2															
CIRCLE DRIVE/PGH PAD															
Truck #1		11a	3p	11a	3p	11a	3p	11a	3p	11a	3p				
Truck #2															
Truck #3															
COUGAR VILLAGE Truck #1 late night															
COUGAR PLACE Truck #2 late night															
COMMUNICATIONS															

Trail

UH Dining Dietitian Newsletter

March 2017 | Danielle McFeron RD, LD

National Nutrition Month ‘Putting Your Best Fork Forward’

Who began NNM?

National Nutrition Month, formerly known as National Nutrition Week, was started in 1973 for the public education sector. This program was made to promote healthy eating and healthy habits like physical activity. The trend slowly caught on and the week-long event became a month-long event.

Putting Your Best Fork Forward

“Putting your best fork forward” is making small nutrition and/or health related goals and building on them each day until the goal is met. Once you feel comfortable with your new habit, start the cycle over with a new goal.

3 Simple Ways to Start Today

1. Try our fruit-infused water instead of drinking a sugar-sweetened beverage at lunch in the dining halls
2. When dining out, practice mindful eating and don't be afraid to ask for a to-go box
3. Make your snack more nutrient-dense by choosing nuts and a piece of fruit

Why Put Your Best Fork Forward?

- Allows you to stay on track without being overwhelmed
- Making healthy lifestyle choices can help you feel better about yourself
- Powers your cognitive function
- Helps reduce your stress levels
- Increases your immune system



Putting Your Best Fork Forward in the Dining Hall

It can be a challenge navigating through so many options; here are some tips to help.



4 Helpful Dining Hall Tips:

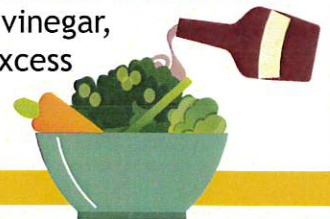
- Use the **Campusdish** app to see all the healthy options
- Make a **custom plate**

Vegetables from the salad bar can easily be added as a side dish for your main entrée.

- Ask for **smaller portions**

You can always have seconds if you are still hungry!

- Put **dressings and sauces on the side** or opt for our red wine vinegar, adding a kick without excess calories or added fats.



Registered Dietitian vs. Nutritionist

Nutritionists and Registered Dietitians differ in their type of education and/or training. The term “nutritionist” can be used without any training or credentials while becoming a Registered Dietitian requires the following:

- Receive a bachelor's degree from an accredited college or university.
- Complete coursework approved by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) or the Academy of Nutrition and Dietetics.
- Complete a supervised practice program that is ACEND accredited at a healthcare facility, foodservice corporation, community agency or program combined with undergraduate or graduate studies.
- Pass a national exam from the Commission on Dietetic Registration
- Complete continuing professional educational requirements to sustain registration.

Contact me today to book a FREE consultation!
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