

FSU MINDFUL NEWS

September 2017



WELCOME!

Welcome back and to our new students, welcome to Framingham State University! The start of the semester is an exciting time for students as you move into your dorms, reconnect with friends and settle into another year at Framingham State University.

FSU Dining Services has been busy all summer preparing for your arrival. Our team is committed to creating the best possible dining experience for you. Be sure to look for our monthly newsletters

featuring nutrition topics, healthy recipes, important FSU Dining Services information, upcoming tabling events and programs!

Members of the Dining Services Management Team are always available during meals to help you. We appreciate your feedback! Feel free to share your comments, suggestions or questions. We look forward to meeting you and to another great year at FSU!



The FSU Dining Services Team

SEPTEMBER EVENTS

mindful
enjoy health!

6th What's Mindful?

Dining Commons 11:30 am - 2:00 pm

11th Power Up with Breakfast

Dining Commons 7:30 am - 10:00 pm

18th Guess the Grain

Dining Commons 11:30 am - 2:00 pm

25th Power Up with Seasonal Produce

Dining Commons 11:30 am - 2:00 pm

27th FSU Health Fair

11:00 am - 2:00 pm

*September's Harvest
of the Month is
Tomatoes!*

FOODS TO STOCK YOUR DORM WITH

The start of the semester is a great time to commit to a healthy eating pattern. A healthy eating pattern is comprised of balanced meals and snacks. But why are snacks so important? First, they are great option in between classes or when you cannot get to the Dining Commons. Plus snacks help you meet your daily nutrient needs, provide extra energy during active times, help control your appetite, and help you concentrate throughout the day.

While eating meals in the Dining Commons is straightforward, snacking can get tricky. A general rule of thumb for snacking is to combine a source of carbohydrate with protein for long lasting energy (think apple and peanut butter). By combining at least two food groups, your body will get the nutrients it needs to continue working properly throughout the day.

To help you make better choices when in your dorm room, try storing snacks out of sight. That way you will be less tempted to mindlessly snack. Or plan to keep only nutritious snacks in your room. Take a look at my Top 5 Picks to help you get started. Finally, save not so nutritious choices for special occasions like outings with friends or family.

For a complete list of foods to stock your dorm room with, visit https://framingham.sodexomyway.com/images/Dorm%20Room%20Food_8%205x11_tcm672-68631.pdf.

Campus Dietitian's Top 5 Picks

- 1. Greek Yogurt** – Greek yogurt is packed with protein to keep you feeling satisfied. Just watch out for added sugar! Look for Greek yogurt with less than 15 grams per serving.
- 2. Hummus** – Try this alternative dip with fresh vegetables or as a spread on sandwiches! Hummus is packed with fiber, which can help keep you feeling satisfied and prevent weight gain.
- 3. Popcorn** – Popcorn is a whole grain that is low in calories. A 3 cup serving of plain popcorn contains only 100 calories! Instead of using salt to flavor your popcorn try cinnamon, garlic, or red pepper flakes!
- 4. Salsa** - This alternative topping is loaded with vegetables and contains only 20 calories per $\frac{1}{4}$ cup. Try using salsa as a dip for whole grain crackers or vegetable sticks!
- 5. Oats** – Oats are whole grain carbs that help keep you fuller longer and help the brain produce more serotonin, a feel good hormone. Add nuts or fruit for a nutritional boost.



UPDATES FROM THE DINING SERVICES TEAM

Dining Commons Hours of Operation

Black and Gold Beginnings September 2nd - September 5th

Saturday			4:30 pm - 7:00 pm
Sunday	7:00 am - 9:00 am	11:30 am - 2:30 pm	4:30 pm - 7:00 pm
Monday	10:30 am - 2:30 pm		4:30 pm - 7:00 pm
Tuesday	7:30 am - 11:00 am	12:30 pm - 2:30 pm*	4:30 pm - 7:00 pm

*Welcome Back BBQ - Crocker Grove

Standard Hours of Operation

Monday - Friday	7:30 am - 2:30 pm	4:30 pm - 7:00 pm
Saturday/Sunday	10:30 am - 2:30 pm	4:30 pm - 7:00 pm

All Day Dining Hours (Chef's Table and State Street Deli)

Monday - Friday	7:30 am - 9:00 pm
Saturday - Sunday	9:30 am - 9:00 pm*

*9:30 am - 10:30 am - continental service

Dining in Mind

Stop by the McCarthy Marketplace and one of our Team Members will help you change your dining plan to the one that best fits your needs.

September 2nd

9:00 am – 2:00 pm

September 4th - 7th

9:00 am – 2:00 pm
4:00 pm – 7:00 pm

September 8th

9:00 am – 2:00 pm

CAROLYN'S CORNER

The start of the semester is a time of firsts - the first time living away from home, the first time being in charge of your own meals, or maybe the first time taking control of your health. Whether you are looking to start off on the right foot or make a change, Dining Services is here to help! We are committed to your health by offering nutritious meals, as well as resources to aid in your healthy

My Zone

My Zone is the gluten-free, peanut free and tree-nut free station in the Dining Commons. My Zone areas give customers the ability to be involved in their own allergen-safe meal preparation. The pantry houses products ranging from breads, to condiments, to desserts with precautions to prevent cross contamination.



Myfitnesspal

This smart phone application allows customers to keep track of their personal nutrition and fitness objectives. Log and save your daily snacks, meals and physical activity by scanning bar codes on products, labels and signs. You can find Sodexo recipes by adding "Sodexo Campus" to your search.



R.A.M.S on the Run

Use a meal swipe and take your meal to go! Stop by Sandella's and check out our new meal exchange program, R.A.M.S. on the Run. No sign up required! Each exchange comes with a Refreshment, Accompaniment (a snack), Meal and Sweet from the designated cooler with plenty of grab and go options.



For more information, please contact:

Dining Services
www.framingham.edu/dining
(508) 626 - 4602 | dining@framingham.edu

Mindful

This healthy dining program offers items that meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Mindful helps identify and promote healthy meal options by making the healthy choice, the easy choice. Mindful menu items utilize healthy ingredients, appropriate proportions and cooking techniques that enhance flavor without adding extra salt, fat and sugar. Look for the Mindful icon (green apple) to indulge in the healthy and delicious items offered at each meal.



Simple Servings

College is complicated enough; enjoying a meal at the Dining Commons shouldn't be. Simple Servings is our new station in the Dining Commons that provides safe and appetizing food choices for our customers with food allergies, gluten intolerance, or those who prefer simple foods. All foods offered at Simple Servings are naturally free of milk, eggs, wheat, soy, shellfish, peanuts, tree nuts and gluten. Simple Servings will be open for lunch and dinner seven days a week this semester.



Carolyn's Corner YouTube Series

Don't forget to check out Carolyn's Corner on YouTube to learn how to make quick, nutritious snacks right in your dorm room!



For more information, contact:
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