



OCTOBER 2016: DINING UPDATE

Enriching and Nourishing Lives

This year for Aramark's community building day Deacon Dining partnered with the Salvation Army to feed over 230 children in the Ken Carlson Boys and Girls Club. The day was filled with lots of laughs, a great dinner, healthy dessert decorating, as well as the Wake football and basketball teams coming out to play!

For Hit the Bricks Deacon Dining was happy to participate with a 15 person team! We also donated sliders from Shorty's for a great pick me up snack while handing out t-shirts!

We have teamed up with General Mills and Campus Kitchen for a great cause! In the month of October, for every bowl of General Mills cereal eaten in the Pit, General Mills will donate a bowl to Campus Kitchen! Everyone get your spoons ready to help donate!

Sustainability

Check out all of the local produce we have in the Pit! We have a chalk board that shares what vegetables and fruits are local and where they are from, a cart that displays the local items, plus we have local decals on the sneeze guards to point out all of the local foods we are purchasing! We also have a featured meat including chicken, beef, pork, and fish that is a sustainable purchase for each day of the week!

Coming very soon we will be serving Village Juice fresh pressed juices and milks to help support our community while serving our students and staff only the best! We are also working on adding Updog Kombucha (fermented tea) to several campus locations! Both of these companies were created by Wake Forest graduates! More great products to come!

Performance Dining

This fall we rolled out a new program called Performance Dining. Our motto is whether in the classroom or on the field/court, we are your training table! We have added an all new Chobani Creation Station that is served for breakfast, lunch, and dinner in the pit as well as adding more whole grains, nuts and seeds, and seasonal fruits and veggies to provide long lasting energy meals! We have 7 key focus areas (recovery, immune boosting, antioxidant rich, smart eats, anti-inflammatory, high energy foods, and hydration) in providing your body the nutrition it needs to be your best and are developing monthly new plate models to educate you on your bodies needs to hit your goals! Stay tuned for more to come on this program!

Community Satisfaction

You talked, we listened! This year's dining changes include enhancements to our residential menus that add more variety and flavor such as the new made to order pasta station in the Pit and soup in the North Dining Hall, Zick's added customizable flatbreads to their menu, Shorty's revamped their menu with new burger and hotdog builds with refreshed appetizers and sides, and Chick-Fil-A added milkshakes and frosted lemonades to the menu

We want your feedback! At each of our locations there are VOC cards that have a link that directs you to a quick survey. If there is something you think we are doing well or need to improve on, we would love your feedback! We aspire to be the best and we believe we can get there with your help!

We have new faculty and staff meal plans that can make a great meal as affordable as \$5.25 a swipe! Please visit www.wakeforest.campusdish.com to purchase yours today and check out all of our great additions with the convenience of staying on campus for lunch!

Employee Wellbeing

Mark your calendars for October 12th! Each of our locations will have a jar with sticky notes left for everyone to show a random act of kindness to our employees! We will be featuring all of the notes on a board for guests and employees to see, so spread the kindness!

This year we have recognized all employees who have worked with us for 5 years or more with free yearly parking! We have also added an advanced training program that for each training they pass, they receive a rate increase! If you see a sticker on their name tag, ask them what they are now an expert in!