



NOVEMBER 2016: DINING UPDATE

## Sustainability

We had over 15 local items on campus last week for our farmer's market event in the Pit! Several of these local farms actually came to campus and did tabling's during the event to sample and talk about their products! Some of the local farmers we had on campus were Microgreen King, Lively Orchards, Milko, and Sunny Creek Farms! Be sure to check out our local/sustainable purchases we do every day by our local decal sticker or our local chalkboards! #webuylocal

## Pitsgiving Countdown

It's that time of year again folks! Get ready to join us for Wake Forest's favorite event in the Pit on November 17th from 11am-9pm! It is going to be a day filled with your favorite thanksgiving classics, friends and laughs, and of course, seconds! If you want to bring your department to lunch that day, purchase a faculty and staff meal plan to bring in everyone at a unbeatable price! Let the countdown begin!

## Community Satisfaction

It's finally here! We are happy to announce that the Sundry, North dining hall POD, Subway & POD, and Legal Grounds café are now carrying Village Juice! Supporting Wake Forest Alumni, one great business at a time! Grab your bottle of fresh pressed fruits and veggies for a healthy and nutritional kick in your day!

## Employee Wellbeing

If you have been to any of our dining locations you might have noticed posters covered with sticky notes and positive messages. This was for our employee random act of kindness day on Oct. 12th! We put baskets and sticky notes at each station and location and encouraged customers to write a note to show their appreciation! We were overwhelmed with the kindness the students, faculty, and staff showed towards our team. It made an impact that we won't soon forget and we are excited to continue doing random acts of kindness throughout the semester! Thank you to all who participated!

## Performance Dining

Want to bolster your immune system this cold and flu season? The Performance Dining Immune Boosting Plate will be featured in our dining halls and on Deacon Dining social media throughout the season to help guide our campus toward a stronger healthier immune system. Your immune system depends on a balanced mix of vitamins and minerals from food over time, plus normal sleep patterns and a hefty dose of exercise. This means you can't just eat an orange each day and think you are good to go with its nice dose of vitamin C. Rather, choose a wide variety of colorful fruits and vegetables on 1/3-1/2 of your plate at meals and snacks, along with whole grains, essential fats, and lean protein to round it out.

Remember your gut when considering a healthy immune system as well. Probiotics in foods can help keep your gut microbiota balanced, which means your body will be better able to absorb and assimilate all of the vital nutrients you receive from your food. Probiotic rich Greek yogurt is available at the Pit and in our C-stores!

### Recipe of the Month (from Chobani.com)

**INGREDIENTS:** 1/2 cup Chobani Non-Fat Plain Greek Yogurt, 8 oz mushrooms (such as morels, crimini, or chanterelles), sliced, 2 Tbsp olive oil 1 Tbsp finely chopped fresh thyme, 1 garlic clove, finely minced, Salt and pepper, 4 oz fresh goat's milk cheese 18 1/2-inch thick slices French bread or 18 1/2-inch thick diagonally cut baguette slices, toasted

**PREPARATION:** STEP 1 In a medium skillet, sauté mushrooms in oil over medium-high heat until golden, about 6 minutes. Stir in garlic, thyme, salt and pepper. Cook 1 minute. Scrape into bowl and cool. STEP 2: With an electric mixer, whisk goat cheese and Chobani until mostly smooth. Spread Chobani-cheese mixture on toast and top with mushroom mixture.

### NUTRITION INFORMATION

Calories 170, Calories from Fat 50, Total Fat 6g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 5mg, Sodium 290mg, Total Carbohydrate 21g, Dietary Fiber 1g, Sugars 1g, Protein 8g.\*