



DEACON DINING UPDATE APR. 12, 2017

Supporting our Community by Reloading, Relaxing, and Replenishing

There is enough stress with the end of the semester, don't let running out of food dollars be one of them! Reload your account and relax while you assist us in supporting our community! For each reload of \$100 food dollars, Deacon Dining is donating \$10 to Wake's very own food bank, Campus Kitchen. We wanted to give our customers the opportunity to share our passion of giving back to our community. Replenish food dollars at www.wakeforest.campusdish.com, visit Charlotte in our dining office in Reynolda Hall room 12, or contact us at 336-758-5607! Act now! This charitable contribution is running until April 17th!

Education that Counts

Who needs a bowl when you can shake it up in the Pit with Southwestern Tofu Salad Shakers! Brooke Orr, our Registered Dietitian, taught students to build a plant forward Performance Plate in their flavor packed reusable salad shaker. No one missed the meat a bit! Following a plant forward diet is not only beneficial to your body, but the environment as well! We have featured multiple events that were plant forward menus followed by educational pieces on how delicious a meat-free plate can be!

Boost your Performance

Did you know dehydration causes mood shifts, fatigue and decreased alertness? One of the 7 pillars in the Performance Dining Program is Hydration, so we provided students with a Hydration Station at the fitness center to encourage students to re-hydrate with mint, citrus, berry and cucumber water throughout the week to increase mental and physical performance!

For the Love of Food and Community

Our passion is bringing unique flavors and dishes to your table. We launched our Vegan Station at the return of spring break which will be featured in the Food management Magazine! To spice up the deal, we've incorporated "Your Spice Cabinet" in the venue to allow you to add the perfect flavor combination to your plate.

To add meat to this update, we are now serving local fresh Brasstown Beef, local Joyce Farms Chicken, humanely raised Cheshire Pork, and seafood that is Marine Stewardship Council Certified. They are all incorporated in our non-repeatable menu at Southern Kitchen because we only select the best food and variety for our family.

Giving Gratitude

On April 6th we hosted an all-day event to show our appreciation for our associates who make all of Deacon Dining possible. Our associates make our customers dining experience their home away from home and value the relationships they build with everyone! We had an action packed day full of food, gifts, recognition, games, and dance competitions!

