ARAMEK RECOGNIZES UH DIETITIAN CAROLINE SULLIVAN

Houston, March 6, 2013 – Caroline Sullivan, registered dietitian for UH Dining Services, was recognized March 4 by ARAMARK for her success in using social and online media to promote healthy choices. Her accomplishments were featured in an employee spotlight article.

Sullivan tweets daily with facts and advice about eating healthy, being active and cooking. She is also an active blogger. You can visit her blog at uhnutrition.blogspot.com and her website at bit.ly/uhnutrition.

She not only has a strong online presence, but also has become a well-known figure around campus. She hosts events to inform students about nutrition, and partners with other campus departments to help increase awareness of her programs.

“I enjoy working on a college campus because of the energy and excitement of the students,” said Sullivan. “It is a great opportunity to teach them about healthy living. They have moved away from home and are possibly preparing meals on their own for the first time. This is a great time to teach them the basics of nutrition and how it benefits their life and health.”

As part of UH Dining’s commitment to maintain a healthy campus, Sullivan is able to meet with students, faculty and staff for free one-on-one sessions to provide them with advice and suggestions on dietary needs.

She also is the face of UH Dining’s Healthy for Life campaign, which provides diners with the tools to choose healthy options in dining halls and educational events to engage diners through social media, health fairs, culinary demos and more.

“Adding Caroline to our team has had a great impact in the dining program on campus,” said Amber Arguijo marketing manager for UH Dining Services. “Her expertise allows us to better accommodate students
with food allergies such as gluten intolerance in a safe manner. We are very lucky to have her working with us."

UH Dining applauds Sullivan for her great accomplishments.

To read the full employee spotlight article, visit: http://www.enrichingliveseveryday.com/HealthAndWellness/CarolineSullivan.aspx?MenuId=13&SubMenuId

For more information about UH Dining Services, visit www.uh.edu/dining.

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