

# Food Service Advisory Committee

February 7, 2014

# Dietitian Update

- February Events:
  - 2/5 Wellness Wednesday- Eat Your Heart Out Nutrition Workshop @ CR 11 am- 12 pm
  - 2/14 Heart Healthy Dessert Spirit Lifter @ FF
  - 2/14 Heart Healthy Dessert Demo @ CW 11:30 am- 1 pm
  - 2/19 Healthy Days: Salad Demo @ CR 4-6 pm
  - 2/25 (CW) & 2/26 (FF) Heart Health Tablings 11:30 am- 1 pm
  - 2/26 Unique Eats w/ Student Housing @ CVII 6:30 pm
  - 2/27 Eating Disorder Screening w/ CAPS @ CR 11 am- 2 pm

# Dietitian Update

- March Events:
  - 3/4 National Nutrition Month @ CW 11:30 am-1 pm
  - 3/4 Cooking Tour Episode #5- C-Store Cheesecake @ 7 pm
  - 3/5 Wellness Wednesday- Dieting Fads @ CR 11 am-12 pm
  - 3/6 National Nutrition Month @ FF 11:30-1 pm
  - 3/18 National Nutrition Month @ CW 11:30 am-1 pm
  - 3/19 National Nutrition Month @ FF 11:30 am-1 pm
  - 3/25 National Nutrition Month @ CR 11:30 am-1 pm
  - 3/26 National Nutrition Month @ UC Satelite 11:30 am-1 pm

# Dietitian Update

- April Events:
  - 4/2 Wellness Wednesday- Healthy Weight Loss @ CR  
11 am-12 pm
  - 4/8 Cooking Tour Episode #6- Lettuce Chicken Wraps  
@ 7 pm
  - 4/22 Earth Day Spirit Lifter @ CW
  - 4/28 (CW) & 4/29 (FF) Finals Tabling @ 11:30 am- 1  
pm

# Dietitian Update- Finding Nutrition Info on Campus

for each dish at the stations.



For departmental requests of group meal tickets to residential restaurants, please use our [Meal Ticket Request Form](#) online. No meal ticket requests will be processed unless submitted by this form.

Show menus for:

BAKERY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHOCOLATE CHIP SCONES BLUEBERRY MUFFIN	CARROT RAISIN MUFFIN ICED CINNAMON ROLL WHOLE WHEAT BAGEL	DANISH PASTRY FIESTA CORN MUFFIN PUMPKIN MOLASSES MUFFIN	CINNAMON SCONES BANANA MUFFIN DANISH PASTRY	CHOCOLATE CHIP MUFFIN CROISSANT CINNAMON APPLE MUFFIN	DOUBLE CHOCOLATE CHIP MUFFIN DONUT BITES CINNAMON STREUSEL COFFEE CAKE	CHOCOLATE CHIP SCONES CINNAMON-SUGAR DONUT BLUEBERRY MUFFIN

Bistro						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCRAMBLED EGGS CRISPY BAKED TATER PUFFS ENGLISH MUFFIN BACON	TURKEY BACON SCRAMBLED EGGS SCALLOPED POTATOES	CRISPY BAKED TATER PUFFS TURKEY SAUSAGE PATTY SCRAMBLED EGGS BUTTERMILK PANCAKES	HAM STEAK BAKED FRENCH TOAST SCRAMBLED EGGS HASH BROWNS	BACON SWEET POTATO HOME FRIES SCRAMBLED EGGS ORANGE CINNAMON FRENCH TOAST	SCRAMBLED EGGS PORK SAUSAGE PATTY SOUTHERN BISCUITS O'BRIEN POTATOES COUNTRY CHICKEN GRAVY	SCRAMBLED EGGS HASH BROWNS CHOCOLATE CHIP BUTTERMILK PANCAKES TURKEY SAUSAGE LINK

[www.uh.edu/dining](http://www.uh.edu/dining) Campus Dish

- Menu for dining halls
- Nutrition info

# Dietitian Update- Finding Nutrition Info on Campus

The screenshot displays the 'Eating Healthy On Campus' page. At the top, there are social media icons for Facebook (2.5k likes), Twitter, and YouTube. The main heading is 'Eating Healthy On Campus'. Below it, a paragraph explains that diet impacts health and appearance. A 'Campus Dish Nutrition Tab' watermark is overlaid on the page. To the right, there's a 'Light healthy for LIFE' logo and a link to 'View Healthy for LIFE Nutrition Pages!'. Below that, a list of tips for eating well is provided. On the left, there's a 'What's New with UHealthy?' section with a link to 'New Year's Resolutions!'. At the bottom, there's a video player for 'UH Wellness Walk' with a menu overview including 'Healthy at Cougar Woods', 'Deli and Daily Salad Bar', 'Local & Seasonal Products', 'Entrees', and 'Eat Well Vegetarian and International'.

- Tips for eating on campus
- Dietitian Picks
- Special dietary need info
- Ask the RDN
- Nutrition info and resources

# Dietitian Update- Finding Nutrition Info on Campus



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## HEALTHY PICK

Brought to you by the UH Campus Dietitian, Sarah Feye, MS, RDN, LD.

***For a Nutrient Filled, Low Calorie Meal..***

 **Grilled Market Salad**

 **Reduced Fat Berry Balsamic Vinaigrette**



### **Nutrition Bonus:**

- 230% daily vitamin A needs
- 40% daily vitamin C needs
- 10% daily iron needs
- 10% calcium needs
- 4 g fiber

<b>Calories</b>	<b>290 kcals</b>
<b>Protein</b>	<b>25 g</b>
<b>Fat</b>	<b>8 g</b>
<b>Saturated Fat</b>	<b>2 g</b>

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DINING SERVICES

For more information, contact our campus dietitian at (832)842-5996 or email her at [Feye-Sarah@ARAMARK.com](mailto:Feye-Sarah@ARAMARK.com)

Retail Healthy Picks

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# Dietitian Update- Finding Nutrition Info on Campus

## GET STARTED WITH MYFITNESSPAL here's how it works...

### 1. Download MyFitnessPal

MyFitnessPal is a free app that makes finding nutrition information and counting your calories quick and easy on any smartphone, tablet or computer.



To get started, just go to the app store for your smartphone – or MyFitnessPal.com on your computer.

### 2. Become a MyFitnessPal member

Sign up for an account and create your profile.

### 3. Start tracking

To find nutrition information for the food we serve, just look up the name of the menu item. Then add the menu item to your food diary – it's easy.

It's easy to find the food you're looking for in MyFitnessPal.

**Dining in a Residential Dining Facility?**  
Type "Aramark On Campus" and then the menu item name.

**Dining in a Retail Food Court or other Retail Location?**  
Type the "Location Name" and then the menu item name.



With Healthy for Life™ and MyFitnessPal there's one more way to live a healthier life.

# Halal Update

- Product Taste Testing/Focus Group
  - April 1<sup>st</sup> from 11 am- 2 pm
  - Private Dining Room @ FFCo
  - Targeting students who eat a halal diet
  - Goal to gain insight on products and taste profiles preferred by students.

# New UC Food Court

- Opened January 13
- Grand Opening January 29
- Busiest Location at Peak: Panda Express
- Transactions in retail as whole are up by 15% over last year.
- Widely positive feedback on space and brands.
- Main challenge is accommodating unusually heavy demand on the facility as a whole.

# UC Open House



STON





January 20, 2014



# Food Truck Program

- Late Night Option
  - Negotiating cost structure with UHPD for providing targeted security for this program
    - Minimum UHPD coverage is for 4 hours; our pilot is calling for 2 hours per night for 4 nights per week
- The New Pad #1
  - Currently the space is being prepared
    - The grounds work has been completed
    - The electric and data sources are still being pulled to the area for power and the Cougar Card
    - Targeted completion pushed back one week – Monday 2/17/2014

# Your Voice Counts Surveys

- Instant feedback tool
- Traceable data shows trends
- Chance to win \$1,000 each day you take a survey
- Info on most paper receipts
  - Being added to eReceipts
- Goal of one survey per day per dining location at minimum



# Fresh Food Company Training

- February 24 – 26
- Chefs from around nation coming to train in our dining hall.
- Testing possible new menu items
- Training our staff in the process



# Residential Staff Appreciation

- RAs made appreciation banner for FFCo staff to thank them for opening on the ice days.

# Frontier Fiesta

- Coming March 20-22
- Food program still in the works



# Member Items

# Next Meeting

March 7, 2014

12 p.m. – 2p.m.