Welcome Back Dinner: 01.16.13
Happy New Year! Stop by the Fresh Food Company to catch up with friends and share holiday stories on January 16th. The menu will feature carved ham, tofu fajitas and celebratory cakes!

From the Dietitian’s Desk: Steamed Veggies
Freshly steamed vegetables are now available at the Fresh Food Company’s Pasta Station! Studies have shown that steaming cooking method that can retain high level of nutrient content in many vegetables. Because steaming is a rapid method of cooking and requires minimal water exposure, very few nutrients are lost when vegetables are steamed. In fact, steaming can enhance the digestion and absorption of some micronutrients found in vegetables. Carrots, bell peppers, mushrooms, asparagus, spinach, cabbage, and broccoli are just a few of the vegetables whose nutrient content is not only maintained, but enhanced when steamed.

Spring Hours of Operation
Regular Spring Hours of Operation are now available on the WAKE FOREST DINING homepage at www.wakeforest.campusdish.com

Stop Hunger Now
Stop Hunger Now is a Raleigh-based international hunger relief agency that has organized the distribution of food and other lifesaving aid to children and families in countries all over the world since 1998. During the Winter Recess, WAKE FOREST DINING managers and Stop Hunger Now worked together to package over 10,000 meals to help those most vulnerable. Find out how you can help at http://www.stophungernow.org/.

The Best Is Yet to Come...
Here’s an update on upcoming January holidays and events at the Fresh Food Company!

01.16.13: Welcome Back Dinner  01.24.13: Mawlid
01.21.13: MLK Jr. Holiday (Observed)  01.28.13: Uber Smoothies
01.23.13: National Pie Day