From the Dietitian’s Desk: Go Red for Women

February 1st is “Go Red for Women” Day at the Fresh Food Company. Each year, cardiovascular disease claimed the lives of approximately 500,000 American women. Yet many women dismissed it as a disease attributed to older males. To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created Go Red For Women. On February 1st, the Fresh Food Co. will highlight women’s heart disease awareness in support of the American Heart Association’s social initiative by featuring awareness foods. Kate Ruley, MEd, RD, LDN will be standing by ready to answer any questions.

Mag Room Old Gold Premium Dinners: Happy Chinese New Year!

Celebrated on the new moon of the first month in accordance with the lunar calendar, Chinese New Year celebrations are characterized by family reunions and delicious feasts! To be formally celebrated February 10th, the Magnolia Room continues its Old Gold Premium Dinners with an early Chinese New Year theme on February 7th! Reservations can be made with the maître d’ during lunch Monday through Thursday, 11am - 2pm. 新年快樂 and we hope to see you there!

You Name It!

There’s still time! Suggestions for the naming of the new North Campus Restaurant may still be submitted. Take part in this historic event by naming the North Campus Building, Servery and Restaurant. Text us the fruits of your creative nomenclature endeavors at (336) 270-2159.

Healthy for Life: Nutrition Wall

With the chaos of campus life, nutritional events and initiatives can become buried in the clutter. With the new Nutrition Wall, diners will have access to a central hub of nutritional information and literature. The “Healthy for Life” Nutrition Wall, now installed at the Fresh Food Co., will act as a spring board for future nutritional campaigns.

The Best Is Yet to Come...

Here’s an update on upcoming February holidays and events at the Fresh Food Company and other venues!

- 02.01.13: “Go Red for Women” Day
- 02.01.13: Farm to Fork
- 02.03.13: Super Bowl Party at Shorty’s
- 02.10.13: Chinese New Year
- 02.14.13: Valentine’s Dinner
- 02.23.13: National Banana Bread Day
- 02.25.13: National Clam Chowder Day
- 02.28.13: Uber Smoothie Day