Spring Break Hours of Operation
Spring Break Hours of Operation are available on our home page at www.wakeforest.campusdish.com.

Win a $150 E-Gift Card or One of Three $50 E-Gift Cards Through DiningStyles!
Each semester, we reach out to students, faculty and staff for their thoughts and suggestions to better understand campus lifestyles and dining preferences. Through our online survey, we gain valuable insight to improve the overall dining experience. Participants may also enter into a drawing to win a $150 e-gift card or one of three $50 e-gift cards. The survey is available at www.college-survey.com/wfu/

From the Dietitian’s Desk
The Health and Wellness Wall, located in the Fresh Food Co., now boasts a variety of literature detailing food allergy awareness, portion control, how to build a healthy plate, the benefits of seafood and how to find the most nutrient dense offerings in the dining hall. Students, faculty, staff and visitors will enjoy reading seasonal newsletters, engaging in wellness programs, discovering how to make fitting food choices on campus.

“Fun Favs Made Fit!”
In coordination with National Nutrition Month, The Fresh Food Company is preparing in-season dishes available for a limited time! These “Favs” are prepared lower in calories, fat and sodium to showcase lean proteins, vegetables and whole grains. Keep an eye out for these dishes during lunch from March 18th through March 22nd.

Fresh Food Company to Feature MyPlate
The Center for Nutrition Policy and Promotion (CNPP), was established in 1994 to improve the nutrition and well-being of Americans. Their MyPlate initiative serves as a visual mealtime reminder to choose foods from five food groups: vegetables, fruits, whole grains, lean proteins and calcium-rich dairy products. To emphasize these building blocks, the Fresh Food Co. is featuring 28 dinner selections throughout the month of March to coincide with National Nutrition Month. Additional information is available at choosemyplate.gov.

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

- 03.05.13: Trail Mix Day
- 03.08.13: Farm to Fork
- 03.19.13: March Madness Kick Off Dinner
- 03.09.13 - 03.17.13: Spring Break
- 03.25.13: Uber Smoothie
- 03.26.13: Chili Cook-off Spectacular