Help Reduce Food Waste and Greenhouse Gases

Food waste has a detrimental impact on our environment. It produces methane, the second most prevalent greenhouse gas emitted from human activities in the United States. Almost 40% of food produced in America is wasted and 25% of it happens at home. Please help us reduce food waste by only selecting what you plan to eat! Together, we can reduce food waste and lower our environmental impact at Wake Forest.

02.06.15 National Wear Red Day

In partnership with the Wake Forest Thrive program and Student Health, Wake Forest Dining is proud to host the National Wear Red Day with special menu items, a cooking demonstration featuring Executive Chef Jose, giveaways, and education materials on heart health throughout the Fresh Food Company on February 6th at lunch.

Track Your Exercise and Calories with MyFitnessPal

Tracking your exercise and diet are great ways to make health conscious choices! Keeping track of your diet is easier with Healthy for Life™ and the MyFitnessPal app. Get started by downloading MyFitnessPal on your smartphone or tablet, become a member, search for “Aramark On Campus”, then search for the location to find your menu item! Have more questions? Set up an appointment with Kate Ruley, Wake Forest Dining’s registered dietitian at ruley-kate@aramark.com.

Spring Break Hours of Service

Dining hours of service will temporarily shift with Spring Break. Changes will be available online at www.wakeforest.campusdish.com as March approaches.

Scales Fine Arts Center: Green Scene Express

A new selection of fresh salads, wraps, and sandwiches are now available in the main lobby of the Scales Fine Arts Center. With once-a-day delivery, the choices are always fresh and beverages such as Smart Water and Naked Juice are also available!