### SEMINOLE DINING PRESENTS...

### Health & Wellness Newsletter

August & September, 2024





# Welcome returning and incoming students!

Welcome on behalf of your Seminole Dining nutrition team! Here we will provide upcoming event updates, new project launches, nutrition education, and exciting recipes.

Stay tuned in September for the next installment of the Nutrition Newsletter!

## Launch <sup>∠</sup> Highlight

Seminole Dining Health and Wellness nutrition reels!

Find these on the<u>Seminole Dining</u> Instagram to learn more about healthy eating on campus.

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#### August 28 12pm-1:30pm

Meet the Dietitian with Boba Suprise and Delight

Suwannee Room

September 5 1pm-3pm

Farmer's Market with CHAW

UHS Courtyard

September 19 1pm-3pm

Farmer's Market with CHAW

UHS Courtyard

#### August 30 12pm-1:30pm

Meet the Dietitian with Smoothie Bike

Seminole Cafe

September 11 11:30am-1:30pm

Produce Spotlight featuring: UBE

Suwannee Room

September 11 11:30am-1:30pm

Produce Spotlight featuring: UBE

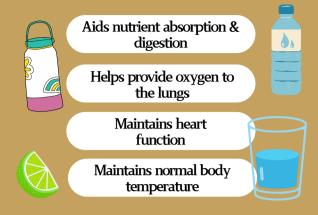
Seminole Cafe

## SEMINOLE DINING

### Upcoming Health and Wellness Events



### **Summer Hydration**



Activity level and climate may dictate recommended water intake. General guidelines recommend eight 8ounce glasses per day (or 64 oz).

### Easy Fig Jam Recipe

Figs are in season! Can you find the fig tree on campus?

#### Ingredients

- 2 lbs figs, stemmed and cut into 1/2-inch pieces
- 1 cup sugar
- 1/4 cup plus 2 Tbsp lemon juice
- 1/2 cup water

### Direction

- Wash figs, cut stem, and quarter
- In a large pot, combie figs with sugar, and let stand for 15 mins at room temp.
- Add the lemon juice and water
- Bring to a boil, stirring until sugar dissolves
- Lower heat, simmer for about 30 mins, stirring occasionally until the mixture has thickened
- Store in clean jars and refrigerate.
- Refrigerated, the jam lasts up to 3 months



### ني بيليز نغايين. National Berries Month



### Berry Fun Facts:

- Berries are among the most nutritionally-dense foods
- They provide potassium, magnesium, vitamins C and K, **fiber**, and **antioxidants**
- Frozen berries are nutritionally identical to fresh
- Regular consumption of berries is linked to longer lifespan and lower levels of chronic disease

### DO YOU HAVE AN ALLERGY AND NEED A SPECIAL ACCOMODATION?

The Office of Accessibility Services (OAS) supports students by providing accommodations, including dietary. Schedule a meeting with an OAS Accessibility Specialist by contacting them.

#### WHAT'S NEXT?

Set up a meeting with your dietitian Ms. Chiung Lien, RDN LDN

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