10.01.2025

# Dining Digest

October 2025

## **Away Game Rally**

Seminole Dining is excited to announce the Away Game Rally at the FSU Student Union! We're hyping up the FSU Spirit with Proof at FSU's Game Day menu, the game played on the big screen, and special bowling and billiards deals just for the occasion! Come hang out with friends, enjoy the action, and cheer on our team! We'll be showing our support all season long! Join us at our next rallies on 11/8 & 11/21!



## Starbucks Dirac Reopens

Starbucks at Dirac is Back! After recent renovations, the Starbucks connected to the Dirac Science Library has reopened and is ready to welcome you all back with an exciting new look including a new order process screen! Whether you're grabbing a quick coffee between classes or settling in for a study session, it's the perfect spot to recharge on campus. Stop by and check it out!







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## Promotions!



## <u>FSU Round Up</u>

10/1 - 10/31

Round Up your purchase by \$0.25 to help increase food access on campus and enter to win a Grand prize pack!

**Participating locations** exclude Panera & Starbucks

## **Boost Your** Balance

10/13 - 10/26

Running low on Dining Dollars? From October 13th to October 26th, we are running a special deal to Boost your Dining Dollar balance! For every \$100 Dining Dollars purchased, you'll get \$15 bonus Dining Dollars!

Don't run out of Dining Dollars, **Boost your Balance!** 









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#### October 1st

#### Veggie Dish Promo

Buy a Vegetarian dish & get an extra 150 stars at Halal Shack

#### October 2nd

#### Oktoberfest

Suwannee Room

#### October 7<sup>th</sup>

Hispanic Heritage Month Celebration

Suwannee Room

#### October 8th

Produce Spotlight: Pumpkin

> Suwannee Room

#### October 8th

Taste Test
Halal Shack

#### October 9th

Seminole Dining Farmers Market Integration Statue

#### October 14<sup>th</sup>

Coldfood Feature: Turkey Burrito Seminole Cafe

#### October 14th

Food for Thought Tabling Event Wellness Center

#### October 14th

### Exercise is Medicine

Landis Green

#### October 16th

Weigh The Waste

> Suwannee Room

#### October 17th

Birthday Celebration

> Suwannee Room

#### October 21st

Chef Spotlight: Chef Kris

Seminole Cafe

#### October 22<sup>nd</sup>

Product Spotlight: Pumpkin

Seminole Cafe

#### October 22<sup>nd</sup>

Taste Test
The POD

#### October 23<sup>rd</sup>

Dirac-ula Fest

#### October 23rd

Seminole Dining Farmers Market

Landis Green

#### October 24th

Culinary Creations

#### October 28th

Birthday Celebration

Seminole Cafe

#### October 29th

Creatures of the Black Lagoon

Suwannee Room

#### 4 Best Horror movies of all time

The Shining
1980 | Directed by Stanley Kubrick



Psycho
1960 | Directed by Alfred Hitchcock



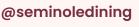


Why don't skeletons ever go trick or treating?

Because they have no body to go with:













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## Health & Nutrition

Fall is the perfect time to celebrate the flavors and benefits of pumpkin! In this edition, we're sharing a simple and delicious recipe for Pumpkin Spice Energy Bites along with a few quick highlights on how pumpkin can support your health and well-being!

## **Pumpkin Spice Energy Bites**

#### Ingredients

- 1 cup seed/nut butter of choice
- 1 tsp vanilla extract
- ½ cup pumpkin pure
- ¼ cup pumpkin seeds
- 11/5 cup rolled oats
- 1 tbsp pumpkin spice
- ½ cup chocolate chips

#### **Directions**

- Add Seed/Nut butter, pumpkin puree, and vanilla extract to a mixing bowl; stir until combined.
- Add rolled oats, chia seeds, pumpkin seeds, chocolate chips, and pumpkin pie spice to the bowl. Stir until everything is well combined and forms a dough.
- Place the dough in the freezer for 5-20 minutes to chill.
- Remove dough from freezer and roll into 1-inch balls.
- Refrigerate for up to 1 week or freeze for up to 3 months.





## Health Benefits of Pumpkin

- The orange color of pumpkin comes from Carotenoids which provide antioxidants.
- Pumpkin provides potassium which supports heart health and lowers blood pressure.
- The Vitamin A aids in night vision.
- Vitamin C supports immune health and helps build collagen for healthy skin.

#### **Culinary Creations Event**

Meal plan holders, mark your calendars for our next Culinary Creations event on October 24 at 1:30 pm, where our chefs will be serving up very flavorful dishes. Be on the lookout for an email from us to sign up to participate! Spots are limited!











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## Sustainability Corner @



This month, we're putting a big spotlight on **FSU Round-Up**, a simple way to make a big impact through everyday dining. We're also excited to share the October Farmers Market, and our new Food Donation Box!



## FSU Round Up

You always have the option to round up \$0.25 as a part of our FSU Round Up program. All proceeds from this program goes directly to the Food for Thought Pantry, supporting fellow students and helping increase food access on campus. This October we're raising the stakes as a part of End World Hunger month!

All month-long students who round up at participating dining locations will be able to add their names to our Walls of Change in Suwannee Room & Seminole Cafe. At the end of the month, we'll randomly select 3 names from the walls to win a Grand Prize Pack!

> Small change is all it takes to make a big impact. Round Up today!



### Farmers Market

We're excited to share that October brings not one but two Farmers Markets to campus! All at our new location around the Integration Statue on Legacy Walk!

Come out, enjoy **fresh local products**, and connect with the community. These markets are always full of energy, good food, and great company.

We can't wait to see you there!



## **Food Donation Box**

Food For Thought Pantry

#### Did you notice our new Food Donations box in Seminole Cafe?

Seminole Dining is proud to support our campus community with the new Food Donation Box now available inside Seminole Café. We encourage you to donate non-perishable, non-expired food items to be donated to the Food for Thought Pantry here on campus! This donation bin will be available year-round so you can bring in donations whenever you're able to! Help us increase food access on campus by donating here or directly to the Food for Thought Pantry, located in University Center A!









seminole Cafe

SEMINOLE ONING

Please use this bin to donate unopened and unexpired non-perishable food