Volume 2 | Fall 2025

09.01.2025

Dining Digest

September 2025

Culinary Creations

Get ready because this month, the most exclusive cooking class on campus is coming back! Meal Plan holders will have the chance to sign up (via an email) for Culinary Creations cooking classes for the Fall semester starting in September! This month, we're going to be making Sushi!



Did you know? With our Transact Mobile Ordering App, you can skip the lines and order ahead at your favorite retail locations! It is easy and convenient to get your favorite food and use your Meal Plan, Dining Dollars or credit card to pay.



Chef Spotlight

Meet Chef Matt, the Executive Head Chef at Suwannee Room! Chef Matt's passion for food ignited at the age of 14 while researching his ancestors, who introduced Swiss cheese to America- an intriguing discovery that led him into the kitchen. Come get to know Chef Matt at this month's Meet the Chef event in Suwannee Room & try a special dish that's close to his heart!







@seminoledining



Volume 2 | Fall 2025

09.01.2025



09/05

<u>Cheese Pizza</u> <u>Promo</u>

Order a Cheese Pizza on the Transact and get 150 extra stars! All Day

09/05

Overnight Oats

Suwannee Room

09/08

Taste Test Drs. Inn Market

09/10

Produce Spotlight Suwannee Room

09/11

<u>Farmers</u> Market Integration Statue 09/11

Back to School Cookout Seminole Cafe

09/12

<u>Birthday</u> Bash Suwannee Room 09/16

Coolfoods Feature - Turkey **Bibimbap** Suwannee Room

09/18

Chef Spotlight: Chef Mat Suwannee Room

09/23

Rosh Hashanah Celebration

Suwannee Room

09/24

Rosh Hashanah Celebration Seminole Cafe

09/24

Produce Spotlight Seminole Cafe

09/25

Farmers Market Integration Statue 09/25

Burrito Promo

Order a Proof Burrito on the Transact and get 150 extra stars! All Day 09/26

Taste Test Proof at FSU

09/26

Away Game Rally Proof at FSU

09/30

Birthday Bash Seminole Cafe

4 Tips to be Hurricane Ready

Charge Everything

Phones, laptops, and portable chargers. You'll want to be ready if the power goes out.

Stock Essentials

Make sure to have bottled water, nonperishable food, flashlights, and batteries on hand.

Stay in the Know

Sign up for campus alerts and follow updates before, during, and after the storms.

Secure your Space

Move electronics off the floor, close blinds, and bring in items from balconies.



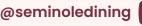
of the month

What did the math book say to the student?















Volume 2 | Fall 2025 09.01.2025



Health & Nutrition

Produce Spotlight

September's Produce of the month is the Prickly Pear! The Prickly Pear is a part of the cactus plant family and are native to Mexico and parts of the South-western United States.

These fruits aren't just fun to say out loud either! They've got lots of great nutritional value too! They're a great source of Vitamin C which supports your immune system and antioxidants which help prevent chronic diseases. Plus, it's packed with potassium and fiber to help with heart and gut health! Stop by one of our produce spotlight events this month to give this delicious & nutritious fruit a taste!





Prickly Pear Lemon Bars

1/2 cup confectioner's sugar

- 1 stick unsalted butter
- softened
- ½ tsp salt

Crust Instructions

- 2.Line a 9-inch square pan with foil and spray with nonstick cooking spray
- 3. Process the flour, sugar, and salt in a food processor until combined. (3 seconds)
- 4. Add the butter and process to a blend. (8 to 10 seconds) Continue to process
- 5. Sprinkle the mixture into the pan and press firmly with your fingers into an even layer over the entire pan. bottom
- 6.Bake crust till golden brown, about 20

- · 2 large eggs
- · 1 cup granulated sugar 1/3 cup fresh lemon juice 1/3 cup prickly pear syrup
- ¼ cup grated lemon zest ·½ stick unsalted butter.
- 3 tbsp heavy cream
- 7 egg yolks

Filling Instructions:

- 1.Whisk yolk and whole eggs together in a
- 2.Add granulated sugar and whisk until
- low heat, stirring constantly until mixture thickens slightly. (about 5 minutes)

- 7.Bake until filling is shiny and opaque and the center jiggles when shaken, 10 to 15 minutes
- hours) before removing the bars from the pan.

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.

EMAIL: oas@fsu.edu

What's Next?

Set up a meeting with your dietitian Ms. Chiung Lien, RDN LDN EMAIL: lien-chiung@aramark.com









Volume 2 | Fall 2025

09.01.2025

Sustainability Corner @

This month, we're highlighting our OZZI Silver Token promo and the Farmers Market's new location this semester. Plus, we've got this month's vegan and vegetarian grab-and-go highlight that's worth checking out!

zy Silver Token Giveaway

This September, Suwannee Room is making your dining experience a little more exciting with our Ozzi-To-Go Silver Coin Giveaway! Every time you return your Ozzi container, you have the **chance to win exclusive Ozzi swag**. Here's how it works:

- 1. The two Ozzi return bins will randomly give out a silver coin instead of the usual gold one.
- 2. Redeem your silver coin at the register right away to claim your Ozzi-to-go swag.
- 3. If you do not want your prize, you can trade in your silver coin for a bronze one.

This promotion will run all September or until prizes run out!



Farmers Market

We're excited to share that September 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** flavors, 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!



Grab and Go

Vegan or Venetarian Highlight











Try our vegan or vegetarian grab-and-go items this September and enjoy something new and delicious! Available in our convenience stores!









