08.01.2025

Dining Digest

August 2025





BYOC

Last month we encouraged reusables with our BYOC event! Students received Starbucks cups and learned how bringing their own saves money and reduces waste. You can bring your own cup any day to any Starbucks and get a discount! Help us cut down on plastic waste—one cup at a time.



We had such a great time meeting new students and families during Orientation. Thanks for stopping by, asking questions, and learning about all our dining options on campus. We're excited to serve all of our new and returning Seminoles this year!

Choban



packed with protein or dessert-style indulgence. Mango Protein and Tiramisu were crowd favorites! Thanks to everyone who stopped by and snacked with us. We hope you liked it! You can get these treats for yourself in our Convenience Stores on campus like the P.O.D. & Trading Post!



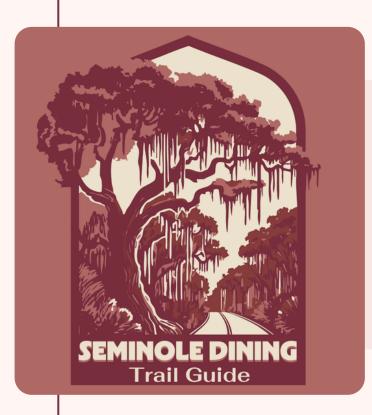






08.01.2025

Promotions!



Seminole Dining Trail Guide

August 15 - August 29

Explore, eat, and win! Pick up your Trail Guide booklet at Seminole Café, Suwannee Room, or the FSU Card Office and start your dining adventure during Welcome FSU! Collect stamps at each location, enjoy free samples, and turn in your completed booklet for the chance to win Coca-Cola and Seminole Dining prizes.

Mobile 25 Meal Plan Promo

August 1 - August 31

New meal plan holder? Get rewarded! Use promo code MOBILE25 at checkout and receive credit right in the Transact Mobile App: \$75 for Open Access, \$50 for Weekly, and \$25 for Block plans. Easy, instant, and perfect for ordering ahead! Click here to sign up for yours today!









08.01.2025



Aug. 15th-29th

Seminole Dining Trail Guide

All around Campus

August 21st

Munch & Mingle

Union Green 4pm-7pm **August 21st**

Meet the Dietitian

Suwannee Room llam-lpm

August 22nd

Taste Test: Fresh Blends

POD 12pm-2pm August 25th

<u>Meet the</u> <u>Dietitian</u>

Seminole Cafe 12pm-2pm August 26th

Sampling: 4 Rivers

> 4 Rivers 11am-1pm

August 27th

Sampling: Bento

Bento 1851 12pm-2pm August 27th

Shake Smart Promo

Order a Banana Split Shake to get extra 150 stars August 28th

Farmers Market

Integration Statue 10am-3pm

4 Tips for a Successful Semester Start!

Attend your first day of class: Be sure to show up to your first class so you don't get dropped from it!

Stay hydrated: Be prepared; it can get HOT!
Bring a water bottle to refill on campus to refresh.

Check your schedule and syllabus: Get ahead on any upcoming homework, projects, or discussions coming up. Do a class tour: Before classes start, check out the places that your classes are in. So you don't get lost!



of the month

What did one pencil say to the other on the first day of school? **Looking sharp!**

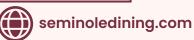












08.01.2025



Health & Wellness

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: ogs@fsu.edu

What's Next?

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

Recipe Highlight

Ingredients

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

Direction

- Wash figs, cut stem, and quarter
- In a large pot, combine 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





August Hydration Tips

Did you know: The human body is made up of 65% water! That's why staying hydrated plays an important role in keeping your body functioning. Did you also know that in North Florida, August tends to be the hottest month of the year? It's true! That's why it's more important than ever to make sure you're staying hydrated. Staying properly hydrated can:

▶ Provide oxygen Maintain heart Regulate body to the lungs

function

temperature









08.01.2025

Sustainability Corner @

This month, we're highlighting Food Recovery Network volunteer sign-ups, and the return of the Farmers Market. Plus, we've got delicious vegan and vegetarian graband-go options around campus worth checking out!



The Food Recovery Network at FSU is all about **reducing food waste and helping our** community. Since 2014, this student-led program has recovered over 190,000 pounds of extra food from dining halls and events around campus and donated it to local organizations that support people facing food insecurity. It's a simple way to make a real difference, and they're now looking for student volunteers to join for the Fall semester.



- It's a quick and meaningful way to give back.
- You'll help fight food waste and support people in need right in Tallahassee
- Share with other students who care about community impact.

If you want to learn more, fill out this volunteer interest form and FSU Sustainable Campus will reach out to you for more information!

Farmers Market



We're kicking off the semester with the first Farmers Market of the Fall on August 28th at Landis Green.

- Come by and enjoy delicious food made right here in the local community.
- Supporting locally made products is a simple and powerful way to reduce your environmental impact, and they taste great too.





Product Highlight









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







