

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.



Orientation

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!



Chobani Taste Test

We sampled some seriously tasty yogurts—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!



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!

USE CODE:

MOBILE25

TO RECEIVE:

Open Access: \$75 In-App Credit

Weekly: \$50 In-App Credit

Block: \$25 In-App Credit

Only available to new meal plan holders*

OFFER ACTIVE THROUGH AUGUST

SEMINOLE DINING



Events

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
11am-1pm

August 22nd

**Taste Test:
Fresh Blends**

POD
12pm-2pm

August 25th

**Meet the
Dietitian**

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!



@seminole_dining



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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: oas@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 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, 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 to the lungs
- ▶ Maintain heart function
- ▶ Regulate body temperature



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 grab-and-go options** around campus worth checking out!



Food Recovery Network

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**.

Why Sign Up?

- ▶ 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.



Grab and Go

Vegan or Vegetarian

Product Highlight

Southwest Veggie Wrap



Coconut Mango Rice Parfait



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



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