

Dining Digest

December
2025

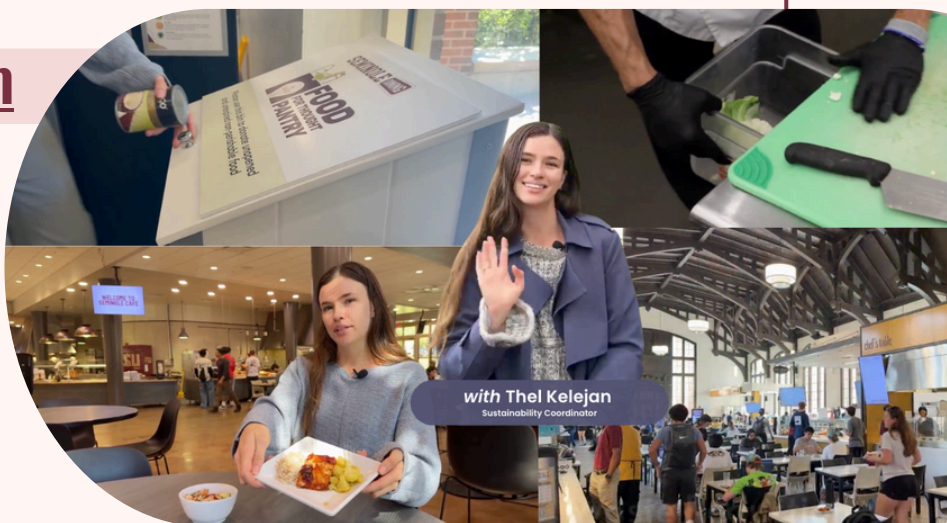
Chef Spotlight

Chef Gilbert's passion for cooking was nurtured by his grandmother, who delighted the family with elaborate meals during special occasions like Christmas and Thanksgiving. Growing up in a large family, these gatherings were filled with delectable dishes and grand celebrations. Hailing from New Jersey, Gilbert has been honing his culinary skills for 35 years, starting from the tender age of 15 when he first stepped into the kitchen. Gilbert firmly believes that food possesses a unique ability to bring people together.



Sustainability in Action

Have you ever wondered how we put sustainability into action at Seminole Dining? Check out our latest Behind the Scenes video on YouTube to see how! In this video, we sit down with our Sustainability Coordinator, Thel, to talk about how Food Waste, Climate Action, and Resource Stewardship are central in our efforts to set a precedent in Sustainable Dining practices. Check it out [here!](#)



with Thel Kelejan
Sustainability Coordinator

New Milk Alternatives

There's a new dairy alternative in Suwannee Room and Seminole Cafe! The new Califia Farms machines give you the choice between 3 plant-based dairy alternatives. There's Oat milk, Pea milk, and Soy milk! All of these options are vegan, gluten-free, carrageenan-free, and kosher. Be sure to check them out the next time you're in either of the dining halls!



Promotions!

SEMINOLE DINING

FALL TO SPRING UPGRADE
UPGRADE YOUR MEAL PLAN TO GET

NOV 3RD UNTIL DEC 31ST

+75\$ IN APP CREDIT

+200 REWARDS STARS

SCAN TO LEARN MORE!



PROMOTION AVAILABLE TO CURRENT WEEKLY OR BLOCK MEAL PLAN HOLDERS ONLY

Upgrade your Meal Plan

11/03 - 12/31

Ready to level up your dining experience? When you upgrade your meal plan for spring, you'll receive \$75 in-app credit and 200 reward stars on our mobile ordering app. Use your in-app credit to order ahead at your favorite campus locations, and redeem your reward stars for exciting prizes in the app. This offer is only available for Weekly and Block plan holders. Don't miss your chance to upgrade and enjoy the perks!

Spring Meal Plan Promo

11/03 - 12/31

Need a Meal Plan for the Spring? We've got you covered! Sign up for a Spring Meal Plan and use our promo code **SPRING26** to receive in-app credit! This in-app credit will be loaded into the Transact Mobile Ordering app for you to enjoy in the Spring! Start the semester strong with great food, less stress, and Mobile Ordering credit! Already have a Fall Meal Plan? No need to sign up for a Spring plan too, your Meal Plan includes both the Fall & Spring semesters!

USE CODE:

SPRING26

To purchase a meal plan this Spring Semester and receive in-app credit!

Open Access

\$100 In-App Credit

Weekly 10 & 14

\$75 In-App Credit

Renegade 100

\$50 In-App Credit

Foodie 50

\$50 In-App Credit

Promotion active from
Nov. 3rd to Dec. 31st 2025



@seminole_dining



@seminoledining



@seminoledining1851



seminoledining.com

Events

December 1st

Taste Test
The POD

December 4th

Farmers Market
Integration Statue

December 4th

Study Break
Seminole Cafe

December 4th

National Cookie Day
Buy any cookie at Subway and get 100 extra starts!

December 5th

Cocoa & Cram
Strozier Library

Dec.8th-12th

Cram Cart
Around Campus

Survive and Thrive: Tips for Finals Week

- ▶ **Plan it out:** Make a quick schedule for your study sessions and stick to it. It helps you stay on track without feeling overwhelmed.
- ▶ **Take real breaks:** Step away from your desk, grab a snack, or take a short walk. Your brain needs time to recharge.
- ▶ **Stay fueled:** Eat balanced meals and drink water so you can actually focus when it counts.
- ▶ **Sleep matters:** Pulling all-nighters sounds productive, but getting enough rest will help you remember more and think clearly.

You've got this!



of the month

Why did the student bring a ladder to finals week?
To reach higher scores!

Health & Nutrition



This month we are focusing on simple brain-boosting foods to help you power through finals, from omega-3 rich salmon and walnuts to dark chocolate and berries that support memory and focus. Also, check out an easy way to upgrade your breakfast with quick add-ins that give your brain the fuel it needs. And before you head into the new semester, don't forget to check out our January Culinary Creations events coming soon.



Culinary Creations

Do not wait, save the date for our next Culinary Creations on **January 30** on the **second floor of 1851**. This immersive experience lets you cook, learn, and have fun alongside our talented chefs.

We can't wait to see you there!

1-1.5 oz of dark chocolate



2 tbsp of chia seeds



1/4 cup Walnuts



1/2 cup berries



Give your breakfast a Brain Boost this finals week. Try topping a bowl of Greek yogurt or oats with your choice of brain-boosting add-ins!

Brain food to help with finals week!

- ▶ Salmon, Sardines, Walnuts, and Chia seeds are substantial sources of Omega-3's which improve memory and focus.
- ▶ Flavonoids in Dark Chocolate can help with mood and stress regulation, and improved blood flow to the brain
- ▶ Anthocyanins in blueberries, blackberries, and raspberries prevent neuron damage and inflammation in the brain.



Sustainability Corner

This month we are talking about our new food donation bins across campus, our vegan menu item spotlight from 4 Rivers, and how you can get involved if you are interested in becoming a vendor at our Farmers Market. We hope these updates brighten your week a little and wish you the best during finals and a cozy, well-earned winter break!

Student Vendor Call for Farmers Markets

We are looking for FSU students who want to share their handmade items or homemade foods at our Spring Farmers Markets by the Integration Statue every other Thursday. If you want to be part of the market, meet new people, and show off what you create, just scan the QR code and fill out the quick online form. Here are the requirements:



- ▶ Scan the QR code to fill out the online interest form
- ▶ Sell either handmade items or foods following Florida Cottage Food rules
- ▶ Table and chairs provided

Get advantage of this opportunity to showcase your own products!

Vegetarian Dish Spotlight!

If you are looking for a tasty vegan or vegetarian option on campus, you have to check out the vegan burnt ends bowl at 4 Rivers! You can customize it with any base and toppings offered, which makes it super easy to build a bowl that fits your dietary needs! Visit 4 Rivers and see for yourself how delicious and customizable these burnt ends can be!



Food Donation Box Food For Thought Pantry

We are very excited to share that we have added new food donation bins across campus to make giving easier than ever. You can now find donation bins in Suwannee Room, Seminole Café, the Student Union, 1851, Dirac, and Strozier. You can continue donating nonperishable, nonexpired, and unopened food items, and everything collected will go directly to the Food for Thought Pantry to support students in need. With the holiday season approaching and many of us preparing to head home, this is the perfect time to clean out your pantry and make a meaningful impact on our FSU community.

Stop by, donate and help your FSU community!

