

Dining Digest

February
2026

Culinary Creations

Last month, we collaborated with Club Down Under and the FSU Food for Thought Pantry to put a CDU spin on our cooking class Culinary Creations! Renamed for one night as Dory's Test Kitchen and lead by our Executive Head Chef Gilbert Hodge and Registered Dietitian Chiung Lien, we taught a full house how to make chick pea salad! After the demonstration, students got to sample the dish and take home a bag of produce to recreate it at home! Hungry for more? We'll have another Culinary Creations Cooking Class this month on the 20th! Read more on the Health & Nutrition Page!

Ramen Hall

If the cold weather has got you feeling down, we've got a hot new solution! Introducing Ramen Hall, located in the Trading Post, POD, Doctor's Inn Market, and Legal Provisions. These new machines cook ramen to perfection. With new options and innovative tech, we just made the simplest comfort meals effortless! Just walk into one of the convenience stores, pick a flavor, and with a press of the button, you have instant ramen on the go!



Chef Spotlight

Chef Luis is from Miami, Florida, and his journey with us is a full-circle story! He first worked at Seminole Café back in 2015, explored other opportunities for a while, and now we are thrilled to welcome him back! You will often find him leading the kitchen at Seminole Café and sometimes working with our catering team too! He is known for bringing both flavor and fun to the workplace. Chef Luis loves cooking savory recipes and joking with his coworkers, making the kitchen a place full of good vibes and great food.



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Promotions!



PARTICIPATE IN FSU ROUND UP TO SUPPORT THE FOOD FOR THOUGHT PANTRY AND HELP PROVIDE FOOD ACCESS FOR STUDENTS ON CAMPUS.

ROUND UP BETWEEN FEBRUARY 1ST - 28TH FOR A CHANCE TO WIN A GRAND PRIZE PACK!

* Only students are eligible to win the prize pack, but everyone can donate to the FSU Food for Thought Pantry at any time through FSU Round Up or by donating to the Food for Thought Pantry directly.

FSU OFFICE OF BUSINESS SERVICES SEMINOLE DINING FSU STORE

Walls of Change

02/01 - 02/28

This semester, we are proud to be working with the FSU Store to make this initiative better than ever! Round Up your purchase at our dining locations or the campus bookstore by \$0.25 to help increase food access on campus and enter to win a Seminole Dining and FSU Store prize pack!

**Participating locations
exclude Panera & Starbucks**

Proof at FSU Sandwich of the Week

New menu items at Proof? Yes please! Proof is proud to present a new, limited-time sandwich every week!

Get ready for bold flavors and great vibes found in FSU's very own Student Union. Some mouth-watering past sandwiches include: BLT with garlic aioli, pulled pork, and shrimp po boy! Stop in and ask about the sandwich of the week or take a group of friends for a new weekly tradition!



**SANDWICH OF
THE WEEK!**

**NEW
OPTIONS
EVERY
WEEK!**



Events

February 5th

Birthday Celebration
Suwannee Room

February 7th

Alfredo Day
Joe Mama's Pizza

February 10th

Love Data
Dirac

February 11th

Chick-fil-A Taste Test
Chick-fil-A

February 11th

Produce Spotlight: Artichoke
Suwannee Room

February 12th

Seminole Dining Farmers Market
Integration Statue

February 12th

Spreading Love Sharing Kindness
Suwannee Room

February 13th

Valentines Boba
Suwannee Room

February 19th

Chef Spotlight: Chef Luis
Seminole Cafe

February 20th

National Muffin Day
Einstein Bros Bagels

February 25th

Produce Spotlight: Artichoke
Seminole Cafe

February 25th

Four Rivers Taste Test
Four Rivers

February 26th

Birthday Celebration
Seminole Cafe

February 26th

Seminole Dining Farmers Market
Integration Statue

3 Uncommon History Facts

▶ In 1920, Fritz Pollard and Bobby Marshall became the first Black athletes to play in the NFL.

▶ Maya Angelou is best known as a Pulitzer Prize winning author, but she was also the first Black female cable car conductor in San Francisco.

▶ MLK improvised the most iconic part of his "I Have a Dream" speech. When he handed the speech into the press, the words "I have a dream" were not included.



of the month

What do French Groundhogs see on February 2nd?
Their Chateau



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Health & Nutrition

New month, new produce of the month: **Artichokes!** Plus, we're talking about **American Heart Month** and February's upcoming **Culinary Creations!**

Produce of the Month: Artichokes

Artichokes are the un-bloomed flower bud of a thistle plant, and they're packed with nutrients. You can eat the base of each artichoke leaf, the unpeeled stem, and the artichoke heart.

Artichokes are rich in fiber including inulin, which is a powerful prebiotic. Prebiotics feed the good bacteria in your gut helping support digestion, immunity, and overall gut health. They also contain nearly 8,000 antioxidants which help protect your cells from damage and play a role in reducing chronic disease risk factors. Artichokes also contain vitamins and minerals such as magnesium, copper, folate, and other B Vitamins.



American Heart Month

February is American Heart Month, a nationwide observance that focuses on heart health and cardiovascular disease! One way you can care for your heart is by eating a diet rich in fiber, antioxidants, and omega 3 fatty acids. Get more information about American Heart Month [here!](#)

Culinary Creations

Meal plan holders, mark your calendars for our next Culinary Creations event on **February 20 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!



Sustainability Corner

This month, we're putting a big spotlight on **FSU Round-Up**, a simple way to make a big impact. We're also excited to share the return of the **Seminole Dining Farmer's Market** and a reminder about **Eco-Friendly Commuting**!

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 February we're partnering with the FSU Store to widen our impact!

All month-long students who round up at participating dining locations or the FSU Store will be able to add their names to our Walls of Change. At the end of the month, we'll randomly select a name from the walls to win a Grand Prize Pack!

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



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Farmers Market

We're excited to share that February brings not one but two **Farmers Markets** to campus! All located 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!



Supporting Sustainable Transportation

Recently, we partnered with FSU Sustainable Campus to give out free snacks to students who chose to walk, bike, or scooter to the new Legacy Hall instead of driving or taking the bus!

It's a small reminder that even the way we get to class can have an impact on the environment! Next time you have a class close by, consider an eco-friendlier way of commuting!

