

Dining Digest

January
2026



Seminole Dinopoly

Do you want to win a Coca-Cola Prize Pack? Pick up a game board from Suwannee, Seminole Cafe, or the FSU Card Office and start collecting stickers from the dining locations on campus! Once the board is full, turn it in at the FSU Card Office to be entered to win.

Collect challenge stamps by attending events for an additional entry per challenge stamp, and a chance to win an additional Coca-Cola prize! The game is on from January 5th-16th. Three winners will be selected, with an additional drawing for challenge stamps.

The Exchange Cafe & Market

The Exchange Cafe and Market is now open! Found in the Herbert Wertheim Center for Business Excellence, the Exchange Cafe proudly serves Lucky Goat Coffee and the Exchange Market's innovative technology allows students to effortlessly purchase items. Plus, using Dining Dollars with the exchange market is seamless with the Transact Mobile Ordering App! See our how-to video [here](#)!



Chef Spotlight

Chef Trent discovered his passion for cooking at a young age while spending time in the kitchen with his mother and grandmother. He pursued his culinary education at Orlando Culinary Academy (Le Cordon Bleu). With more than 18 years as a chef, Trent returned to Florida in 2017 to serve as Lead, Supervisor, and Catering Chef at Flagler College. Today, he brings his experience and passion for Mexican, Italian, and BBQ cuisine to his role at Florida State University.



Promotions!



RECEIVE TEN \$10 CASH EQUIVALENCY SWIPES IF YOU SIGN UP BETWEEN JAN 1 AND JAN 31ST!

PROMO CODE: 1010

Swipes expire May 1, 2026. Promo available to new meal plan holders only, current meal plan holders not eligible for promotion.

Spring Meal Plan Promo

01/01 – 01/31

Ready to make your dining experience a 10/10? Get more value out of your Meal Plan when you sign up using the code **1010** before Jan 31st. With this promotion, you get ten extra Cash Equivalency swipes worth \$10 with your Meal Plan. That's more food, more flexibility, and more value built right into your meal plan, so you can enjoy your favorites and try something new without stretching your budget.

Faculty & Staff Meal Plan Promo

01/05 – 01/25

Calling all faculty, staff, postdoctoral, graduate assistants, and teaching assistants! From now until January 25th, when you sign up for a Meal Plan, you'll receive 5 free meals! This limited-time offer adds more to your meal plan, allowing for more trips to our dining halls and more convenience! This promotion ends 1/25 so don't wait, get 5 free meals today!



eating made easy

Faculty & Staff

5 Free Meals

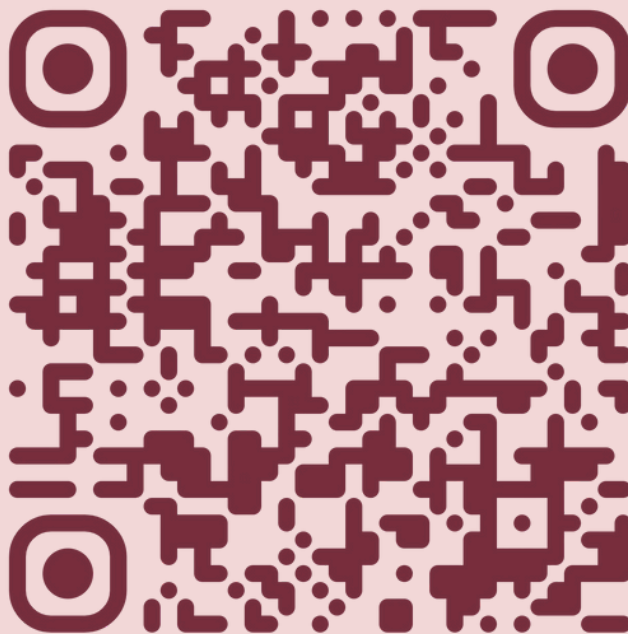
When you spend \$100 or more on a Faculty & Staff meal plan

Explore Faculty & Staff Meal plans at seminoledining.com





January Events



4 Do-Not's for Returning to a new Semester

► **Do NOT treat the first week like extra break time.**

Skipping early readings or assignments hits harder in spring courses that build fast.

► **Do NOT start the semester with leftover clutter.**

Clean your backpack, desktop, and notes from last term so you don't drag old chaos into a new chapter.

► **Do NOT ignore your mental battery.**

Winter break can be restful or draining—identify which it was so you can adjust your pace accordingly.

► **Do NOT wait to rebuild your study habits.**

Two weeks of “vacation brain” lingers unless you reset routines immediately.



of the month

Why is Times Square on New Years Eve Overrated?
They drop the ball every year!





Health & Nutrition

Fall is the perfect time to celebrate the produce of the month: Sugar Cane! In this edition, we're sharing a simple and delicious recipe for **Sugar Cane Juice** along with a few quick highlights on how sugar cane can support your health and well-being!

Sugar Cane Juice

Ingredients

- Sugar Cane
- Water
- Lemon Juice

Directions

- Peel the hard outer layer of the sugar cane using a knife
- Cut the cane into small, manageable pieces
- Blend the sugar cane with small amounts of water as needed until it forms a fine pulp.
- Strain the liquid through a cheesecloth or fine mesh strainer, squeezing out as much liquid as possible.
- Serve immediately with a squeeze of fresh lemon juice to taste



Produce of the Month: Sugar Cane

Sugar cane is a tall tropical grass and one of the world's primary sources of sugar. Sugar cane thrives in warm climates and can reach 20 feet in height.

In its raw form, sugar cane is made up of natural sugars, fiber, and water. It also contains small amounts of minerals including potassium, calcium, iron, and magnesium.

Dory's Test Kitchen

Mark your calendars for our collaboration with Club Down Under: Dory's Test Kitchen! This event will be hosted at CDU on **January 22nd**! Be on the lookout for more information on our social pages and the CDU's social pages!



Sustainability Corner

This month we are talking about OZZI containers and the Food Recovery Network! Read on to see how to utilize OZZI and how to volunteer to help combat Food Insecurity on campus.

Don't forget your OZZI!

If you've got a Meal Plan, don't forget that you get a FREE Ozzi container for the academic year with your meal plan! If you just got your Spring Meal Plan, swing by Suwannee Room and Seminole Cafe to pick yours up! If you had a Meal Plan last Fall, you should already have a container or an OZZI coin that you can exchange at either of the dining halls for a fresh OZZI container!

If you don't have a Meal Plan, OZZI containers can be purchased for the academic semester for \$5 at either dining hall. You can even use your Dining Dollars to cover the cost!

Food Recovery Network

We partner with the **Food Recovery Network** to redistribute surplus food from Seminole Dining locations to campus and community organizations. Donations include various items like canned and dried goods, retail items, and individually packaged ready-to-heat meals from our dining halls. This partnership with FSU Sustainable Campus allows us to reduce food waste and help to reduce food insecurity in our community!

The Recovery Network is always looking for volunteers too! If you want to help us address food insecurity, please fill out this **interest form** and allow Sustainable Campus time to review it and reach back out!

