

SEMINOLE DINING PRESENTS...

# Health & Wellness Newsletter

August & September, 2024



## Launch Highlight



Seminole Dining Health and Wellness nutrition reels!

Find these on the [Seminole Dining Instagram](#) to learn more about healthy eating on campus.

📷 @SEMINOLE\_DINING | 📺 @SEMINOLEDINING | 📺 @SEMINOLEDINING1851

## Welcome returning and incoming students!

Welcome on behalf of your Seminole Dining nutrition team! Here we will provide upcoming event updates, new project launches, nutrition education, and exciting recipes.

Stay tuned in September for the next installment of the Nutrition Newsletter!

August 28 12pm-1:30pm

**Meet the Dietitian with Boba Surprise and Delight**

Suwannee Room

August 30 12pm-1:30pm

**Meet the Dietitian with Smoothie Bike**

Seminole Cafe

September 5 1pm-3pm

**Farmer's Market with CHAW**

UHS Courtyard

September 11 11:30am-1:30pm

**Produce Spotlight featuring: UBE**

Suwannee Room

September 19 1pm-3pm

**Farmer's Market with CHAW**

UHS Courtyard

September 11 11:30am-1:30pm

**Produce Spotlight featuring: UBE**

Seminole Cafe



## Upcoming Health and Wellness Events



## Summer Hydration



Aids nutrient absorption & digestion



Helps provide oxygen to the lungs

Maintains heart function



Maintains normal body temperature



Activity level and climate may dictate recommended water intake.

General guidelines recommend eight 8-ounce glasses per day (or 64 oz).

## Easy Fig Jam Recipe

Figs are in season! Can you find the fig tree on campus?

### 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

## July is... National Berries Month



### Berry Fun Facts:

- Berries are among the most **nutritionally-dense** foods
- They provide potassium, magnesium, vitamins C and K, **fiber**, and **antioxidants**
- **Frozen** berries are nutritionally **identical** to **fresh**
- Regular consumption of berries is linked to **longer lifespan and lower levels of chronic disease**

## 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](mailto:oas@fsu.edu)

### WHAT'S NEXT?

Set up a meeting with your dietitian Ms. Chiung Lien, RDN LDN

EMAIL: [lien-chiung@aramark.com](mailto:lien-chiung@aramark.com)