Campus Dining as a Key Player in Wellness

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• Food for the Soul
• Latin America Night
• Taste of Prague
Teaching Kitchen
A Versatile Facility
• Students enjoy learning to cook.

• Cooking classes start a path towards new foods and experiences.
Food Security via Meal Plans

2016/2017

• 10/12/14 meals per week
• Freedom Plan
• 120 Block Plan
• 180 Block Plan.

2017/2018

• Weekday All Access Plan
• Everyday All Access Plan
• Deluxe Plan
• 150 Block Plan.
For Students Facing Food Insecurity

Division of Academic and Student Affairs

NC State and campus partners have developed many programs to support students in need of food, housing, financial, and educational security.

Pack Essentials
Campus Basic Needs Resources
Meal Plan Scholarships

- Full and partial meal plan scholarships may be available to students experiencing difficulty in paying for a semester meal plan.
- These meal plan scholarships are need-based, subject to financial aid considerations and provided by donors to the Division of Academic and Student Affairs.
Pack Meal Share Program

• Allows students on Anytime Access meal plans to donate unused guest meals during final exams to fellow students in need, up to 1,000 unused guest meals, to create a pool of meals to be shared with other students the following semester.

• Students apply via the Division of Academic and Student Affairs, who evaluates the request and assigns a number of meals to the student in need. The meals are added as a student meal plan and the student swipes their card to enter the dining hall like everyone else, making use of the program invisible.
Protein-Packed Oatmeal

Ingredients:
- 1/2 cup quick cooking oats
- 1 to-go pack of peanut butter
- 1 to-go pack of raisins
- 1 brown sugar packet

Directions:
Add oatmeal and 1 cup water (or milk) to microwave-safe bowl. Microwave for about 60-90 seconds. Stir in desired toppings.
Southwestern Chili

Ingredients:
- 2 cans beans (black, pinto, great northern, kidney, etc.), rinsed and drained
- 1 can corn, rinsed and drained
- 1 can no salt added tomato sauce
- ½ chili seasoning packet (0.5 oz.)
MOONLIGHT HOWL AND RUN