



HOSPITALITY CONCORDIA

Food Services



February 2022

Special events



Celebrating culture and cuisine during Black History Month

For Black History Month in February, we recognized the rich and diverse cultures and cuisines of these dedicated and talented food services team members who are of African descent:

- **Grey Nuns on the Sir George Williams Campus:** Didley, Hayes, Marie-Serette, Michelande, Natacha, Marie-Janette, Nathan and Muriel
- **Buzz residence dining hall on the Loyola Campus:** Joseph and Janice

What's more, Grey Nuns cooks Marie-Serette, Michelande and Natacha, who are of Haitian descent, prepared a homemade, traditional menu that was served for dinner February 24 in residence dining halls. The mouth-watering meal included Eggplant and Chayote Stew, Griot Pork, Plantain, Sticky Rice, and Macaroni Salad.



Featuring popular comfort food a nod to Quebec's Annual Winter Carnival

From February 4 to 13, residence dining halls offered popular local eats—a Hot Chocolate Bar, Poutine Bar, and Corn Dogs and Fries—to mark the 68th Quebec Winter Carnival, one of the largest and oldest in the world that attracts thousands of visitors to fabled Quebec City, the

province's capital and Canada's oldest city.

Staff member spotlight



Meet Nathalie, Supervisor at the Buzz residence dining hall

Nathalie began her career in the food services industry 10 years ago as a waitress and hostess. She joined the Concordia food services team in September 2021 as Supervisor at the Buzz residence dining hall. "The best part of my work is interacting with students and my teammates. I go home happy every day!" says Nathalie, who's a ball of energy.

While Nathalie is a foodie who loves to eat and cook, especially pasta dishes, she also needs carbs and other basic nutrients to fuel her workouts in preparation for extreme challenge competitions that include Mud Hero. And she's passionate about a cause that's near and dear to her heart: raising awareness of and funding for breast cancer research.

Local and sustainable





Eat up butter cup! For the love of chocolate on Valentine's Day

For Valentine's Day, our team handed out samples of chocolate peanut butter cups—courtesy of Montreal's EATLOVE chocolate company—to both residence dining students and other Concordia community members at our Le Marché Express retail locations on both campuses. EATLOVE, a start-up, supplies the vegan, organic and gluten-free cups to more than 200 locations in the city. The company's products are "alchemized by a master chocolatier to nourish and energize you like nothing else! The smooth, delicious and crispy decadent experience gives you a moment to reconnect to yourself and refuel before continuing on your mission," according to its website.

Retail



FAIRTRADE TUESDAY

LE MARCHÉ | EXPRESS

BUY 1 OF THESE FAIRTRADE ITEMS

GET A FREE FAIRTRADE SMALL HOT BEVERAGE

TEA
COFFEE
HOT CHOCOLATE

FOOD SERVICES

Starbucks and Le Marché Express retail locations re-opened February 2

Following a longer-than-anticipated holiday break, Starbucks and Le Marché Express retail locations re-opened February 2. As part of our launch of Fairtrade Tuesday, Concordia community members who buy a Fairtrade product at Le Marché Express on both campuses receive a free, Fairtrade, small hot beverage and are entered into a draw to win a Fairtrade goodie basket. [View retail hours of operation.](#)

Upcoming events

February 28-March 4: Reading week retail hours of operation:

- **Le Marché Express in the LB Building:** closed
- **Starbucks in the LB Building:** Monday-Thursday, 9 a.m.–5 p.m.; Friday-Sunday: closed
- **Le Marché Express in the SP Building:** Monday-Thursday, 9 a.m.–5 p.m. Friday-Sunday: closed

March 8: On Fairtrade Tuesday, learn more about the benefits of buying Fairtrade products and Concordia's Fairtrade Campus certification activities at Le Marché Express in the LB Building.

March 14: For Zero Waste Week, all our retail locations will sell re-usable mugs, which are supplied by Montreal's Cano company.

March 15: On Fairtrade Tuesday, learn more about the benefits of buying Fairtrade products and Concordia's Fairtrade Campus certification activities at Le Marché Express in the SP Building.

March 17: Students will be treated to a St. Patrick's Day meal in the dining halls.

March 28: Our dining halls and retail locations will run a Climate Awareness Campaign—for two weeks—to raise awareness about how adopting a plant-based diet (composed mostly of vegetables, fruits, whole grains, legumes, nuts, grains and other vegetarian sources of proteins and meat only occasionally) can significantly lower greenhouse gas emissions.



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