

Vol. 1 Spring 2021



DINING LOCATIONS

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WHAT'S NEW IN SPRING 2021

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Fun things happening this semester to break COVID monotony. Page 8

DINING LOCATIONS



Scan the QR code for our hours for each dining location.



THE STAR

in the Haupert Union Building.
Blue Star Grille, Hometown Classics
comfort food, Simple Servings allergyfriendly meals, Salad bar, Sustainable
Table plant-based farm-to-table cuisine,
Steel Stacks Pizza, Gluten-free options,
Vegan and Vegetarian options.

BLUE & GREY CAFÉ

in the Haupert Union Building CRU5H Breakfast All Day, FUN on a Bun sandwiches, Mexcellente, Appz and Zerts. Garbanzo Mediterranean Fresh. Hissho Sushi. Drinks, snacks. Gluten-free options. Vegan & Vegetarian options.

DELIGHT'S CAFÉ

in the Sally Breidegam Miksiewicz Center. Starbucks, Zime Bistro, Natural! Smoothie. Gluten-Free options. Vegan & Vegetarian options,

CLEWELL DINING

in the Lower Level of Peter Hall. Made-to-order entrees and sides. Salad bar. Peet's Coffee & Tea. Gluten-free options, Vegan & Vegetarian options.

CLEWELL CONVENIENCE

in the front of Clewell Dining in the lower level of Peter Hall. Frozen meals, Simply to Go, Hissho Sushi to go, drinks and snacks. Gluten-free options, Vegan & Vegetarian options.

1441 VENDING

1441 Schoenersville Rd. (Sports Medicine & Rehabilitation Center) Available 24/7 - salads, sandwiches, snacks, beverages. Gluten-free options, Vegan & Vegetarian options.



GET THE MAX VALUE FOR YOUR MEAL PLAN







Scan the QR code for up-to-date information about meal plans.



Order baked goods, produce & more with your Dining Dollars.

Your meal plan has two components: Meal Swipes and Dining Dollars. Meal swipes are usable in our Campus Dining locations, The Star and Clewell, and expire at the end of each semester. Dining Dollars associated with your meal plan expire at the end of the academic year.

Additional Dining Dollars can be added to any account, any time during the year and they do not expire until you reach \$0, or leave Moravian College.

Here are a few ways to use up swipes:

- Eat breakfast. It's the most important meal of the day, after all.
- Use our Pick 4 program to grab snacks and maybe a sandwich or salad for later.
- Weekend dining. We have brunch available until 3 pm every weekend.
- Watch for double-swipe events this semester.

Here are some ways to use Dining Dollars or Additional Dining Dollars:

- Buy baked goods (like birthday cakes and giant cookies), fresh veggies, groceries and more.
- Connect to Grubhub and use Dining Dollars to pre-order and pickup
- Use Dining Dollars or Additional Dining Dollars to pay the door rate at The Star or Clewell.

HELP US HELP THE ENVIRONMENT

Green Container Program Stats, Fall 2020:

When Dining re-launched the green container program in Fall 2020, we hoped to offer a Sustainable to-go option to students free-of-charge to reduce the expense and waste of using paper products.

By our estimate, we handed out more than 1500 green takeout containers a week and about half of them - 700 - ended up in the trash.

If you do the math, that means over the semester (12 weeks, roughly), that 8400 green containers ended up in the landfill instead of being reused.

Unfortunately, we cannot place collection bins in dorms as our employees cannot enter residences. We have added more bins closer to resident locations but we need your help to make this program work!

For Spring 2021, we will still continue to have multiple drop off locations on campus:

- Outside Bernie-Willie
- Outside the HUB North entrance
- Outside the HUB Rear entrance under the tent
- Outside the HUB front doors
- Inside the HUB outside The Star and inside The Star.
- Outside PPHAC
- Outside Clewell Dining

Please return your containers so we continue to have them available. The success of this program and our ability to provide environmentally-friendly togo containers **depends on you!**





In Fall 2020, about 700 green containers ended up in the trash every week.

Other Sustainable practices in Dining that you may not know about:

- Pre-consumer food waste composting (90-120 gallons per week)
- Cooking oil recycling in all locations
- Food pulper for post-consumer food waste and grey water recycling
- Recycling of plastic, cardboard, cans and paper
- · Trayless Dining
- Reusable bags
- Recycled paper/plastic and compostable products used where possible
- Locally sourced milk
- Locally sourced produce/materials
- 100% cage-free eggs
- 100% sustainable seafood
- LeanPath food waste reduction system
- Use of low-energy and natural lighting
- Partnership w/StopHunger to help Mo's Cupboard Food Pantry

DINING WITH FOOD ALLERGIES OR OTHER NEEDS



We want to meet one-on-one with anyone who has individual dining needs to ensure that your dining experience is safe, delicious, and social.

Please contact our Registered Dietitian, Sue Hurd, LDN RDN to start that conversation:

Susan Hurd, RD, LDN susan.hurd@sodexo.com 215-962-6790

Resources on Campus for Students with Food Allergies/Intolerances:

- Simple Servings in The Star offers allergy-friendly food made without ingredients containing: peanuts, tree nuts, wheat, gluten, soy, eggs, milk and shellfish.
- Clewell serves daily gluten-free options as well; please ask for allergy information/ingredients.
- Gluten-free bread, sandwiches and desserts available in MyZone refrigerator next to Simple Servings. Also available in Clewell.
- Gluten-free cereals available next to Amos' Salad Hut in The Star and MyZone in Clewell.
- Menus are labeled with Top 8 allergens. Please ask if you have any ingredient questions. Additional nutritional information is available upon request for everything we serve.
- Use the Bite app (bite.sodexo.com) to see nutritional information for all items.

Occasionally, Dining Services cannot meet a student's medical needs within normal service.

We may require additional medical documentation to enable us to develop a more specific meal plan accommodation. In this situation, we ask that the student contact the Moravian College Academic and Accessibility Support Center.

Together, our departments work to serve our students with medical needs related to dining on campus. To contact the Academic and Accessibility Support Center, email asc@moravian.edu or call 610.861.1401



1 in 10 adults have food allergies; 1 in 13 children do as well.*

*https://www.foodallergy.org/resources/facts-and-statistics



Scan for more resources for students with food allergies & intolerances.

PLANT-BASED DINING ON CAMPUS



Whether you're trying to eat less meat to help the environment, or for ethical reasons, Moravian College Dining has committed to adding more whole-food plant-based options to our menus.

In the Star, Sustainable Table features farm-to-table plant-forward entrees, salads and sides every weekday. Many dishes are Vegan or Vegetarian, or can be made Vegan.

Simple Servings in The Star, by nature of it being an allergy-friendly station, offers many Vegan options as well, including a fresh-made salad daily. Stop by our Vegan Additions fridge in The Star next to Amos' Salad Hut for beans, tofu, Vegan desserts and dairy-free yogurt.

We have also made an effort to add more Vegan snacks and offerings in our retail spaces: The Blue & Grey Café, DeLight's Café and Clewell Convenience. Look for fresh-cut fruit, cookies, baked goods, toaster pastries and more.

PLANT FORWARD PRO-TIPS

- North Campus/The Star is going to have the widest variety of options
- Take advantage of our to-go boxes and grab yourself a meal for the next day.
- Hissho Sushi offers several options that are Vegan or Vegetarian
- Try Garbanzo Mediterranean Fresh in the B&G for Vegan options like pitas, bowls and salads, with tons of sauces
- Stock up on snacks like Vegan cookies, toaster pastries, dairy-free ice cream, chips and more at The B&G or Clewell Convenience.
- If you are on South, make friends with Derek and the rest of the team, and ask them to make something Vegetarian or Vegan for you.
- Set up an appointment with Registered Dietitian Sue Hurd for help with your questions or dietary needs





https://collegepulse.com/blog/ college-students-vegetarianvegan-food-diet



DINING EVENTS SPRING 2021

JANUARY

- Back to Class! Meal Plans start 1/24.
- Valentine's Day Bake Sale starting 1/24
- Cocoa and Cookies for Commuters, Parking Lot Z 1/28

FEBRUARY

- Black History Month
- National Tater Tot Day 2/2 in The B&G
- Valentine's Day Bake Sale ongoing to 2/10
- Nod to Nostalgia, The Star 2/10 Beach theme, trivia contest
- Mardi Gras, The Star & Clewell 2/16

MARCH

- Mad Crops Monday, The Star & Clewell All month long
- Meatball Mania 3/9 The Star & Clewell
- St. Patrick's Day 3/17 The Star & Clewell
- National Ravioli Day 3/20 The Star & Clewell

APRIL & MAY

- National Poutine Day 4/10 The Star & Clewell
- Commencement 5/8 Class of 2021/Class of 2020

All events subject to change. Check our social media pages and the Moravian app for updates & info!