

We Eat **AT GW**



GW DINING'S
Monthly Newsletter

October

Happy October GW Revs! Coming to you this month with some “scary-good” food and dining themed events.

Hear From Peers



My name is Lilly Shaw and I am a second-year student and member of the Student Dining Advisory Panel (SAP). I also serve as the Vice President of Accessibility with student organization Chronic Health Advocates (CHA).

As the VP of Accessibility with CHA, promoting inclusive and accessible food options is a top priority of mine. Since joining the SAP, I have been advocating for students with food allergies and dietary restrictions to bring about changes in the dining halls. Having navigated my own dietary restrictions, I know how important it is to have safe and appetizing dining options available and I appreciate the efforts GW Dining has made to improve labeling, update their online menu, and revamp the Pure Eats stations.

When navigating the dining halls, some helpful resources include the Pure Eats stations free of the top 9 allergens, red food labels, and the Dine on Campus website and app. You can also schedule an appointment with Natalie, the campus dietitian, to talk over your dietary needs. More information can be found on the [GW Dining website](#).

If you are interested in helping us create a more accessible dining experience, I would love to hear from you! Feel free to send an email to dining@gwu.edu with the subject line “Chronic Health Advocates” with your ideas and insights. We are excited to hear from you and work together to make dining at GW more inclusive and accessible for everyone!

Interested in joining the Student Advisory Panel?

All meetings are hosted in the **District House B206 Meeting Room**. Here is our meeting schedule for the remainder of the semester:

- Friday, Oct. 18 | 12 pm - 1 pm
- Friday, Nov. 15 | 12 pm - 1 pm



New Concessions Technology at the Charles E. Smith Center

New technology is being introduced this fall at the Smith Center to improve concession wait times. Dining Dollars will be accepted at two Amazon Just-Walk-Out Markets on the 200 Level. The Ground Level will feature a cashierless system that will only accept credit/debit card payment. These advanced technologies will help speed up the checkout and get you back to your seat quickly.

Taste Before You Waste Initiative

GW Dining is passionate about eliminating unnecessary plate waste. Help us reduce food waste in our all-you-care-to-eat dining halls by starting with a small portion, tasting it, and going back for more if you like it.

Fun fact: All dining halls facilitate back-of-house composting. If you have food remaining on your plate, do not scrape it into a trash can. Keep the food on the plate and drop it off at the dish return area. Our team will then sort between waste and compost.

Stay In The Know

DINING EVENTS



Heritage Kitchen

Tuesday, Oct. 15 & Wednesday, Oct. 16 | Lunch | Pelham & Potomac Square

In celebration of Latin Heritage Month and World Food Day, GW Dining will be bringing food trucks to campus that specialize in international cuisine. Both trucks will have two Meal Deal options (each equal to one swipe), while all other menu items can be purchased with dining dollars. Follow us on social media for more information.

Review the food truck schedule to make sure you head to the correct location each day-

- Tuesday, Oct. 15 | Mount Vernon Campus, Pelham Commons
- Wednesday, Oct. 16 | Foggy Bottom Campus, Potomac Square



DIY S'mores

Monday, Oct. 28 | Lunch | Pelham Commons

Join us on National Chocolate Day for our October DIY event! Construct the s'more of your dreams with a variety of chocolate options, along with tried-and-true graham crackers and marshmallows.

Other Events

- **Tyson Chicken Pop-Up** | Wednesday, Oct. 2 | Lunch | Thurston

- **Mrs. T's Pierogies Pop-Up** | Thursday, Oct. 3 | Lunch | Pelham Commons
- **But First, Brunch** | Sunday, Oct. 13 | 11 am - 1 pm | Shenkman
- **Celebrity Chef Series: Tim Ma** | Wednesday, Oct. 23 | Dinner | Shenkman



VOICE^{TO} VISION

You Spoke, We Listened - In Action!

It is that time of year again! We take your feedback to improve your GW Dining experience through our Voice to Vision Survey. Do not miss your chance to participate and let us know how we can make your campus dining experience better.

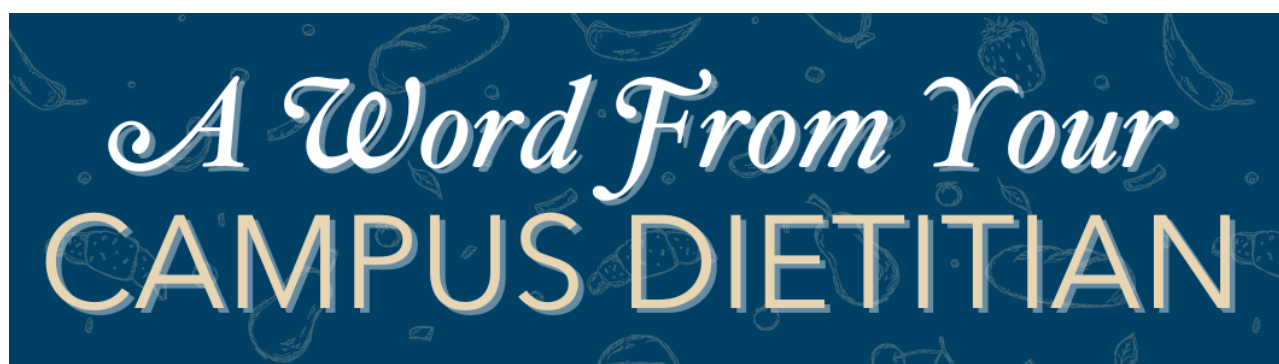
Past feedback has helped us implement positive changes such as...

- Hours of Operations changes in spring 2024 & fall 2024
- Menu enhancements within the all-you-care-to-eat dining halls
- New concepts added to campus, such as Baba's Pizza in February 2024

Before you start the survey, here are a few important items to note-

- It is confidential. We do not release individual data to anyone; survey answers are entirely anonymous.
- It is quick. The survey should take 8 - 10 minutes to complete.
- Take it while it is active. The survey will go live tomorrow, Oct. 1 and the deadline to complete the survey is Oct. 31. Please take it at your earliest convenience.

TAKE THE SURVEY (Oct. 1 - 31)





This Month's Feel-Good Food is...

Each month we highlight a food to incorporate into your diet that gives your body feel-good nutrients for improved immune and hormone function, stress recovery, energy, and mood. This month we are featuring **squash!**

Feel Good Foods Table

Wednesday, Oct. 9 | 12 - 1 pm | Shenkman

Come visit my Feel Good Foods (FGF) table this month at Shenkman Dining Hall to partake in some fun interactive games such as "Guess the Weight" and more.

BOOK TIME WITH THE GW DIETITIAN

NUTRITION & ALLERGY INFORMATION



Fall Break | Thursday, Oct. 10 - Saturday, Oct. 12

Dining locations will have slightly modified hours during this academic break.

- **Open with Adjusted Hours**
 - *Thursday - Saturday*
 - Shenkman Dining Hall: Brunch 10 am - 2 pm, Dinner 5 pm - 10 pm
 - Absurd Bird: 11 am - 11pm
 - Chaat House: 11 am - 11 pm
 - Buff & Brew: 7:30 am - 4:30 pm
 - *Thursday Only*
 - Thurston Dining Hall: Brunch 10 am - 2 pm, Dinner 5 pm - 10 pm
- **Closed:** All other GW Dining locations
- **Monday, Oct. 14:** All GW Dining locations will resume normal operating hours

Check out the full [hours of operation](#) and [what's on the menu](#) daily, before leaving your home to dine!

Have Questions, Comments?

- **Email us** at dining@gwu.edu.
- **Call us** at 202-994-FOOD (3663), Monday - Friday from 8 am - 4 pm.
- **Text 2 Chat:** Use the phone numbers advertised at each dining hall to direct message management with any feedback or questions you may have.

- **Meet with us** at our [Student Advisory Panel Meeting](#) happening once a month!



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