

# *We Eat* **AT GW**



GW DINING'S  
*Monthly Newsletter*

*September*

Happy September, GW Revs! Eager to know what is new and upcoming this school year? Follow us on [Instagram](#) for the fun series "What's New with GW Dining," and exciting giveaways on "Win It Wednesdays!" Not on social media? No worries! Stay informed by reading this newsletter and the digital screens in our dining spaces.

*Hear From Peers*



Happy September, GW!

My name is Henry Scriven-Young and I am a third-year student studying Political Communication. Today, I am going to share a “slice” of my journey as a member of the Student Advisory Panel (SAP) on dining.

As the longest-serving member of SAP, I have seen this panel grow and morph from a couple of people sitting in a room discussing the future of GW Dining, into a group where students and administrators can come together and “chaat” about how to improve the dining experience across campus.

I have had an incredible experience working on the panel. Last semester alone, I ran a price comparison survey between GW’s DH Market and Whole Foods, voted on the upcoming reusable to-go containers, and got to connect with friends as we shared our feedback directly with the administration.

As we navigate the ever-evolving dining landscape at GW, I am proud to be able to work directly with GW Dining to help them bring “revolutionary” change to our campus. So, as this semester begins, I invite you to think about the future. SAP is always looking for new members, so mark your calendars and join us this semester as we continue our dining journey.

Here is to a semester filled with food, fun, and fellowship. Raise High!

---

*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 semester:

- Friday, Sept. 20 | 12 pm - 1 pm
- Friday, Oct. 18 | 12 pm - 1 pm
- Friday, Nov. 15 | 12 pm - 1 pm





### **More Made-To-Order Offerings During Breakfast**

Made-to-order breakfast sandwiches and omelets are now available at both Shenkman and Thurston Dining Halls!

*At Shenkman Dining Hall* – breakfast sandwiches are in the Deli section (Chop'd & Wrap'd). Omelets are at the Teaching Kitchen. Fun fact: this station only serves avoiding gluten food for all meal periods.

*At Thurston Dining Hall* – breakfast sandwiches are at the Flame station. Omelets are at the Avoiding Gluten station.



### **Campus Markets Now Highlight Avoiding Gluten Options**

New aisles and tables have been added to our markets in Shenkman and District House to specifically spotlight Avoiding Gluten offerings you can purchase with meal plan funds. We have partnered with our vendors and Natalie, our Campus Dietitian, to bring you a wider range of allergen-friendly options in all our markets - and make them easier to find too.

### **OZZI Tabling: Grab Your Token and Join GW Dining's Sustainability Efforts! □**

We are excited to launch our brand-new reusable container program in GW's residential dining halls! Swing by our tables this month to grab your token to enroll and start making a difference.

Here is how it works:

- Each token gives you access to a reusable to-go container, they can be purchased for \$5 Dining Dollars at our upcoming tabling events or by appointment with the GW Dining office.
- Give your token to the dining hall register attendant, grab your reusable container, fill it with your favorite food, and take it home, to class, or wherever you want to enjoy your meal!
- After finishing your meal, rinse out the container and drop it off at any OZZI machine, located at the entrance of each dining hall. Scan, deposit, and press the button to get a new token to be used for your next to-go meal at any of the dining halls.

Over the next few weeks, we will be hosting tabling events at the entrance of each dining hall where you can purchase your token!

- **Shenkman Dining Hall** | Tuesdays, Sept. 10 & 17 | 11 am - 4 pm
- **Thurston Dining Hall** | Wednesdays, Sept. 11 & 18 | 11 am - 4 pm
- **Pelham Commons Dining Hall** | Thursdays, Sept. 12 & 19 | 11 am - 4 pm

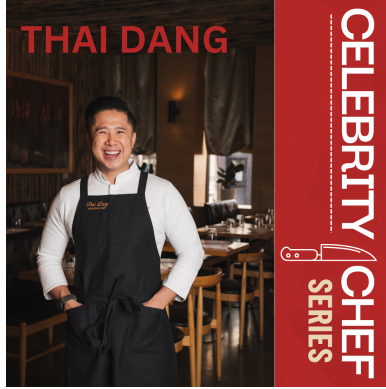
Missed the September tabling events or lost your original token? Email us at [dining@gwu.edu](mailto:dining@gwu.edu) to make an appointment to drop by the GW Dining office to purchase and pick up a new token.



### **Feel The Heat**

Friday, Sept. 6 | Dinner | Shenkman

Our 'Feel the Heat' event is where fire meets flavor! We will be featuring wings at the Teaching Kitchen with some DC local hot sauces. Join in on the fun by coming to try all of the different hot sauces and help us choose the winning sauce that will be added to offerings at the dining halls!



### **JoyFul Celebrity Chef Series: Thai Dang** Wednesday, Sept. 25 | Dinner | Shenkman

Join us at the Teaching Kitchen for our first celebrity chef cooking demonstration of the academic year. This month, we are excited to welcome Chef [Thai Dang](#), owner of the Vietnamese restaurant Hai Sous in Chicago. Raised just outside of DC, Chef Thai is thrilled to return to the area to visit GW and present an Asian-inspired menu at the Shenkman Teaching Kitchen.

### **Other Events**

- **Dine with the Director** | Wednesday, Sept. 11 | Dinner | Thurston
- **But First, Brunch** | Sunday, Sept. 15 | Brunch | Pelham Commons
- **DIY Nut-Free Trail Mix** | Wednesday, Sept. 18 | 11 am - 1 pm | Shenkman



### **You Spoke, We Listened - In Action!**

When you send in an idea, suggestion or feedback about our dining program, we listen, and where feasible, put your suggestions into practice.





Recent feedback put into action:

*You Said:* We want more options at Pure Eats.

*Our Action:* Our campus Chef has given the Pure Eats menu an exciting makeover this semester - featuring new options like rotisserie chicken and delightful desserts for everyone to enjoy. If you have not visited our Pure Eats station yet, come by and give it a try this semester. We would love to get your thoughts.

# A Word From Your CAMPUS DIETITIAN



## 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 **seeds**! Be sure to check our menus and salad bar for seeds this month.

TIP: Incorporating seeds into your diet is a great way to boost nutrition with added fiber, protein, healthy fats, vitamins, and minerals. Add seeds to your oatmeal, yogurt, and salads for a quick nutritious boost!

**Feel Good Foods Table**  
Monday, Sept. 16 | Lunch | Pelham Commons

Come visit my Feel Good Foods (FGF) table this month at Social House at The Vern (the seating area inside of Pelham Commons) for pumpkin loaf and more information on how to incorporate seeds into your day-to-day.

BOOK TIME WITH THE GW DIETITIAN

NUTRITION & ALLERGY INFORMATION



### Labor Day | Monday, Sept. 2

Dining locations will have slightly modified hours on this University Holiday.

- **Open for Brunch and Dinner Only:** Shenkman, Thurston, and Pelham Commons Dining Halls
  - Brunch: 10 am - 2 pm
  - Dinner: 4:30 pm - 9 pm
- **Closed:** The Bistro at Ross Hall
- **Open Normal Operating Hours:** All other GW Dining locations
- **Tuesday, Sept. 3:** 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](mailto: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!

# FOLLOW YOUR FOOD

To find more on deals, giveaways, and events!



@GWDINING



[Manage](#) your preferences | [Opt Out](#) using TrueRemove™  
Got this as a forward? [Sign up](#) to receive our future emails.  
View this email [online](#).

2121 H St B205 | Washington, DC 20052 US

This email was sent to .  
*To continue receiving our emails, add us to your address book.*

[Subscribe](#) to our email list.