

# The Scoop

December 2017



Dear Southeast Community,

The start of December marks the sudden slide to the end of the semester! Best of all, Holiday season is officially upon us. As the weather begins to drop, we start to crave warm comfort foods and sweet treats. Here at Chartwells, we have selections to quench both of these cravings! See our December specials below to find the location serving your favorite craving! Likewise, a selection of Holiday inspired candies, gummy bears, and pretzel snowflakes will spark your sweet tooth. At Towers, you can find our December superfood, cranberries, available in several selections on the serving line.

May you all have a wonderful end to the semester, and happiest of Holidays!

Best

Alicia K Ticer, Director of Marketing and Student Engagement



# Upcoming Events



## Chartwells Cooking Class

2:30 - 3:30 p.m.  
Wednesday, Dec 5  
Towers Cafe



## Endless Plate

5 - 8 p.m.  
Thursday, December 6  
Redhawks Market



## Late Night Breakfast

9:30 - 11 p.m.  
Monday, Dec 11  
Towers Cafe and Redhawks Market



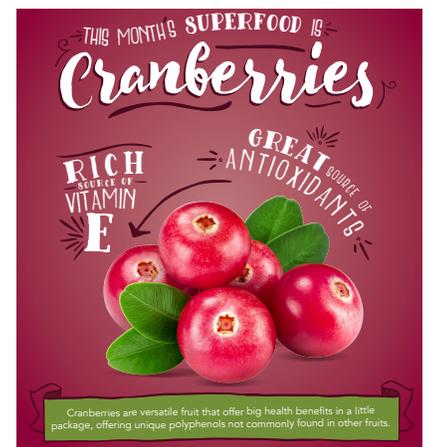
Wanna taco  
bout it?

## Late Night Fiesta

9:30 - 11 p.m.  
Tuesday, Dec 12  
Towers Cafe and Redhawks Market

## Superfood: Cranberries

Visit our table in Redhawks Market for more information or Towers Café to try our superfood specials.



# Retail Specials

## Sono: Chips and Queso

Fresh tortilla chips with warm queso cheese with green chilies and spices, 3.08



## GrillNation and Rowdy's:

### Kickin' Chicken Flatbread Quesadilla

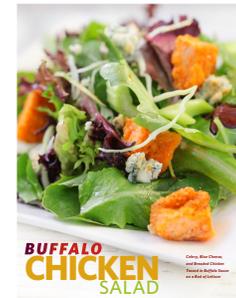
Kickin' special sauce, house fried chips and 16.9 oz water for 7.29!



## Chop'd and Wrap'd:

### Buffalo Chicken Salad

Celery, blue cheese crumbles, breaded chicken tossed in buffalo sauce on a bed of lettuce, 5.49.



## St. Vincent's Commons:

### Zucchini, Black Bean Quesadilla

Black beans and zucchini folded in a whole wheat quesadilla with cheddar cheese, with aquafina water, 4.99



## Houck's Place: Ham Mac'n'Cheese

warm ham, red onions folded into your favorite childhood staple, 5.99



December Special

# Community

# Happening This Month

**December 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1.	2.
3.	4.	5.	6. <b>Cooking 101</b> Towers Café 2:30 - 3:30 p.m.	7. <b>Endless Plate</b> American Classics Redhawks Market 5 - 8 p.m.	8.	9.
10.	11. <b>Late Night Breakfast</b> Towers Café and Redhawks Market 9:30 - 11 p.m.	12. <b>Late Night Fiesta</b> Towers Café and Redhawks Market 9:30 - 11 p.m.	13.	14.	15.	16. <b>Happy Graduation</b> Redhawks!
17.	18.	19.	20. <b>Happy Holidays!</b>	21.	22.	23.
<b>Please visit <a href="http://dineoncampus.com/sem0">dineoncampus.com/sem0</a> for more information concerning Winter Break Hours of Operation!</b>						
24.	25 	26.	28.	29.	30.	31. 

[www.dineoncampus.com/sem0](http://www.dineoncampus.com/sem0)

# The Positive Pulse

with Katie Diebold, RD LD, Chartwells Registered Dietitian

## Healthy Holiday Survival

The Holidays are not only a time spent with loved ones but also a time spent eating our most loved foods! It can get pretty tricky around this time of year to stick to a healthy diet. However there are a couple of tips you can follow to help keep those holiday pounds at bay.

- Make half your plate fruits and veggies. Not only does this provide you with fewer calories but fruits and veggies fill you up, which helps prevent you from overeating.
- Try not to scarf your holiday food down. Really take the time to enjoy and savor everything. You will find that when you eat mindfully, you won't eat as much.
- Try making healthier versions of your favorite holiday food. You don't have to completely revamp your traditional holiday menu, just make some substitutions in your existing recipes. Use skim milk instead of whole, try herbs and spices as opposed to salt, use whole grain breads and/or pastas, sauté foods in olive oil instead of butter, or use just half of the cheese that a recipe calls for.
- Exercise is still important during the holiday season too! Try these fun and exciting ways to incorporate exercise into your festivities. Family friendly game of football after dinner. If it snows, go sledding! Trucking up a hill in the snow is actually a great workout. You could also have a snowball fight
- Start a fitness family tradition. Sign everyone up for an annual Holiday 5K run/walk; walk instead of driving around the neighborhood to look at holiday lights

## Superfoods: Cranberries

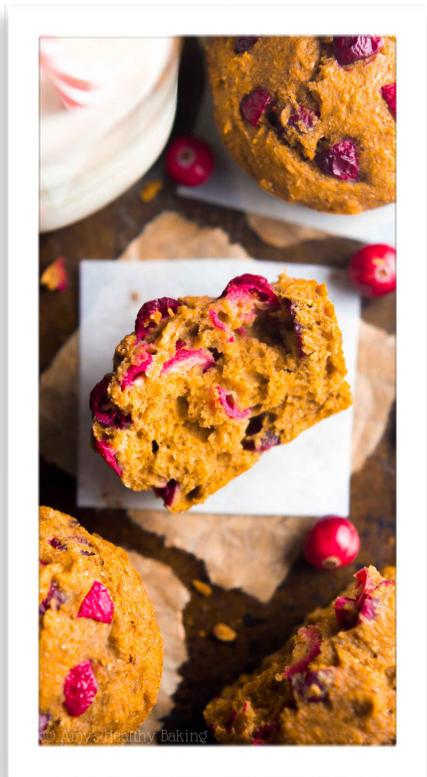
Cranberries are low in calories and contain Vitamin C, Vitamin E, Vitamin K, and fiber. But what really makes cranberries "super" are the array of phytonutrients found in them. Research has shown that these phytonutrients can have health benefits such as anti-cancer properties, immune system support, antioxidant properties, and cardiovascular system support.



## Balanced Bite

Dried cranberries are a great way to incorporate this superfood into your diet. However, be cautious of added sugar. Look for dried versions that have “lower” or “reduced” sugar. .

### Cranberry Pumpkin Muffins



#### Ingredients

- 2 cups whole wheat
- 1 tsp baking powder
- ½ tsp baking soda
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp salt
- 1 tbsp unsalted butter, melted and cooled slightly
- 2 large egg whites, room temperature
- 1 ½ tsp vanilla extract
- 1 cup pumpkin puree
- ¼ cup plain nonfat Greek yogurt
- ⅓ cup maple syrup
- ¼ cup skim milk
- 1 cup fresh cranberries, chopped

#### Directions

Preheat the oven to 350°F, and coat 12 muffin cups with nonstick cooking spray.

In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, nutmeg, ginger, and salt.

In a separate bowl, whisk together the butter, egg whites, and vanilla. Stir in the pumpkin purée and Greek yogurt, mixing until no large lumps remain. Stir in the maple syrup.

Alternate between adding the flour mixture and milk, beginning and ending with the flour mixture, and stirring just until incorporated. (For best results, add the flour mixture in 3 equal parts.) Fold in all but 2 tablespoons of the chopped cranberries.

Divide the batter into the prepared muffin cups, and gently press the remaining chopped cranberries into the top of the batter.

Bake at 350°F for 21-24 minutes or until a toothpick inserted into the center comes out clean. Cool in the pan for 5 minutes before carefully transferring onto a wire rack.

## Cuisine



We are happy to present our new Executive Chef, Kevin Yarbrough!

On Wednesday, November 1 Kevin held a special Chef's Table in Redhawks Market to introduce himself to Southeast Missouri State University. Kevin prepared Low Country Shrimp and Grits to order.

We are very proud to have Kevin on our Chartwells team!



## Culture

Once a month, a member of our Chartwells culinary team hosts a cooking class for all Southeast students, faculty and staff! To the right, Executive Chef of Residential Dining, Matt Wilson is leading one of the monthly classes at Towers Café.



This month, Katie Diebold, our Chartwells Registered Dietitian, will lead us in preparing Turkey and Cranberry BBQ sauce pizza! The class will be held on Wednesday, Dec. 6, 2:30 -3:30 p.m. in Towers Café. We ask that you RSVP in advance to reserve your spot.

RSVP to [alicia.ticer@compass-usa.com](mailto:alicia.ticer@compass-usa.com).

## Ideas

Thank you for your feedback given in our Chartwells Guest Satisfaction Surveys! As we continue to best serve you, this information will be used as we analyze and develop our locations for the following semester. If you have any additional questions or feedback, please provide it to our website, [dineoncampus.com/semo/feedback](http://dineoncampus.com/semo/feedback).



## Holiday Baskets are Here!

Starbucks Holiday baskets are now on sale at Starbucks!

These specially bundled baskets feature select Holiday cups, mugs, ornaments, coffee and more! Baskets are varying prices.

Visit Starbucks in the University Center to see this year's display for more information.



youfirst



## Real People Committed to Service



### Chance Heid

Since joining the Chartwells team a little over a year ago, Chance has quickly become a leader. Through his hard work and dedication, he repeatedly excels through his position. Likewise, his personable nature and positive attitude sets the tone for an enjoyable working experience for the entire team. Thank you for your commitment to service, Chance!



### youfirst principle:

Chartwells' associates provide a Wow experience every day, every meal and for every guest.