

# The Scoop

March 2018



Dear Southeast Community,

With March, we kick off National Nutrition Month! Our dining locations will be celebrating with unique menus at Towers Cafe, in addition to themed booths and presentations led by Katie Diebold, Registered Dietitian. For updated hours of operation during Spring Break, please follow our Facebook Page, Chartwells at Southeast Missouri State University or visit [dineoncampus.com/semu](http://dineoncampus.com/semu) for more information.

Best wishes for a lovely month,

Alicia K Ticer, Director of Marketing and Student Engagement



# Upcoming Events



## Chartwells Teaching Kitchen

### Overnight Oats

2:30 - 3:30 .m.

Wednesday, March 28

Towers Cafe



## Endless Plate

5 - 8 p.m.

Thursday, March 8

Redhawks Market



## Premium Night:

5 - 8 p.m.

Tuesday, March 20

Towers Cafe

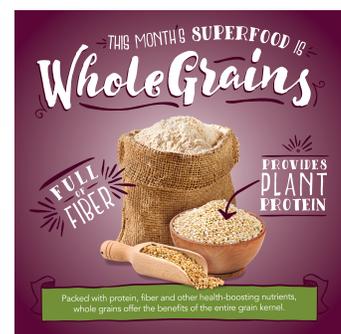


## Fish Friday's

Visit your favorite dining location during the month of March for fish options every Friday!

## Superfood: Whole Grains

Visit our table in Redhawks Market for more information! Visit Towers Café or St. Vincent's Commons to try one of our Superfood specials!



## Retail Specials

**Sono:**

**BBQ Carrot Tostada  
with Sweet Jalapeño Salsa**

Tostada, 4.49

combo with choice of 20oz bottled beverage, 6.60



Sweet and caramelized carrots tossed in a zesty bbq sauce over mashed avocado, sweet pineapple salsa



**Chop'd and Wrap'd:**

**Berry Quinoa and Grilled Chicken Salad**

salad, 8.50



**Houck's Place:**

**Spicy Fried Chicken Sandwich**

sandwich, 6.19

combo with 20oz bottled beverage, 7.99



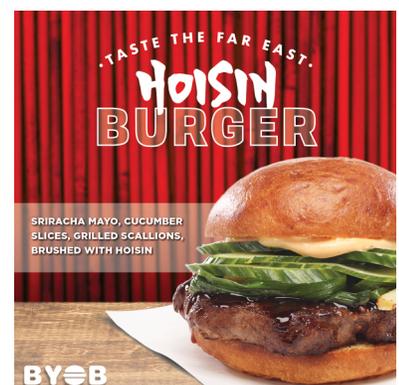
**St. Vincent's Commons, Rowdy's and**

**GrillNation:**

**Hoison Burger**

burger, 5.40

or combo with fries and 20oz bottled beverage, 8.99



# Community

# Happening This Month

March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.	2.  READ ACROSS AMERICA DAY March, 2nd	3.
4.	5.  GO FURTHER WITH FOOD NATIONAL NUTRITION MONTH	6.	7.  Quince	8. <b>Endless Plate</b> American Classics Redhawks Market 5 – 8 pm	9. <b>Ask the RD</b> University Center 11 – 1 pm 	10.
11.  Daylight Saving Time Begins	12.	13.	14. <b>Spring Break!</b> Visit <a href="http://dineoncampus.com/sem0">dineoncampus.com/sem0</a> for modified dining hours!	15.	16.	17.  St. Patrick's Day
18.	19.  GO FURTHER WITH FOOD NATIONAL NUTRITION MONTH	20.  INTERNATIONAL DAY OF HAPPINESS <i>Love,</i> chartwells	21. 	22. <b>Premium Night</b> Towers Cafe 5 – 8 pm 	23.	24.
25.	26.  GO FURTHER WITH FOOD NATIONAL NUTRITION MONTH	27. <b>Premium Night</b> St. Vincent 5 – 8 pm	28.  Teaching KITCHEN	29. <b>Endless Plate</b> American Classics Redhawks Market 5 – 8 pm 	30. chartwells where hungry minds gather 	31.

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

# The Positive Pulse

with Katie Diebold, RD LD, Chartwells Registered Dietitian

## National Nutrition Month

March is National Nutrition Month, which is a nutrition education campaign created by the Academy of Nutrition and Dietetics. This year's theme is "Go Further With Food", which is a reminder that the foods we choose make a real difference! It not only encourages us to live a healthy lifestyle but to also find ways to reduce food waste. Here are a few key messages for this year's National Nutrition Month

- Include a variety of healthful foods from all the food groups on a regular basis
- Consider the foods you have on hand before buying more at the store
- Buy only the amount that can be eaten or frozen within a few days
- Plan ways to use leftovers later in the week
- Be mindful of portion sizes

To learn more about a healthy lifestyle and reducing food waste, visit [choosemyplate.gov](http://choosemyplate.gov)

In support of National Nutrition Month, Compass Group is celebrating with the theme "Whole Grains Around the World". This theme highlights different/unique whole grains and how different cultures utilize them. Why specifically whole grains? Not only are whole grains good for us but they also help reduce food waste. Did you know that one bushel of wheat can make 60 loaves of whole grain bread but only 42 loaves of white bread? That is because they use the entire grain kernel in whole grain products. Challenge yourself during the month of March to make 50% of your daily grains, whole grain products

## Superfoods: Whole Grains

What exactly are whole grains? Whole grains contain the entire grain kernel (the bran, germ, and endosperm). With the entire grain kernel intact, whole grains contain more nutrients such as iron, B-vitamins, and fiber. Eating whole grains can help you lose weight and lower your risk for chronic disease.



## Balanced Bite

Look for the word "whole" on ingredient lists to ensure you are getting a whole grain product.

# Whole Wheat, Honey Apple Muffins

### Ingredients:

- 2 ½ cups whole wheat flour
- 2 tsp cinnamon
- 1 ½ tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- ¼ tsp nutmeg
- 2 cups unsweetened applesauce
- 2 eggs
- 2 tbsp oil
- ¾ cup honey
- 2 tsp vanilla
- ½ cup plain Greek yogurt

### Directions

- Preheat oven to 400 degrees
- Whisk together flour, cinnamon, baking powder, baking soda, salt, and nutmeg
- In a separate bowl mix the applesauce, eggs, oil, honey, and vanilla together
- Add half of the flour mixture and stir, add the yogurt and stir, and remaining flour and stir until blended
- Fill muffin tins 2/3 of full and bake for 14-18 minutes. Let cool and enjoy!



\*Recipe adapted from [www.fiveheartshome.com](http://www.fiveheartshome.com) \*

## Catering Showcase



On February 28, select guests were invited to join us for our Spring 2018 Catering Showcase. Together with our team, Executive Chef, Kevin Yarbrough, Catering Production Chef James Kenton and Senior Catering Director Jennifer Roberts demonstrated new and exciting options available this Spring!

Regardless of budget, Chartwells is happy to provide quality options at an affordable price. For more information, contact [catering@semo.edu](mailto:catering@semo.edu).



## 2018 Diversity and Inclusion Week



"Diversity and inclusion are about giving value to every human being, no matter our differences."

Our 2018 Diversity and Inclusion Week was a hit!

Observed February 12 - 16, this year's theme was

'We Ignite Inclusion.' which reinforced the power of the collective whole. Building an inclusive culture where we all feel supported, valued and appreciated takes every single one of us working together.



## Be A Star Mid-Central, Community Winner

Once a year, Chartwells participates in the annual Compass wide, "Be A Star" recognition contest. Each account is invited to recognize and nominate an associate who exemplifies one of our core pillars; community, ideas, culture and people. This semester, we are happy to announce Katie Diebold was selected as the Mid-Central Regional Winner of the Community Star! For all of her work within Chartwells, for Southeast Missouri State University and the greater Cape Girardeau region, we are very proud to have Katie on our team.



## Compass Group Receives National Recognition

Compass Group USA, the parent company of Chartwells Educational Dining Services at Southeast Missouri State University, has been named to Fast Company's annual ranking of the World's Most Innovative Companies for 2018.

Compass is listed first in the Food category and 34th overall in the Top 50 Most Innovative Companies list.

For the complete article please visit [new.semo.edu](http://new.semo.edu).



youfirst



## Real People Committed to Service

### Chef James Kenton



James Kenton joined our Chartwells team as our Catering Production Chef in January 2018. Through James's time here, has quickly gained recognition for his hard work on the Martin Luther King Jr. Dinner, President's Council Dinner and much more. Thank you for all of your hard work and talent, James! We are very proud of you!



### youfirst principle:

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