

The Scoop

May 2018



Dear Southeast Community,

May is a very busy and exciting month; finals, end of the spring semester, and graduation! Moreover, a healthy biochemical balance of foods will help you find it easier to focus. This is an important time to nourish your brain with smart foods, such as whole grain carbs, quality proteins, greens, berries, and nuts. Our superfood spotlight is leafy greens. Katie Diebold, Registered Dietitian, shares important facts and some of her favorite recipes in this month's edition of the Positive Pulse. Likewise, read below to find out more about our upcoming events, retail specials and more!

Best wishes for a wonderful summer!

Alicia K. Ticer

Editor, Director of Marketing and Student Engagement
Chartwells at Southeast Missouri State University



Upcoming Events



Ask the RD Booth

11 a.m. - 1 p.m.
St. Vincent's Commons



Late Night Breakfast

9:30 - 11 p.m.
Towers Cafe and Redhawks Market
Free with Redhawks Student ID



Late Night Fiesta

9:30 - 11 p.m.
Towers Cafe and Redhawks Market
Free with Redhawks Student ID

Superfood: Leafy Greens

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



Retail Specials

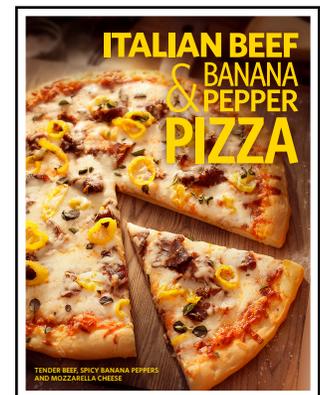
Sono:
Grilled Street Corn Tacos
2 tacos, 4.69
combo with Aquafina water, 6.35



Beans Bagels:
Semo Club
club sandwich, 4.90
combo with Aquafina water and house chips, 7.29



Houck's Place:
Italian Beef and Banana Pepper
ribs, 6.39
combo with tots, 7.49



GrillNation, Rowdy's and SVC:
Latin Torta Burger
burger, 4.49
or combo with Aquafina water and fries, 7.29



Community

Happening This Month

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1. 	2. Ask the RD University Center 11 – 1 pm	3. 	4.	5. 
6. Finals Week	7. Late Night Towers Café and Redhawks Market 9:30 - 11 pm	8. Late Night Towers Café and Redhawks Market 9:30 - 11 pm	9.	10. 	11.	12.
13.	14. 	15.	16.	17.	18.	19.
Modified Hours Begin this Week! Visit dineoncampus.com/sem0 for more information.						
20.	21.	22.	23.	24.	25.	26.
27.	28. 	29.	30.	31.		

www.dineoncampus.com/sem0

The Positive Pulse

with Katie Diebold, RD LD, Chartwells Registered Dietitian

Healthy Finals Survival

It is that time of year again, finals are quickly approaching us! Finals can be a really tough week for students. All of the assignments, quizzes, and exams sort of make students cast away a healthy lifestyle for the week. The problem with that is a healthy lifestyle will actually benefit you the most during finals week! Eating right and exercising will boost your brain power, increase your energy, and reduce your stress levels. Follow these tips below for a healthy, energized finals week!

Eat Balanced Meals: Students usually find themselves binging on unhealthy foods during finals week because of stress. Or even worse, they skip meals all together! Don't fall victim to this pattern. Make sure you eat at least 3 balanced meals, with 2-3 snacks every day. This will give you the energy you need to push through your exams! Plan out your finals week and schedule in meals. If you need to, set a reminder on your phone to eat so you don't forget!

Fit in Exercise: Exercise is one of the most effective stress relievers. Aerobic exercise releases endorphins, which make you feel happy. Even a 20-30 minute walk in between study sessions can be beneficial. You could also take your notes to the gym and review them while you walk/run on a treadmill or elliptical! Be sure to check out the Rec Centers group fitness classes during finals week for a fun way to relieve stress!

Eat Breakfast: Eating breakfast has been shown to help students increase their attention spans, concentration, and perform better on spatial and cognitive tests. Do not skip out on this very important meal! Have some whole wheat toast with peanut butter and bananas, yogurt with fruit and granola, oatmeal with fresh berries, or an omelet with fresh veggies and salsa! Prepare something the night before so when you wake up in the morning it is much quicker!

Choose Healthy Snacks: Having healthy snacks on you at all times keeps you from going to the vending machine or impulse buying at a gas station late at night. Make pre-portioned snacks at the beginning of the week. Grab when needed and keep in your backpack, purse, or lunch box! Try to pair healthy protein with complex carbohydrates with fiber, like whole grains, to keep you feeling full for a longer period of time. Examples could be whole wheat crackers with peanut butter, low-fat yogurt with granola and berries, or low-fat cheese with sliced pears.

Superfoods: Herbs and Spices

Leafy greens, especially the dark green varieties, are rich in fiber, vitamins and minerals. They also are very low in calories which make them nutrient dense foods that are perfect for weight loss! Leafy greens include lettuce, kale, arugula, spinach, mustard greens, and collard greens. Leafy greens can be eaten raw or cooked which make them very versatile. Try a mixture of lettuce and kale in your next salad, sautéed spinach for lunch, or add some cooked collard greens to your next whole grain salad!



Balanced Bite

Kale actually has more Vitamin C in it than oranges do! One cup of raw Kale has 10mg more of Vitamin C than a medium sized orange.

Parmesan Kale Chips

Ingredients:

- 1 bunch of kale
- 1-2 Tbsp Olive oil
- Sea Salt to Taste
- Finely grated Parmesan Cheese to taste

Directions:

- Pre-wash kale and make sure it is completely dried
- Tear kale into bit sized or chip sized pieces
- Toss kale with olive oil, salt, and parmesan cheese
- Place in a single layer onto a baking sheet
- Bake in a 350 degree oven until the edges of chips are browned (5-7 minutes)
- Serve warm or at room temperature and enjoy!



Use different spices/seasonings for endless possibilities!

- Ranch packet for Ranch Kale Chips
- Mixture of smoked paprika, cumin, garlic powder, chili powder, and salt for BBQ Kale Chips
- Mixture of chili powder, cumin, paprika, and crushed red pepper for Spicy Kale Chips

Recipe adapted from theecofriendlyfamily.com

Seventh Annual Power of Women Luncheon

Chartwells is proud to be an official sponsor of Southeast Missouri State University's Power of Women Luncheon. In addition to catering the luncheon day of, Chartwells catered the pre-event at the Kelsen Gallery. Congratulations to Chef Kevin Yarbrough and Chef James Kenton, and the entire team for a wonderful job!



Dessert Overload II: Dawn of Indulgence

Our legacy of a Dessert themed premium night was once again a hit for Towers Café! Students enjoyed sweet treats such as edible cookie dough sundaes, chocolate lasagna, cinnamon roll bread pudding, in addition to favorites such as mozzarella sticks, onion rings, fried pickles and much more! Great job Executive Chef of Residential Dining, Matt Wilson and Registered Dietitian, Katie Diebold and the Towers Café team on executing a great event!



Feed My Starving Children

On Saturday, April 21 members of the Chartwells team, including a few family and friends, gathered together with the local community for the “Feed My Starving Children” packing event! We had a great time and are looking forward to next year’s event!



Hempstead Recognized

Chartwells Associate Emma Hempstead was recognized as an April National Residence Hall Honorary for her outstanding support of the Residence Hall system on the campus of Southeast Missouri State University.

Congratulations on your award Emma, and thank you for all you do!



youfirst



Real People Committed to Service

Matt Hendricks



Matt Hendricks joined the Chartwells team this semester as manager of Houcks Place. His positive personality and dependable nature has been a wonderful addition to our team! Matt has been instrumental in introducing new products at Houcks Place that students crave. Thank you for all you do Matt! We are very proud of you!



youfirst principle:

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