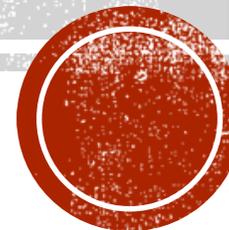


# ***HEALTHY EATING***

*Chef William Mullins*

*Assistant Director of Culinary Operations*



# UNIVERSITY OF OREGON DINING

- 5000 Live on Students
- 15,000-17000 meals daily
- 5 Dining centers (Dux's, Barnhart, Hamilton, Fresh, Carson)
- 6 Café's
- Catering & Conference Services
- Commissary Kitchen (all large volume cooking/ Packaged Goods)
- Student Union (Manage)



# UNIVERSITY OF OREGON'S EFFORTS

- Buying Local (Grains, Produce, Meats and Cheeses)
- Utilize Local Vendors (help reduce carbon foot print)
- Developing Seasonal Menus ( help reduce cost of food/ meal plans)
- Using clean products (Straight forward food)
- Housemade Products (sauces, soups, dressings, meats, bakery items, marinades, jams, mostardas and hummus)
- Developing Classes to better educate/ teach about food and how it effects our community and lives around us.
- Plant Based Menu options
- Developing programs utilizing local, fresh, antibiotic free, organic, clean beef, lamb, poultry and pork.
- Telling our Story, marketing our programs so the University and potential students/ staff know what we are doing.



# FRESH (GLOBAL SCHOLAR HALL)

- Fresh Sushi (rolled to order/ grab and go)
  - Fresh Vegetables & Seafood
- Pasta Bar
  - Option to Sub Vegetables for pasta in any bowl
  - Vegetable Based Protein Options
- Rice Bowls
  - Low carbon options
  - Vegan/ Vegetarian Options
- Deli Case
  - Vegan/ Vegetarian Options
  - Made from Scratch Salads, Sandwiches & Snacks



# BARNHART DINING (BARNHART HALL)

- Made to Order Menu
  - Northwest Inspired Cuisine & Ingredients
  - Vegan & Vegetarian Options
- Puddles
  - Grab & Go Area
  - Vegan, Vegetarian & Gluten Free Options
- Soup & Salad Bar
  - Vegan, Vegetarian Options
  - Housemade Soups
- Rice Bowls
  - Vegetable based Protein Options
  - Housemade Sauces and Condiments



# DUX'S BISTRO

- **Tossed to Order Salad Station**

- Plant Based Proteins
- Fresh Vegetables & Fruits
- Variety of Lettuces & Greens

- **Deli Case**

- Bulk Salads (vegetarian/ vegan options)

- **Made to Order Menu**

- Veggie Stack

- **Grab & Go**

- Fresh Salads
- Sustain-a-Bowls

- **Dux's will sub out any animal based protein for Plant based for any item on the menu.**



# HAMILTON DINING

- Common Grounds (Café/ Coffee Shop)
  - Acai Bowls w/ Fresh Fruit & Housemade Granola
  - Soy Milks, Almond Milks for Coffee Options
- Made to Order Salad & Sandwich Station
  - Fresh Greens, Grains & Vegetables
  - Vegan & Vegetarian Options
- Gastro Kitchen ( Bistro Style Food)
  - Vegan/ Vegetarian Options
  - Made to Order Burgers, Hot Sandwiches & Pub Snacks
- Fire & Spice
  - Tofu & Vegetarian Options
- Big Mouth Burrito
  - Tofu & Vegetable Options
  - Beans & Salsa Housemade



# CARSON DINING (CARSON HALL)

- All you care to Eat
- Three Week Rotating Menu
- Salad Bar
  - Only Build-your-Own Salad Bar
  - Housemade Composed Salads & Dressings
- Pizza
  - Vegan Pizza option Daily
  - Gluten Free Pizza Dough
- Sandwich & Soup Station
  - Housemade Soups, Rotation created by the units
  - Sandwich Bar has vegan, vegetarian & gluten free options
- Desserts & Fruit Bar
  - Fresh Fruit
  - Gluten Free Options
  - Housemade Desserts



# CENTRAL KITCHEN, CATERING & CONFERENCE SERVICES

- **R.O.P.**

- Soups (Clam Chowder, Tomato Bisques & Gumbo)
- Sauces (Alfredo, Marinara, Bolognese & Teriyaki)
- Marinades (Bulgogi, Italian Brine, Chipotle & Birria)
- Beans (Black Beans, Pinto, Kidney, Garbanzo)
- Dressings (Cheesy Cashew, Hemp Sunflower, Harrisa, Sun Dried Tomato)

- **Bakery Department**

- Muffins, Scones, Danish & Pastries
- Cakes, Pies, Cupcakes & Decorated Desserts
- Cookies, Brownies, Bars
- Housemade Granola



# CENTRAL KITCHEN, CATERING & CONFERENCE SERVICES CONT.

## ▪ Prep & Pack

- Sustain-a-bowls
- Fresh Salads
- Dip Cups & Crackers
- Fresh Fruit Parfait's
- Fresh Deli Sandwiches
- Packaged Fruits, Vegetables and Salads





# CATERING & CONFERENCE SERVICES

- Smoked Salmon Bilini
- Fromage Board
- Farmers Market Platter
- Ahi Poke Spoon
- Grilled Vegetable Platter



# NUTRITION AND DIETARY NEEDS

- Remember that all of our chefs are willing to work with you to make a dining plan and meal options that meet your needs. Whether you have a gluten intolerance, lactose intolerance, or anything else that requires some extra attention when it comes to food, there are a variety of food options that will work for you, and we encourage you to work with our chefs.
- **Eat Smart, Eat Well—[UO Nutrition Calculator](#)**
- Check out the [UO Nutrition Calculator](#). With all of the amazing dining options and wide variety of foods, you may feel confused about how to pick healthy, nutritious meals. We understand that choosing what to eat and making sure you get enough variety on campus can seem like an overwhelming task, especially when all you want to do is eat Fresh's Killer Mac and Cheese every day! Luckily, we make it a priority to provide you with lots of healthy and nutritious options as well, so you don't have to look too far or feel like you're alone on this adventure.
- **Campus Nutritionist**
- Another great resource to tap into is the licensed nutritionist at the University Health Center. You can [make an appointment](#) to build a nutritional plan that fits your dietary needs or goals.



# NUTRITION AND DIETARY NEEDS

- **Dietary Needs**

- Most of our menu items list ingredients and information on labels or on the nutrition calculator, but there are times you might need to ask a chef. Because many dishes are made in the area where gluten has been prepared or used in recipes, we cannot guarantee housemade options are 100 percent gluten-free, but our staff members work incredibly hard to make sure that our “made without gluten” options meet that promise. If you have a high sensitivity to gluten, you are welcome to meet with our chefs or our director of dining services to develop a menu that will work for you.

- **Dietary Accommodations**

- If you know you will be coming to the University of Oregon needing a food accommodation, please contact us prior to your arrival so that we can build options with you before you even get here. The best person to contact before you arrive is Tom Driscoll, our director of food services, at [driscoll@uoregon.edu](mailto:driscoll@uoregon.edu). If you develop a food need while you are at the university or didn't contact us prior to your arrival, you can work with any of our head chefs to build a plan for their dining venue. Please contact [University Housing](mailto:housing@uoregon.edu) at 541-346-4277 or [housing@uoregon.edu](mailto:housing@uoregon.edu). For disability-related requests please contact the [Accessible Education Center](mailto:uoaec@uoregon.edu) at 541-346-1155, or [uoaec@uoregon.edu](mailto:uoaec@uoregon.edu).



# THANK YOU & HAVE A GREAT DAY

- Are there any questions?

