

We Eat **AT GW**



GW DINING'S *Monthly Newsletter*

March

Spring is in the air, GW Revs! We have some exciting events and initiatives happening in the month of March, so keep reading to stay in-the-know.

What's New

It's Time to Select Your 2024-25 Meal Plan

A reminder to those who will be living on-campus next academic year – selecting your Meal Plan is a part of the [housing registration process](#). Housing registration is taking place **now through March 13**. AY 2024-25 Meal Plans are available for view on the [GW Dining website](#).

To-Go Suhoor Meals Available During Ramadan

In observance of Ramadan, GW Dining is offering pre-packaged *To-Go Suhoor Meals* for fasting students who will not be able to visit GW dining spaces during breakfast and lunch meal times. These pre-packaged to-go meals can be picked up daily to be consumed the following morning before sunrise.

To place an order for one or multiple meals, students on any of the GW Dining Meal Plans must complete this [registration form](#). Meals will be available for pick-up at DH Market on the B1 Level of District House between 5 - 9 pm from Sunday, March 10 through Tuesday, April 9. When you present your GWorld card to receive your *To-Go Suhoor Meal*, one swipe will be deducted from your spring meal plan. If you have any questions about *To-Go Suhoor*, please email dining@gwu.edu or call 202-994-FOOD (3663), Monday to Friday from 8 am - 4 pm.

Fish Fridays

Now through March 28, all dining halls will offer at least one fish option during both lunch and dinner services each Friday in support of our community members who are observing Lent.



Go Behind the Scenes with GW Dining - Did You Know? Educational Series

Tuesday, March 5 | 2 - 3 pm | Thurston Dining Hall

Ever wonder how we feed over 7,000 students daily? We want to show you! Meet our chefs, campus dietitian, and their teams, while gaining insights into how we maintain high safety standards and ensure the quality of our food. Enjoy some free food and walk away with a GW Dining goodie bag! To register, please [sign-up](#) and feel free to stop by anytime in between your classes.



DIY Melon Scrub

Tuesday, March 26 | Lunch | Buff & Brew

Brighten your Tuesday by joining us at your favorite coffee bar, Buff & Brew, for our next DIY event. Create an all-natural Melon Scrub to take home and use for some well-earned self-care.



Slide Into Sliders

Thursday, March 28 | Dinner | All Dining Halls

Celebrate Major League Baseball's Opening Day at all of our dining halls with a wide variety of fun sliders and sides! We will be showing games at Shenkman and Pelham Commons Dining Halls, and offering other activities.

[VIEW MARCH DINING EVENTS](#)

A Word From Your CAMPUS DIETITIAN

March is National Nutrition Month!

This year's theme is **Beyond the Table**, which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also encompasses sustainability, including decreasing plate waste.



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're featuring **mushrooms**!

TIP: Add chopped mushrooms to a salad, omelet, stir fry, chili, or pizza. You can even replace up to ¼ cup of ground beef in a dish/burger with mushrooms.

MEET WITH THE GW DIETITIAN

NUTRITION & ALLERGY INFORMATION



Your Voice, Your Vote

Vote on what cuisine you want featured next week at Shenkman Dining Hall. Follow GW Dining on social media, check TV screens in the dining halls, or [take the survey!](#)

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. Two examples from February:

You Asked: "I don't really have space for my plate while grabbing seasonings at Shenkman, is there somehow that can be changed?"

Our Action: We moved our Spice Station to the countertop near the Sweet Shoppe and Performance Kitchen so students have ample room to place their plates and season away.

You Said: "We would love to see a more different rotation of fruit and the occasional berries if possible added to the fruit bar."

Our Action: Our chefs have added berries to a rotation in their menus so that we can continue to keep things exciting.

We Want Your Feedback. Have Questions, Comments?

- **Email us** at dining@gwu.edu.
 - **Call us** at 202-994-FOOD (3663), Monday to 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.
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GW Artists & Activists: Get Creative for the Chance to Win a \$100 Amazon Gift Card

GW Dining is hosting an art competition to promote awareness of plate waste in the dining halls. To enter, create an engaging design that showcases GW Dining sustainability data and submit it digitally to dining@gwu.edu by Friday, March 22, 2024. The winning artwork will be selected by the [GW Dining Student Advisory Panel](#) and made into posters and digital displays for GW's dining spaces. Please review the [submission criteria](#) before entering.

Student Advisory Panel

Let your voice be heard at our next [Student Advisory Panel Meeting](#) on **Friday, March 29** at noon in University Student Center (USC) Room 405. You are invited to attend in-person or [virtually](#).

This monthly meeting is a forum to bridge the gap between students and staff who are passionate about food and improving the GW Community as a whole. Students who attend the Advisory Panel can provide ideas and feedback to our staff, which will directly impact the future of dining at GW.



Spring Break | Monday, March 11 - Saturday, March 16

Dining locations will have slightly modified hours during this upcoming academic break.

- **Open Normal Operating Hours:** Shenkman and Pelham Commons Dining Halls, Absurd Bird, and Chaat House
- **Closed:** All other GW Dining locations, including Thurston Dining Hall

- **Sunday, March 17:** All dining locations will resume normal operating hours

FULL HOURS OF OPERATION



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