

# WE EAT *AT* GW



## GW DINING'S *Monthly Newsletter*

*January*

**A month of new beginnings – a new year, and a new GW Dining Newsletter!**

Each month now through May, you will receive this newsletter to stay in the know about all things dining, such as events and how to navigate your meal plan.

# STAY IN THE KNOW DINING EVENTS

First, let's talk business.

Meal Plans for the spring 2024 semester are active **Saturday, Jan. 13 to Friday, May 10.**

The last day to make a change to your meal plan for this semester is **Tuesday, Jan 23.** No changes can be made after this date.



## DIY Donuts

Jan. 18 | 11 am - 2 pm | Shenkman Hall

Free donut holes and coffee will be available at our first monthly DIY event of the semester. You will have the chance to decorate your donut with a variety of sweet toppings.



## Perfect Pairings

Jan. 24 | 11am - 3pm | Thurston Hall

Let's start 2024 focused on others at our Perfect Pairings event! Join us at Thurston Dining Hall for some exciting food pairings and friendship bracelet making.

# Other Events

- **Boost Info Session** Jan. 18 | 12 pm - 1:30 pm | District House
  - Learn how to use your on-campus mobile ordering app and get free merch!

[VIEW JANUARY DINING EVENTS](#)

# A WORK FROM YOUR CAMPUS DIETITIAN



Each month we highlight a food to incorporate in 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 **oats**!

**TIPS:** Add mix-ins to your hot or overnight oatmeal, such as sunflower butter, chopped bananas or apples, nuts or seeds, granola, berries, milk, or yogurt. Oats have the same nutritional value whether cooked or chilled. Try oats in diverse ways: use oats in a savory meatloaf, a breakfast bowl, or as an apple crisp topping. The options are endless.

## **Feel Good Foods: Oats**

Jan. 30 | 12 pm - 2 pm | Shenkman Hall

Look for feel good food menu items in the dining halls all January long.

[BOOK A MEETING WITH NATALIE](#)

[NUTRITION & ALLERGY INFORMATION](#)

# WHAT'S NEW



## First-Year Eats

First Year Eats is a program curated for first-year students to find community through food and events. We are excited to meet you and create experiences with you, so check out our [First Year Eats page](#) to find out more and get involved.



## Adjusted Spring Hours

Based on interest and usage, Absurd Bird and Chaat House in the University Student Center will now be open until 11 pm. The locations in District House will close at 9 pm this semester.



## Halal-Certified Chicken Option

Absurd Bird serves Halal-certified chicken. In addition, gluten-free buns are available upon request for chicken sandwiches and all breaded chicken is gluten-avoidant.



Choose your Meal Deal today!

MEAL DEALS

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# you spoke WE LISTENED

Thank you for providing feedback this past fall through our Voice to Vision Surveys. Also special thank you to our dining focus group in partnership with the GW Student Association.

## **New this Spring: Buff & Brew Adding Weekend Hours!**

Beginning Saturday, Jan. 20, Buff & Brew will be open on Saturdays and Sundays from 10:30 am - 2 pm. Make sure to stop by the Vern on the weekends to grab your cafe favorites.



## **Weekend Grand Opening**

Jan. 20 | 10:30 am - 2:30 pm | Buff & Brew

Come by the first Saturday that we are open for some free merch.

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# HOURS ALERT

Please click the button below to see our full operating schedule.

SEE OUR HOURS OF OPERATION



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