

We Eat AT GW



GW DINING'S
Monthly Newsletter

April

Cherry Blossoms are blooming, and we are thrilled to be a part of Buff & Bloom Week and other #OnlyatGW spring traditions taking place in April!

What's New

Iftar & Eid Al-Fitr

Through the end of Ramadan, dining halls are offering an Iftar station that features a Halal menu during dinner. Eid Al-Fitr will be celebrated with a vibrant menu on April 9!

Reminder: To-Go Suhoor is available for pick-up at District Market through the end of Ramadan. [Register](#) before you pick up your meal.

Bowl Life at Shenkman Dining Hall

Same space, new menu! We have converted the Flame station to Bowl Life, this concept brings an innovative menu full of bold bowls! Have an idea for a delicious bowl to place in rotation? Let a Shenkman team member know!



Stay In The Know DINING EVENTS



Thought*Ful - JoyFul Series

Thursday, April 11 | 11 am - 1 pm | Kogan Plaza

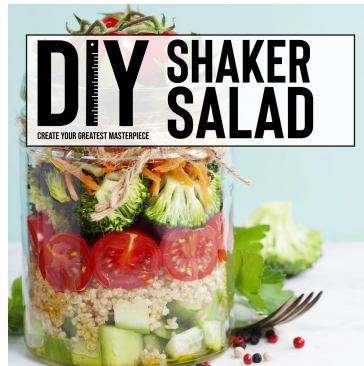
Our vibrant and engaging JoyFul series returns to campus one more time this semester as ThoughtFul with a cherry-themed twist! Happening during Buff & Bloom Week, we will embrace everything cherry with a festive carnival vibe.



Caribbean Student Association Dinner

Tuesday, April 16 | Dinner | All Dining Halls

Come along with us and the GW Caribbean Association as we explore and showcase recipes handpicked by the student organization. The menu will include Caribbean stew chicken, rice and peas, pumpkin soup, and more!



DIY Shaker Salad

Thursday, April 18 | Dinner | Shenkman Dining Hall

Craft a climate-friendly DIY this month – Shaker Salads! It is a celebration to highlight both our Feel Good Food of the Month (leafy greens) and the eco-friendly initiatives we are taking on campus in April and throughout the year.

Other Events

- **Earth Day Green Smoothies** | Monday, April 22 | Lunch | Shenkman Dining Hall
- **Stop Food Waste Day** | Wednesday, April 24 | Lunch | All Dining Halls

[VIEW APRIL DINING EVENTS](#)



FEEL GOOD FOODS

LEAFY GREENS



Come visit me, Natalie, at the **Earth Day Teaching Kitchen event** on Monday, April 22 during lunch at Shenkman Dining Hall.

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 **Leafy Greens!**

TIP: Reap the many benefits of greens by adding them to foods or dishes! Toss them in raw salads, add them to main dishes, eggs, soups, or use them as toppings on pizza.

BOOK TIME WITH THE GW DIETITIAN

NUTRITION & ALLERGY INFORMATION



Your Voice, Your Vote – Every Other Wednesday

Vote on the cuisine you want to be featured next week at Shenkman Dining Hall. Follow GW Dining on [social media](#) to vote!

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.

Recent feedback put into action:

You Said: "I would like to see more variety in the dining halls."

Our Action: We converted Flame at Shenkman Dining Hall to Bowl Life, a concept that maintains a fun and colorful menu rotation. We also added carving stations to each dining hall's menu rotation.

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.
- **Meet with us** at our [Student Advisory Panel Meeting](#) happening once a month!



Shenkman includes an all-you-care-to-eat dining hall that serves an average of 7,000 students weekly. It is also home to one of our Markets, as well as Sushi Do, our sushi retail location. Meet Robert, he is an ingredient expert and you can find him at the Pure Eats Station. He can whip up anything you desire while avoiding the top nine allergens or other specific dietary needs.



Check out this photo of a stacked burger made in the Shenkman Dining Hall that was submitted by a fellow GW

student! Send us pictures of your favorite dining hacks, spots to eat, and associates to see on campus via [Instagram](#).



A collage of various food and dining scenes. The text "FOLLOW YOUR FOOP" is written in a large, blue, cursive font across the center. Below it, the text "To find more on deals, giveaways, and events!" is written in a smaller, black, sans-serif font. At the bottom center, there is a circular logo with "GW Dining" and the handle "@GWDINING". The collage includes images of a roasted chicken, a burger with fries, a salad, and people dining.



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