EAT WELL ON CAMPUS

Points: 50

The Eat Well on Campus program rewards UPlan members who are participating in the wellness program for making healthy choices while dining on campus. Enroll in the program by contacting the Meal Plan Office at 612-624-0558 or by emailing: mealplan@umn.edu. Once enrolled, FlexDine or Gopher GOLD must be added to your U Card and used in the dining locations to track your purchases. FlexDine can be purchased on the dining website or by calling the meal plan office. Information on how to purchase Gopher GOLD can be found on the U Card Office website: ucard.umn.edu. Use your U Card when making purchases and notify the cashier that you will be using FlexDine or Gopher GOLD.

When you use your FlexDine or Gopher GOLD at a participating University of Minnesota Dining Services location, you will receive points based on your purchase. Selected entrees, salads and soups will be 2 points while selected snacks and beverages will be 1 point. Over 30 participating retail locations can be found on East Bank, West Bank and the St. Paul campus. A complete list of items and corresponding points can be found under the “Health and Wellness” tab of the University of Minnesota Dining website (www.dining.umn.edu). To be rewarded 50 wellness points, combined purchases through the wellness program year must total 50 points.

Items are selected by the dietitian for University of Minnesota Dining Services and may be updated periodically throughout the year based on menu changes and additions. Items have been chosen based on the overall menu selection. The goal of the program is to make it easy for customers to choose options wisely while dining on campus. Variety and choice is the key to satisfying everyone’s diverse nutritional needs and dining preferences.

Tracking will begin October 1, 2016 and will end August 31, 2017. Employees can enroll in the program at any time throughout the wellness program year. The meal plan office will send point updates on a monthly basis.

ALL LOCATIONS:

Beverages – 1 Point:
- Bottled Water
- Sparkling Water
- Zico® Water
- Glaceau Fruit Water®
- Gold Peak® Unsweetened Tea
- Drip Coffee
- Hot Tea®
- Vitamin Water® Zero
- Bottled Milk
- Silk® Soy Milk

Entree/Salad/Soup – 2 Points:
- Garden Salad
- Cranberry – Orange Salad
- Chicken Salad Sandwich
- Egg Salad Sandwich
- Made Without Gluten Sandwiches
- Tuna Salad on Wheat
- Mozzarella Petite Ciabatta Sushi

Snacks – 1 Point:
- Fresh Fruit
- Yogurt
- String Cheese/Cheese Sticks
- Carrot & Celery Cups
- Nourish® Snacks
- Kashi® Granola Bars
- Edamame
- Yogurt Parfaits
- Hummus & Vegetables/Pitta Chips

WEST BANK LOCATIONS:

Subway: 2 Points (Includes St. Paul)
- 6” Oven Roasted Chicken
- 6” Chicken Teriyaki
- 6” Club
- 6” Veggie Patty
- 6” Turkey & Ham
- 6” Turkey
- 6” Veggie Delight
- 6” Egg & Cheese Sandwich
- 6” Black Forest Ham
- Oven Roasted Chicken Salad
- Chopped Chicken Salad

Starbucks: 2 Points
- Bistro Box Fruit & Nut
- Bistro Box Protein
- Oatmeal
- Reduced Fat Turkey Bacon & Egg White Sandwich
- Chicken & Black Bean Bowl
- Veggie & Brown Rice Bowl
- Spinach Feta Wrap

Bistro: 2 Points
- Entrée Salad*
- Soup*
- Sandwich*

Burger Studio: 2 Points
- Veggie Burger*
- Grilled Chicken Sandwich

EAST BANK LOCATIONS:

Chick-fil-A: 2 Points
- Grilled Chicken Sandwich
- Grilled Market Salad
- Grilled Chicken Wrap

Einstein Bros: 2 Points
- Veg Out Sandwich
- Egg & Cheese Sandwich
- Garden Egg White Sandwich
- Chipotle Chicken Sandwich
- Roasted Veggie Thin Sandwich
- Turkey Bacon Avocado Thin Sandwich
- Southwestern Egg White Thin Sandwich
- Hummus Veg Out Sandwich

Freshii: 2 Points
- Teryaki Twist Bowl*
- Buffalo Salad*
- Vegetable Soup*
- Vegan Chili
- Chicken Soup*
- Buffalo Chicken Wrap
- Fresh juices* - (1 Point)
- Oatmeal*

Jamba Juice: 2 Points
- Oatmeal*

Caribou Coffee: 2 Points
- Egg White & Turkey Bacon Sandwich
- Spinach, Egg & Swiss Mini Sandwich
- Oatmeal*

French Meadow Bakery: 2 Points
- Small Smoothie* - (1 Point)
- Thin Sandwich
- Tomato Basil Soup
- Spa Salad
- Zen Salad
- Grilled Chicken Sandwich
*All Varieties

Items are subject to change. Please see the UMN dining website for an updated list.