This is our Healthy for Life® philosophy.

It's simple. We believe that good food is essential to a healthy life. So our commitment is to help you power your life on campus with good food and a dining program that makes it easy for you to eat right.

It's why we have healthy and wholesome choices available every day. And it's why we have nutrition and wellness programs that help take some of the mystery out of healthy living.

Here are just a few of the many steps that we are taking to support your health and well-being.

We believe healthy food fuels healthy people.

We believe that creating an environment filled with an abundance of wholesome, healthy, nutritious foods is one single most important thing we can do to create a culture of health on campus.

We believe that healthy food can and should taste great. The best way to encourage healthier choices is to make "good-for-you" food delicious and satisfying. Our talented chefs find new ways to do this every day.

Our food should fit your life.

We believe that variety and choice are the key to satisfying your diverse nutritional needs and dietary preferences. We pride ourselves on creating menus and environments that make it easy for you to find the FOOD THAT FITS YOUR LIFE®.

We can make a difference, every day.

We believe that there are thousands of ways to help build a healthy campus dining experience. Whether by ingredient, recipes by recipe, meal by meal and location by location. Through big changes or small, we seek ways to help you live a healthier life.
Live a good life
eat what you want
but choose it wisely
your food should be
made from good stuff, healthy & wholesome
take care of yourself and our planet
so we all can be healthy for Life™

Food
that fits
YOUR LIFE™

Our menus are created by experienced chefs who have a passion for food.
Our recipes are freshly prepared and made as close to the mealtime as possible.
We feature fresh fruits, vegetables, whole grains, bean products and low or non-iodized dairy options.
We provide a vegetarian friendly environment with a variety of vegetarian or vegan choices.
We provide caloric and carbohydrate choices and make nutrition information available for all the food we serve.
When available, our menus include seasonal selections with local and sustainable products.
We’re proud to serve a culturally diverse menu, featuring traditional favorites, ethnic dishes and international flavors.
We are reducing the amounts of sodium and unhealthy fats in our recipes and working with our suppliers to do the same in their ingredients.
We recognize and accommodate special dietary needs in a personalized, sensitive manner.
Our chefs and dietitians work to make the mystery of healthy eating with nutrition education programs and wellness events.

Nutrition Information
- Nutrition information available online, by mobile app and at all our dining locations.
- Menu information - brightly colored, easy-to-read nutrition messages that make "bottom-line" choices easy to find.
- Export advice - wellness insights, menus and advice on the wellness topics you care about, plus personalized "Ask the Nutritionist" support.

Wellness Programs
- Student events - on-campus health fairs, workshops and activities.
- Healthy highlights - healthy promotions in residential and retail dining locations.
- Individual support and attention - for students with food allergies.
- Social media - wellness information and programs on Facebook and Twitter.

Good Food
- Better for you choices - breakfast, lunch & dinner.
- Specials at least once every week - and new recipes every semester.
- Local produce - seasonal and sustainable selections.
- Fresh & healthy ingredients - from the farm to the dinner table.