

THE

# Foodie Insider

EAT IN STYLE • FOOD MAGAZINE

2020 - 2021



**TCU**

Dining Services

## TACKLING COVID-19

A year of uncertainties

## MENTAL HEALTH ON CAMPUS

How dining worked with the university to help the student body on mental health

## VEGAN VS VEGETARIAN

Understanding and navigating these diets on campus



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**SODEXO IS THE FOOD SERVICE PROVIDER OF TEXAS CHRISTIAN UNIVERSITY. BUT WHO ARE WE?**

**SODEXO IS AN INTERNATIONAL COMPANY THAT HAS ROUGHLY 420,000 EMPLOYEES REPRESENTING 130 NATIONALITIES IN 80 COUNTRIES. WE STRONGLY BELIEVE IN THE QUALITY OF LIFE, WHETHER IT BE OF OUR EMPLOYEES, CUSTOMERS, VENDORS, OR EVEN THE FAMILIES CONNECTED. SODEXO IS ALSO PROUD OF ITS DIVERSITY AND INCLUSION PROGRAM THAT HAS LED THE COMPANY TO BE NOMINATED #6 ON DIVERSITYINC'S "2017 TOP 50 COMPANIES FOR DIVERSITY."**

**WHY IS ALL THIS IMPORTANT? SODEXO AT TCU BRINGS ALL THESE VALUES TO THE STUDENT BODY, FACULTY, STAFF, AND OUR OWN TEAM. WE ARE PROUD TO SHARE OUR SERVICES ON THIS CAMPUS FOR THE LAST 40 YEARS! WE CURRENTLY MANAGE THE RESIDENT DINING HALL, ALL RETAIL LOCATIONS ON CAMPUS, CONCESSIONS, CLUBS/SUITES, AND CATERING SERVICES.**

**WE UNDERSTAND PARENTS HAVE TRUSTED US AND WANT TO ENSURE THEIR MINDS AT PEACE. THEREFORE, OUR TEAM OF OVER 250 EMPLOYEES PRIORITIZES THE STUDENTS AT TCU.**



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# A Note FROM OUR Dining Chair

It has been my honor to serve as Student Government Association's Dining Committee Chair for the 2020-2021 academic year. The SGA Dining Committee's charge is to advocate for the needs and desires of TCU students by communicating with Sodexo staff, University administration, and Housing and Residence Life leadership. From COVID-19 to the 2021 Snowmagedon, the past year has been characterized by adversity, but my committee has responded with resilience, selflessness, and innovation time and time again.



At our first meeting of the year, we compiled a list of projects, ideas, and initiatives (new and old) to categorize as: archived, actively pursuing, or top priority. This categorization provided structure and clarity for our committee to work towards and derive its mission from. Implementing increased campus-wide allergen/ingredient labeling, hosting a farmers' market, and engaging with student opinions via surveying each ranked at the top of our agenda. Fulfilling these desires would prove difficult over the next year in light of frequently cancelled events, COVID-19 safety guidelines, and our online meeting structure. Despite these complications, our committee was massively successful. Our first success, a 500-response survey, provided adequate information to not only my committee, but also Sodexo management in shaping the remainder of the year around the student voice. Our Fall Farmers' Market planted a foundation for a semi-annual community event and established significant student support for the idea. Our Spring Farmers' Market built upon our Fall event and exploded into a huge success. We partnered with seven small local businesses to offer a vast range of free products and produce to the TCU community. The event featured rustic décor, an attractive photo-op, a Sodexo chef appearance, and festive music. In the end, our Spring Farmers' Market enticed over 300 members of the TCU community, selling out in about 30 minutes flat. While we introduced a new event to the TCU campus via the farmers' market, we also wanted to honor one of the Dining Committee's longest traditions. In partnership with Sodexo, Student Government allocated over \$6000 to host two coffee tabs during the Fall and Spring semester exam weeks. The Finals Week Coffee Tab is a consistent student favorite, so we were sure to advertise it well and make it accessible during such a stressful time for the student body. Overall, our committee's efforts over the past year, given the adverse circumstances, are something I am extremely proud of.

While I closed out the semester with a feeling of satisfaction, I was also eager for more. It was this fervor that encouraged me to run for re-election and I am thrilled to announce my re-election for the 2021-2022 academic year! Over the next two semesters, I will work with my committee and Sodexo management to serve the student body and pursue our new agenda. With COVID-19 coming to a close, I have high hopes for the coming year and the impact our committee will be able to make on TCU's campus!

*Abbie Zulkhe*



# Tackling COVID-19

**WRITTEN BY: SWATI BHARATHI**

Dealing with the novel coronavirus (COVID-19) was a challenge that no one was prepared for. Yet, Texas Christian University rose to the challenge. Credits largely go to Sodexo's partnership with our clients. Together we created a plan for the fall opening in record time.

Initially, we focused on the students that remained on campus from March to May. We kept our resident dining hall open following CDC, state, and local guidelines.

We also teamed with TCU in providing students with produce boxes that contained essential fruits and vegetables to cook at home.

Our clients, the Sodexo general manager, and district manager spent 8 hours a week for two months devising a game plan - which ultimately resulted in a 92-page recovery strategy. This plan covered operations, team training, marketing, and safety for the fall semester.

Once the fall semester began, our team faced many intricacies in this



new-age dining environment. The student body had to adjust to one of our retail locations becoming Grubhub ordering only, limited seating in the dining halls, changes in the flow of foot traffic, and converting all units from self-serve to requiring attendants. However, with constant communication and patience from students, we worked out the kinks, and our new program ran smoothly within weeks.

Our next hurdle to clear was implementing isolation meals. We used our website to create an online order form that housing used to ensure every student was taken care of regarding medically-diagnosed allergies and dietary restrictions. Working alongside TCU Housing and Fraternity & Sorority Life, we built a program targeting meal production and delivery for students in isolation. Our program was even featured on CBS-DFW: "Corona Foodie Crew Making Sure TCU Students Are Fed Despite Quarantine."

As this new version of on-campus dining became the "new norm," our focus shifted to the mental health of our students. The Crew and TCU Dining Services were tasked with finding ways to create a positive atmosphere for students while still following state, local, and university guidelines. Our team consulted with the SGA Dining Committee chair, Abbie Zuhlke, to see what students wanted. We hosted an outdoor farmer's market that offered produce and products from local businesses and farms.

We also featured our famous allergy-free hot chocolate from Magnolias Zero 7. Additionally, we had the chance to bring out the BPT (Big Purple Truck) to Frog Fountain for Food Truck Fridays hosted by The Crew.

The use of social media proved vital when navigating this semester. Incorporating topics such as health and wellness during isolation; how to keep your mind in a positive place through these uncertain times; how to eat healthy on campus; and smart snacking. We also created dorm-friendly cooking demos for students who wanted to avoid exposure to others.

While our team did an amazing job during the fall semester, there is always room for improvement. Based on feedback amassed through our fall satisfaction survey, we are spending the winter break tweaking menus, fixing communication material, and bettering our events. We hope to make the most of the spring semester for our fellow Horned Frogs!

# Displaying the Horned Frog Way

February was an unusual time for Texas. As many major cities across the state had been without electricity, water and food following the unprecedented winter storm, universities focused on how to care for students. At Texas Christian University, our Horned Frog family teamed together as always.

Our Sodexo management team and employees who could make it through the weather stayed in campus apartments and nearby hotels. With no idea what to expect, we planned for the worst-case scenario and worked through the daily obstacles.

General Manager Scott Majestic worked closely with Retail Director Rick Flores and Resident Dining Director Lamont Meriwether to devise a plan to provide meals with a limited team. On average, it takes 150 employees to run all campus locations. Of the usual total, we only had 15 managers and a handful of employees from Sunday to Wednesday to serve roughly 4,600 students that who live on campus.

Emergency hours were implemented, which meant we were open for shorter periods of time for each meal period. During closed hours, the same team that served would start prepping food for the next meal.

The challenge was multilayered as the majority of restaurants and major grocery stores were closed, and gas stations were running out of gas. Students needed a way to get meals, snacks and beverages while normal dining operations were down.

We limited our menus at Market Square and Caliente so we were able to still focus on the quality of the menu items. (Students love pasta night, so we made sure to include pasta!) We also made the grab-and-go area in Market Square accessible to students so they could take snacks back to their rooms.

The challenge grew as students living off-campus started losing electricity and water. TCU opened the doors for students to stay on campus at the Rec Center, so we began to make sure those students received hot food and snacks.

With this growth in numbers, our team had to use our local resources. With Performance Athletic Dining closed and home games canceled, we used products from the stadium and catering.

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**Top:** Group picture on the last day of school closure with staff and client, Jude Kiah. **Bottom Left:** Students giving thank you cards to general manager, Scott Majestic and district manager, Michael Dahl. **Bottom Right:** Hall directors and resident assistants from housing helping our team with wiping tables, refilling snack area, etc.



Aside from these issues, two things became vitally important. The first was communication. Communication about dining hours is generally for on-campus students. Yet, during these uncertain times, parents were concerned about what we were doing to take care of their students. TCU Dining's marketing partnered with TCU Marketing & Communication and on-campus hall directors to provide dining updates and hours of operation. TV screens across the campus displayed updates. We also made sure the same information was communicated to parents, so they were aware of what was happening on campus.

The second key was relationships. Our relationship with the entire TCU team played a crucial role in being successful during this weather crisis. Jude Kiah, assistant vice chancellor for student affairs, worked closely with our Sodexo team to make sure communication between TCU and dining services was clear. Miles Oller, assistant director of facilities, worked on logistics and served as our liaison for external resources. Housing representatives Rachel Hopper and David Cooper organized rooms for our team. Kathy Cavins-Tull, vice chancellor for student affairs, and Adrian Andrews, assistant vice chancellor for public safety, supported our operations team during meal periods.

Hall directors and resident assistants helped in shifts

for five days of three-meal periods with traffic control, staffing registers and grab-and-go, and also cleaning tables.

Relationships within dining services also helped maintain motivation through the week. Our teambuilding over the years showed well through these times. Managers checked in with all employees whether they were working or staying at home with their families. We offered cases of water and food for employees and managers who were without electricity. Moral support was given to the employees who stuck around the entire week away from their families. We even celebrated the birthday of our supervisor, Ruby Cheeks.

By the end of the week, snow was melting, restaurants and stores were opening, and the city slowly returned to normalcy. Our employees and managers made it back home safely to their families and loved ones. This crazy week was just another story to remember how the Horned Frog community came together once again.

Our team would like to give a big thanks to the students, faculty, staff and parents for being patient as we navigated plans and communication. We would also like to thank the volunteers from housing and administration that helped us in our dining halls. Our team is extremely blessed to be a part of such a beautiful community.

# COVID-19 Employee Safety



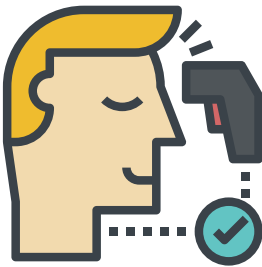
Face coverings are provided to all employees



Hand sanitizer dispensers placed throughout facilities



Gloves are changed out every 15-30 minutes



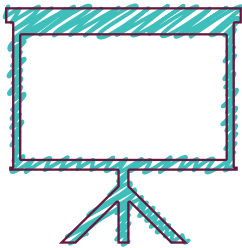
All employees undergo a self-evaluation before every shift



Managers conduct huddles during every shift to keep up with the latest news, updates, and safety measures



All food will be served by an attendant and distributed in to-go containers



Our employees have gone through orientation to learn about the new policies and procedures that have been set in place for COVID-19 to keep the TCU community safe



# meal plans

## NON-COMMUTER

### Ultimate Flex 19

\$2,575 per semester

19 swipes per week anywhere on campus

\$250 Campus Cash

\$150 Frog Bucks

Required for all Freshmen

Available to Sophomores, Juniors, and

Seniors and off-campus/commuter students



SIDE



ENTREE



DRINK

## COMMUTER

### Flex 7

\$2,000 per semester

\$600 Campus Cash

\$200 Frog Bucks

7 swipes per week anywhere on campus

Available to Sophomores, Juniors, and

Seniors and off-campus/commuter students

### Flex 12

\$2,265 per semester

\$250 Campus Cash

\$100 Frog Bucks

12 swipes per week anywhere on campus

Available to Sophomores, Juniors, and

Seniors and off-campus/commuter students

### Limited 50

\$1,000 per semester

\$300 Campus Cash

\$150 Frog Bucks

50 swipes per semester to Market Square

Available to apartments residents, FSL

Officer floor residents, and off-

campus/commuter students



# MARKET SQUARE



# Helping the Community - Foodie Edition

Restaurant takeovers were a way to help freshmen students find Fort Worth's hidden gems in the restaurant industry. This program helped local businesses get exposure among students. Throughout the past two years, hosting restaurant takeovers assisted our culinary team to understand what types of food students enjoy, created relationships with restaurants to later invite on game days, as well as build relationships with local chefs.



# Helping the Community - Foodie Edition

Farmer's markets were hosted once a month in Market Square prior to the COVID-19 pandemic. This year, we joined forces with The Crew and the SGA Dining Committee to host a larger market in the Commons area. We tried to incorporate as much of the same concepts we utilized in previous years while making sure to follow all of the COVID-19 guidelines. During the farmer's market, we provided information and nutrition facts about the local businesses and farms that we were collaborating with. Additionally, recipe cards were created by our chefs detailing how students could incorporate the products we provided in their regular meals.



2020

2021





We started Dwell in 2014 with humble beginnings in a tiny old house on Renfro St. in Burleson, Texas. We knew little about craft coffee, but we knew we wanted to meet people, build relationships and put a smile on their faces.

In September 2015, Dwell expanded into Old Town (thanks to our loyal following!), and we started really honing in on our craft. We traveled the country visiting coffee shops and roasters from the east coast to the west coast. What a beautiful community the coffee culture is!

Dwell jumped on the biscuit train (is that a thing? Is now!) in 2016. While on one of our trips, we stopped by a breakfast joint that featured biscuits. When we took our first bite, we knew immediately that biscuits were something we wanted to add to what we were doing at Dwell. Coffee's perfect pairing? Breakfast...a biscuit breakfast! So when we arrived back home, we went headfirst into the biscuit world.

In 2018, we announced our second location, which opened by TCU in early 2019.

We have now expanded into the TCU Residence Hall, Market Square, and are continuing to grow our coffee & biscuit shops with multiple locations opening in 2020.

With every pour and every biscuit, we aim to serve you in any way we can. We believe if you leave with a smile on your face, then we've done our job. We truly want you to have the BEST. DAY. EVER.

- Owner of Dwell Coffee & Biscuits



## BIRRIA TACOS TAKEOVER

[LINK TO ARTICLE](#)

As the focus shifts on college campuses to provide diverse cuisines, our team took that focus along with the fall survey responses to provide more international foods. With a team as diverse as ours, there was not a second thought on executing this in the spring. After looking at our culinary team's strengths in different cuisines crossed with trending foods in the Dallas/Fort Worth area, Birria Tacos were our first choice of option to bring to campus.

We worked closely with Chef Russ Humphries on the best way we could highlight the food and reach the highest number of students with this roll out. Since students were already accustomed to coming to Caliente (our TexMex retail location) for other popular events, we felt it was best to do a one-night takeover of authentic Birria Tacos. This was not only a new event for us, but the first-time retail and resident dining would be doing a collaboration.

The event was an enormous success. The event was scheduled to be from 5:00 pm – 8:00 pm. The lines were wrapped around the building and we sold out in less than two hours. Students could not get enough of the Chef's Birria Tacos, consume and elote. Students also had the opportunity to meet Chef and take pictures.

The excitement of the birria tacos did not stop there! Southwestern University in Georgetown, Texas reached out to do a chef takeover. Our teams collaborated to showcase Chef Russ in their dining hall, Mabee Commons. With the help of Chef Michael Smith (TCU) and Chef Jason Parker (Southwestern), the event did as well as expected with around 600 tacos given out!

With the success of Birria Tacos one thing is very clear, food on college campuses is changing and we are excited to be a part of this shift.





# MENTAL HEALTH

WRITTEN BY: SWATI BHARATHI

While planning for the return of students in the fall semester, we needed to include a plan on tackling mental health. With the world in isolation, many people found themselves struggling with their mental health. Foodservice found a way to help.

Once we got a hold of how to handle the semester, we began planning safe outdoor events fostering mental health. The amazing relationships our team and TCU organizations developed throughout the years made partnering up easy for these events.

The Crew, a Student Affairs organization led by Brad Thompson, worked to coordinate the logistics of the events while we planned to provide food to the students that attended.

The Commons in the Brown Lupton University Union was transformed into a backyard concept with string lights, fire pits, comfy socially-distanced seating, and a large projector that played movies, shows, and TCU games.



The Community Commons



Our teams found a balance that could work with our available staff and budget, and we introduced Food Truck Fridays. On Friday evening, we brought out the food truck and offered a fun new menu for students. Offerings included birria mac n cheese, al pastor wings with pineapple and jalapeno dipping sauce, and carne asada flaming hot tacos.

A favorite event was a true demonstration of our community working together. Our dining team, Student Government Association (SGA) Dining Committee, and The Crew executed the best version of a COVID-friendly farmer's market. Farmer's markets were usually hosted once a month in our resident dining hall, Market Square. Due to COVID, we were unable to hold this event within the dining hall.

Brad came to the rescue when Abbie Zulkhe, dining committee chair, proposed an outdoor smaller version of a farmer's market. Brad offered the



Students safely serving students, faculty and staff at the Farmers Market



Food Truck Fridays with the Big Purple Truck (BPT)

Left: Carne Asada Flaming Hot Tacos



Right: Al Pastor Wings with Pineapple and Jalapeno Dipping Sauce

space and the set up to help pull off the event. Abbie and our team worked closely with Fresh Point to bring in the best local products.

Although we were unable to invite the owners of these small business and farms at the event, we maintained a robust social media presence and gave out information cards to all that attended.

We hosted a variety of businesses: Empire Bakery, Olive Oils from Olive Texas Ranch, grapefruits from Lone Star Citrus Growers, Cookies from Crumble

Cookies and house made allergy free hot chocolate from Magnolias Zero 7. The event was a huge success and students, faculty, and staff enjoyed the small, safe event.

Outside of physical events, our team also focused on healthy eating. Eric Estrada, TCU Dining's nutrition marketing intern, posted on our social media pages about healthy eating in various areas across campus. Our goal was to make sure students participating in virtual classes still maintained a healthy lifestyle.

As we plan for next year, we will use these events as a guide to expand these events to a larger scale.



Health and wellness post on Market Square's hummus bar by Eric Estrada





# RETAIL

# YOUR VOICE COUNTS

OUR RETAIL UNITS HAVE BEEN DESIGNED IN THE INTEREST OF THE STUDENT BODY. EACH RESTAURANT'S MENU WAS CREATED BY CONSIDERING FEEDBACK FROM THE STUDENT GOVERNMENT ASSOCIATION (SGA) DINING COMMITTEE, SURVEYS CONDUCTED EVERY SEMESTER, AND ORGANIC COMMUNICATION. OUR CULINARY TEAM AND RETAIL MANAGERS SPEND EVERY SUMMER BREAK REASSESSING EACH MENU TO MAKE SURE ALL ITEMS MEET THE STUDENT BODY'S PREFERENCES AND TO CREATE CHANGES ACCORDINGLY.





# CALIENTE

mexican. fresh.

Caliente is a Mexican grill with tacos, quesadillas, burritos, burrito bowls, and nachos. What makes Caliente the most loved dining place among the student body? The key is fresh ingredients and customer service provided at this location. From our salsas to our tortillas to our variety of protein options, everything is made from scratch in-house. Ordering a taco? Watch our house-made tortillas be heat-pressed before adding your personal choice of ingredients. Students can smell the aroma of our 24-hour marinated proteins being grilled all day.

Grubhub was used this year as a tool to manage lines and large crowds in our dining hall.

The app is available for all retail units. Bistro Burnett, located in the library, was transitioned into Grubhub ordering and pick up only. Magnolias Zero 7, our allergy-free kitchen, was added onto Grubhub in the spring.

3,121  
New  
Registrations

24,107  
Orders Fall  
2020

1,009  
Registered  
Were  
Freshmen



*Bistro*  
**BURNETT**



The Press, located in the King Family Commons Building, is the house of Starbucks, a menu with a variety of hot sandwiches and freshly made frittatas, Sushi Mama, Simply To Go, and a variety of drinks and snacks.

With COVID-19, our team had to adjust the food menu to aid in the speed of service. It was a true challenge to find the balance between keeping menu items of high quality and serving the students as quickly as possible.

Like mentioned before, we listened to our students, and our team is working over the summer to design a menu based on survey results.







Sushi Mama is owned by Zing Hniang, who founded the company in 2010. Sushi Mama has a small crew that includes the owner herself. They come in around 5:00 am every morning to freshly make all of the sushi and poke bowls they sell. These are distributed to our Union Grounds, The Press, and Bistro Burnett locations. Averaging over 1,800 orders a week, Sushi Mama's team prepares more than 21,100 orders a semester! That's how we roll!



# *Life is about pasta-bilities* PASTA *Sundays*



*Pasta Sundays started as a concept in the Big Purple Truck (BPT). However, with COVID-19, we had to make some adjustments. Our team wanted to keep some of our special events from the year prior to providing a sense of normalcy for students. Pasta Sundays was a success, and we look forward to continuing the event in fall 2021.*



Magnolias Zero7 was created to fulfill the growing need for dining options for students with various allergies and dietary restrictions. Providing lunch and dinner, Magnolias Zero7 meals are made fresh daily. The rotating menu is designed to produce diverse options reflective of the season. All meals cooked in Magnolias Zero7 are always soy, egg, wheat/gluten, shellfish, dairy, and tree nut/peanut-free.

**MAGNOLIAS**  
ZERO7



# Tips for Following a Gluten-Free Diet

By Stephanie Cowart, RD, LD [Article Link](#)

The gluten-free diet is a pattern of eating that excludes foods and beverages containing the protein gluten. Foods with gluten include wheat, barley, and rye. In this article, we will discuss when the gluten-free diet is necessary for health, the sources of gluten, what to look for on a food label, and 5 tips for shopping gluten-free.

## When Gluten Should Be Excluded from Your Diet

If you are a healthy individual without a medical diagnosis that requires you to avoid gluten, you do not need to follow a gluten-free diet. Foods that contain gluten include wheat products that provide health-promoting nutrients such as fiber, B-vitamins, magnesium, and iron. Many studies have shown health benefits from consuming whole-grain foods containing wheat.

Furthermore, various studies have linked the consumption of whole grains to improved health. For example, one study found that groups with the highest intakes of whole grains including wheat (2-3 servings daily) compared with groups eating the lowest amounts (less than 2 servings daily) had significantly lower rates of heart disease and stroke, development of type 2 diabetes, and deaths from all causes. This is important to note because it shows that gluten-containing foods can be part of a nutritious diet. (1,2,3,4) Although some gluten-containing foods provide essential nutrients and health benefits, there are a few medical reasons why some individuals need to exclude gluten from their diet.

## Celiac Disease

Individuals with celiac disease should completely avoid gluten. Celiac disease is an autoimmune disorder where the immune system attacks itself. With celiac disease,

gluten causes the immune system to react in a way that causes intestinal inflammation and long-term damage. If unmanaged, celiac disease will cause damage to the intestinal villi, which affects proper nutrient absorption into the bloodstream. Without healthy villi, the individual can become malnourished, even when eating enough calories and nutrients. In addition, over time celiac disease increases many health risks including anemia, arthritis, diabetes, and gastrointestinal cancers. Additional health risks that are increased by celiac disease are growth retardation in children, infertility, miscarriage and birth defects, delayed puberty, early osteoporosis, and thyroid conditions. Symptoms of celiac disease include malabsorption, abdominal bloating, cramps, gas, chronic constipation, diarrhea, stomach pain, appetite loss, fatigue, vomiting, and weight loss. A painful rash, eczema, joint pain, and muscle cramps can also occur. Due to these symptoms, it is crucial for people with celiac disease to exclude gluten from their diet.

## Non-Celiac Gluten Sensitivity

Non-celiac gluten sensitivity (NCGS) is different from celiac disease. This is an innate immune-system response to gluten, not an auto-immune condition. This condition does not damage the intestine in the way that celiac disease does. NCGS causes uncomfortable symptoms when a person consumes gluten. Symptoms are similar to celiac disease and include fatigue, headaches, a “foggy mind”, stomach pain, bloating, and changes in bowel movements. Following a gluten-free diet helps to relieve these symptoms. Talk to your doctor or a registered dietitian if you think you may have NCGS before making changes to your diet.



**Foods with Gluten to Avoid**

Since many foods contain gluten, following a gluten-free diet can be difficult. The following are the main sources of foods that contain gluten:

- Wheat and wheat ingredients- wheat flour, white flour, bulgur, durum, emmer, farina, farro, semolina, wheat bran, wheat starch, and triticale
- Barley-beer, ale, porter, stout, other fermented beverages, malt, malt flavoring, malt syrup or malt extract, malted beverages, and malted milk
- Rye-Processed foods that may contain wheat, barley, or rye-brewer’s yeast, bouillon cubes, brown rice syrup, candy, cold cuts, hot dogs, salami, sausage, French fries, gravy, salad dressing, pasta, rice mixes, sauces, seasoned tortilla and potato chips, soups, soy sauce, and fried foods
- Any milk and milk products with added wheat ingredients
- Grains that usually contain wheat- bread and rolls (white, whole wheat, multigrain, potato, rye), other baked goods (brownies, cakes, muffins), breadcrumbs, cereals, couscous, pancakes, waffles, flour tortillas
- All fresh, frozen, and canned fruits and vegetables prepared with wheat ingredients
- Oats- oats do not always contain gluten but are usually cross-contaminated with gluten from other products during processing.

If you would like to eat gluten-free oats, you should talk to your physician and registered dietitian. (5,6)

**Foods to Eat While on a Gluten-Free Diet**

Following a gluten-free diet does not mean you cannot enjoy nutritious and delicious foods. The foods listed below will help promote a well-balanced diet full of flavor while following a gluten-free diet:

- Safe grains, bread, or pasta made with gluten-free flour, and plant foods- amaranth, arrowroot, buckwheat, cassava, corn, flax, legumes, millet, potatoes, quinoa, rice, seeds, sorghum, tapioca, teff, wild rice, chickpea flour, almond flour, and yucca

- Fruits and vegetables- all fruits and vegetables are naturally gluten-free and provide antioxidants, essential nutrients, vitamins, and minerals
- Eggs
- All meats and fish unless battered or coated in gluten-containing ingredients
- All nuts and seeds
- Dairy products such as plain milk, plain yogurt, and plain cheeses. Be aware of ingredients in flavored dairy products because these may contain gluten
- Herbs and spices
- All vegetable oils and butter
- Most beverages excluding beer, unless the beer is labeled as gluten-free (5,6)

For more information on foods to eat and avoid while living gluten-free, speak to a registered dietitian.

**Reading the Food Label for Gluten-Containing Ingredients**

It is important to carefully read food labels if you have celiac disease, non-celiac gluten sensitivity, or a wheat allergy. Ingredients can be hidden sources of wheat, barley, and rye, so knowing the following terms will help you identify which foods to avoid and which to safely eat.

Other Words That Mean Wheat

- Bromated flour
- Durum flour
- Enriched flour
- Farina
- Flour
- Graham flour
- Phosphate flour
- Plain flour
- Self-rising flour
- Semolina
- White flour

Under the Food Allergen Labeling and Consumer Protection Act of 2004, if food or an ingredient contains wheat or protein from wheat, the word “wheat” must be clearly stated on the food label.

This means that the label must clearly state that it “contains wheat” or the ingredient “wheat” must be listed on the food label.

In addition to the above foods listed to avoid, carefully read food labels and the ingredients list for ingredients made from barley and rye. Processed foods commonly contain wheat, barley, and rye, so always be sure to check the ingredients on the food label.

Some medications and supplements also contain ingredients made from wheat or barley, so talk to your physician and pharmacist if you are taking medications and are on a gluten-free diet. The Food Allergen Labeling and Consumer Protection Act of 2004 also covers dietary supplements, infant formulas, and medical foods, so if a product contains wheat or wheat protein, including in the flavoring, coloring, or incidental ingredients, the word “wheat” must be clearly stated on the label.

**Labeling for Gluten-Free Foods**

The Food and Drug Administration (FDA) created standards for the labeling of “gluten-free” foods. If a product contains less than 20 parts per million of gluten or contains no barley, wheat, or other crossbred hybrids, food can be labeled as “gluten-free”. Foods can also be labeled as “gluten-free” if the food is naturally gluten-free.

Although there are defined “gluten-free” claims, it is still important to read the ingredients list on labels. Gluten is not required to appear on the ingredients list or Nutrition Facts, so knowing the ingredient sources of gluten is critical.

**5 Tips to Successfully Shop Gluten-Free**

Here are a few shopping tips to guide you when shopping gluten-free:

- Choose plain foods that are naturally gluten-free. These include vegetables, fruits, meats, poultry, fish, cheese, yogurt, milk, eggs, nuts, seeds, and beans. Since gluten-free labeling is not required for naturally gluten-free foods, keep this in mind when shopping for foods as well.

- Keep an eye out for foods labeled as “gluten-free”. There is a variety of gluten-free baking items, flours, pasta, pizza, and more available in grocery stores. Also, search for the “gluten-free” section in your local grocery store. With more people following a gluten-free diet, most grocery stores have a gluten-free section.
- Remember that the word gluten-free is not the same as grain-free. Following the allowed list of foods above, choose grain products that do not contain gluten.
- If you would like to eat oats, ask your physician or registered dietitian about oats. If allowed, only buy oats labeled as “gluten-free” to reduce the risk of consuming oats contaminated with wheat, barley, or rye during processing.
- Always read the ingredients list and the “Contains” statement on food labels for ingredients that are sources of gluten.

**Outlook**

If you have been diagnosed with celiac disease or non-celiac gluten sensitivity, being gluten-free is essential for your health. It can be challenging, but with careful planning, label reading, and the help from your doctor and a registered dietitian, living gluten-free can become part of your everyday life and enjoy. Always include whole foods in your diet such as fruits, vegetables, nuts and seeds, and protein from lean sources. With the restriction from the gluten-free diet, you can still enjoy a variety of flavorful foods and eat a nutritious, well-balanced diet.





Simply To Go (STG) is a program that is available at Union Grounds, The Press, Bistro Burnett, Kinder Cafe, and The Performance Athletic Dining (PAD). The to-go options include a variety of wraps, salads, sandwiches, snack boxes, and fruit cups. These items rotate throughout the semester.

We have a small team of employees that make these products fresh every morning to distribute throughout the day at all our locations. Average around 14,000 products a semester, this program is a great on-the-go option in between classes or on the run.



In winter of 2017, Sophia Karbowski and Austin Patry, two Entrepreneurial Management students at Texas Christian University, realized that Fort Worth, TX was lacking healthy food options. After visits to California and many açaí bowls later, the two health-conscious foodies seized the opportunity to introduce Fort Worth to its first açaí bowl-focused establishment.

With each craving of açaí came more motivation, and within months, what started as an idea soon became a proof-of-concept food truck. After one successful year in the food truck, they reached their goal of rollin' their way to their first brick and mortar on Texas Christian University's campus. Since then, Rollin' n Bowlin' (RnB) has evolved to be an incubator for young food entrepreneurs with a mission to spread healthy vibes all around the world.



# O'BRIEN'S



O'Brien's, located in the King Family Commons Building, is your destination for burgers, chicken sandwiches, and popcorn chicken. Although our menu has been altered to improve the speed of service, students still love a good Philly cheesesteak.

Once our team can reimplement our original menu, students will be able to have a monthly rotation of milkshakes. We also offer a rotation of limited time offers on gourmet burgers and sandwiches.



# KINDER CAFE



Our menu was designed by our culinary director with guidance from the SGA Dining Committee. Our menu was crafted with flatbreads, sandwiches, and breakfast sandwiches.







**KINDER CAFE**



## THE BLACK ROOSTER CAFE

At The Black Rooster, we focus on providing the highest quality pastries made from scratch, by hand, and freshly baked daily. Our incredibly talented team of bakers guarantees that everything is made from scratch using the highest quality of ingredients. We love making people happier with our delightful choices and hope you enjoy them as much as we enjoy making them for you.

## KINDER CAFE





Our mobile dining units were a challenge this year due to the pandemic. However, by partnering with The Crew, we were able to host a few events by Frog Fountain with the Big Purple Truck (BPT). Our Tuk Tuk, The Tadpole, served Peet's Coffee until last October due to state and local guidelines. We are excited to have both of our Tadpoles and the BPT up and running for the students this coming fall.



# MOBILE DINING



## QUANTITY FOODS LAB

Quantity Foods Lab (QFL) is a semester-long class that the nutrition department and Sodexo partners teach. Students spend the semester in hands-on rotations through resident dining, retail units, athletics, and marketing. Students also have hands-on experience in our kitchens with our managers and culinary team. Our team has been involved in this program for 13 years. The group of students at the end of the semester provides our team feedback on their experience as well as writing their perspective on dining from behind the scenes. This program has also helped us hire student workers that would like to add this experience to their resumes.







EXCLUSIVE

# CHEF MICHAEL

the company’s efforts to support the Obama Administration’s plans to enhance the health of our nation’s schoolchildren. In this capacity, he traveled to Washington D.C. and helped kick off the “Let’s Move” campaign at the White House.

Michael joined Sodexo six years ago and served as Senior Executive Chef over the Eastern United States, where he had the pleasure to work in some of the most renowned cultural attractions in the world including the Hollywood Bowl, The California Academy of Science in San Francisco, The Dallas Museum of Arts, The Houston Space Center, Lucas Oil Stadium in Indianapolis, Phipps Conservatory in Pittsburgh, the Museum of Science and Industry, and the Chicago Botanic Gardens in Chicago, and the Windstar Casino in Oklahoma, among others.

In his career, Michael had the honor of overseeing the culinary teams at several large sporting events including both PGA and LPGA Golf Tournaments, NASCAR races, the Breeder’s Cup, and the Kentucky Derby. Most recently, he had the privilege to work on the culinary team at this year’s Super Bowl at Hard Rock Stadium in Miami.

Michael Smith is a native Chicagoan who graduated from DePaul University with a degree in Marketing before attending Washburne Chef School to earn his Culinary Degree. He began his career in the prestigious kitchens at the 95th Restaurant and the Everest Room in Chicago.

Michael went on to become Regional Chef for Crowne Plaza Hotels before serving as Senior Executive Chef for Chartwells, where he oversaw the kitchens at both Saint Xavier University and DePaul University in Chicago, Illinois. While at Chartwells, he spearheaded



EXCLUSIVE

# CHEF RUSS

several charitable events performing dishes on local news channels, participating in cookbooks, and provided dinner services for many high-profile individuals and celebrities.

Russ currently serves as Executive Chef at Texas Christian University residential dining in Fort Worth, Texas. His culinary style is inspired by and rooted in Latin cuisines and freshness. Although, he is passionate about local Cuisines, Pan Asian cuisines, and Pacific Rim dishes. He loves being able to infuse a mixture of different dishes to create his own twisted flare that allows your taste buds to take hold of the adventure.

His goal at TCU is to give our students some fun, fresh, and creative meals that they cannot get on any other campus and to provide a higher level of service and experience. He wants us to be the envy of all other college campuses making the mark of greatness.

Examples of some of the chef takeovers we have done previously include mole chicken taquitos, cinnamon roll waffles topped with slow-cooked pork carnitas and ancho pomegranate sauce, blacked alligator tacos, and birria tacos with consume.

*"Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors – it's how you combine them that sets you apart."* – Wolfgang Puck

Russ Humphries began his culinary journey when he was 15 in Southern California as a dishwasher/ food prep and numerous places, learning and gaining experience from different cultures and ethnic cuisines. He studied at the Culinary Arts Institute of Oklahoma. During this time, Chef Russ had the opportunity and blessing to complete his internship under Master Chef Marcelo Miranda and achieved his associate degree. He then received his first Executive Chef opportunity at La Baguette French Cuisine fine dining. Russ later became co-owner of Catering Concepts, then moved into the role of the Governors' Executive Chef and competed in





# MARKETING

## Insights



## Social Media



What  
does fall  
look like?

### Instagram

tcu\_dining | 2,591 followers  
tcugamedayfood | 241 followers  
tcuhealthyfrog | 321 followers  
tcufrogpad | 190 followers

### Twitter

tcu\_dining | 846 followers  
tcugamedayfood | 19 followers  
tcufrogpad | 148 followers

### Facebook

tcu\_dining | 1693 followers

Based on the Dining Committee surveys held this past year, we learned that there has been a transition in how students would like to communicate. Almost 60% of the students preferred emails to social media. This statistic may be due to the large number of students distancing themselves from their social media accounts during this pandemic. Going forward, we will be communicating through TCU Housing with monthly news letters.





# The Healthy Frog

## The Healthy Frog Apple Crisp

Need an easy lightened-up dessert recipe for the holidays? We got you! This Healthy Apple Crisp recipe is one you'll want to make over and over.

Remember that it's okay to honor your hunger and enjoy desserts mindfully, especially during the holidays, but if you are needing to meet specific dietary needs for yourself or others, then this is a great recipe to add to your holiday menu.

This recipe takes a total of 30 minutes to make, is gluten + dairy-free, and is naturally sweetened with maple syrup. Delicious and nutritious!

- Ingredients**
- 4 cups apples peeled + sliced in 1/4 inch thick pieces - about 1 lb
  - 1 tablespoon coconut oil melted
  - 1/2 teaspoon cinnamon
  - 1/4 teaspoon ground ginger
  - Crisp Topping**
  - 1/2 teaspoon cinnamon
  - 1/4 teaspoon ginger
  - 1/4 teaspoon nutmeg
  - 1 cup old fashioned oats
  - 1/3 cup pecans chopped
  - 2 tablespoons coconut oil
  - 1 tablespoon maple syrup



Photography by: Stephanie Cowart, RD, LD

- Instructions**
- Preheat oven to 350 and prepare a greased 8x8 baking dish
  - Peel + cut apple slices into ¼ inch thick slices.
  - Melt coconut oil. Toss apples with coconut oil, cinnamon + ginger. Set aside.
  - Mix together the crisp topping.
  - Pour apples into the bottom of the baking dish. Layer crisp topping evenly on top of apples.
  - Cover apple crisp with aluminum foil and bake at 350 for 20 mins. After 20 minutes, remove the cover and bake for another 10-20 minutes until apples are fork-tender and the crisp topping is golden brown.

Get the recipe here : <https://thecleaneatingcouple.com/healthy-apple-crisp/>

The Healthy Frog, a student run nutrition Instagram, began as a project proposal in February of 2020 by the interns of TCU Coordinated Program in Dietetics. Fast forward to August of 2020, The Healthy Frog Instagram account was created. TCU Dining's Marketing Director for Sodexo and Texas Christian University, Swati Bharathi, put together a dedicated social media team to manage The Healthy Frog and Frogpad Instagram accounts. Since the launch and management of these accounts, there has been successful communication about healthy, mindful practices on and off-campus, nutritious and delicious recipes, and evidence-based nutrition tips for students.



# The Frog Pad



Photography by: Stephanie Cowart, RD, LD

## The Frog Pad Pecan Cranberry Bites



During the holidays, fueling for your workouts is still important. This quick and easy fall-inspired Cranberry Pecan Energy Bites recipe is a great pre-workout or post-workout option to fuel your workouts. Make these ahead of time to easily take them on-the-go.

### Ingredients

- ⅓ cup dried cranberries
- ⅔ cup almond butter
- ¼ cup maple syrup
- 1 teaspoon vanilla extract
- 1 cup rolled oats
- 2 tablespoons chopped pecans
- 1 pinch salt

### Preparation

- In a medium bowl, combine the cranberries, almond butter, maple syrup, and vanilla, and stir until smooth.
- Add the oats, pecans, and salt, and mix until evenly distributed.
- Chill in the refrigerator for 30 minutes.
- Use a tablespoon to scoop out the mixture, then roll into balls with your hands.
- Store in the refrigerator in an airtight container for up to 1 week.
- Enjoy!

Photography by: Stephanie Cowart, RD, LD

Get the recipe here : <https://tasty.co/recipe/pecan-cranberry-bites>

The Frog Pad account was created fall of 2020. The purpose was to have a central area for the Performance Athletic Dining to display menus for all athletes. Working in partnership with Brooke Helms, TCU athletics dietician, the nutrition marketing team posted dorm-friendly recipes, tips, and facts. We hope to expand this account to showcase the top menu items served, our culinary team, sustainability efforts, and much more!



Eric has learned a wide variety of skills this semester, including creating nutrition-related social media content covering healthy options on-campus, marketing TCU Dining Instagram pages, and leading social media takeovers to demonstrate the student dining experience. Through these experiences, Eric has learned how students view nutrition and how it has affected them throughout the semester. Eric's favorite project has been creating a series of posts demonstrating healthy food options at each on-campus retail location.

Next semester, Eric hopes to build on the knowledge the dining marketing team has gained through the fall and cover broader topics through his social media posts. Eric mainly hopes to incorporate “mindful” content into his posts to provide students with helpful tips to keep their mental health in mind during the semester. Additionally, Eric hopes to engage with the student body through video content, asking students about their perception of health and healthful eating.

# Eric

## ESTRADA

SENIOR NUTRITION  
MAJOR IN TCU'S  
COORDINATED PROGRAM  
IN DIETETICS



# Stephanie

## COWART, RD, LD

REGISTERED DIETITIAN  
TCU ALUM ('20)



Stephanie Cowart is a Registered and Licensed Dietitian in Texas. She is also a TCU alum who graduated in May 2020 with her Bachelor of Science in Coordinated Dietetics. Being part of the TCU Dining social media team has been something Stephanie greatly valued. It gave her a chance to give back to students and reconnect with TCU after graduation.

Stephanie has learned how to develop recipes that are nutritious and delicious that are tailored to the needs of students on or off-campus. Creating nutrition-related content and blog posts for the TCU Dining website have also strengthened her writing and communication skills. Due to these experiences, Stephanie was given the opportunity to effectively help students eat healthily, enjoy nutritious foods, and navigate eating during stressful times. Stephanie's favorite project has been creating cooking demonstration videos that highlight nutritious recipes. These recipes challenged her to consider students' budgets, dietary needs, and environment while making recipes fun and nutritious.

Next semester, Stephanie hopes to provide more cooking demonstration videos, discuss common nutrition myths, and expand more on nutrition topics students are wanting to learn about. Stephanie also wants to develop more recipes tailored to student-athletes needs to promote optimal performance. Stephanie is looking forward to next semester and hopes to use her nutrition expertise to help students eat healthily, enjoy food, and apply nutrition principles to their lives.





## Their Story

We have the line authority to hold our companies accountable to a high level of customer service. With unmatched fresh produce, knowledge, and experience, FreshPoint provides today's chefs with the ingredients to create tomorrow's culinary success.

Over the last few decades, we have seen revolutionary changes in the produce industry—from refrigerated trucks and fresh-cut produce to submitting and processing orders online. With these innovations, our passion for produce and commitment to helping our customers succeed remains unchanged. FreshPoint is more than just fresh produce. It is a community dedicated to our customers. With our passion and enthusiasm, FreshPoint will continue to lead the industry as the prominent distributor of fruits and vegetables in North America.

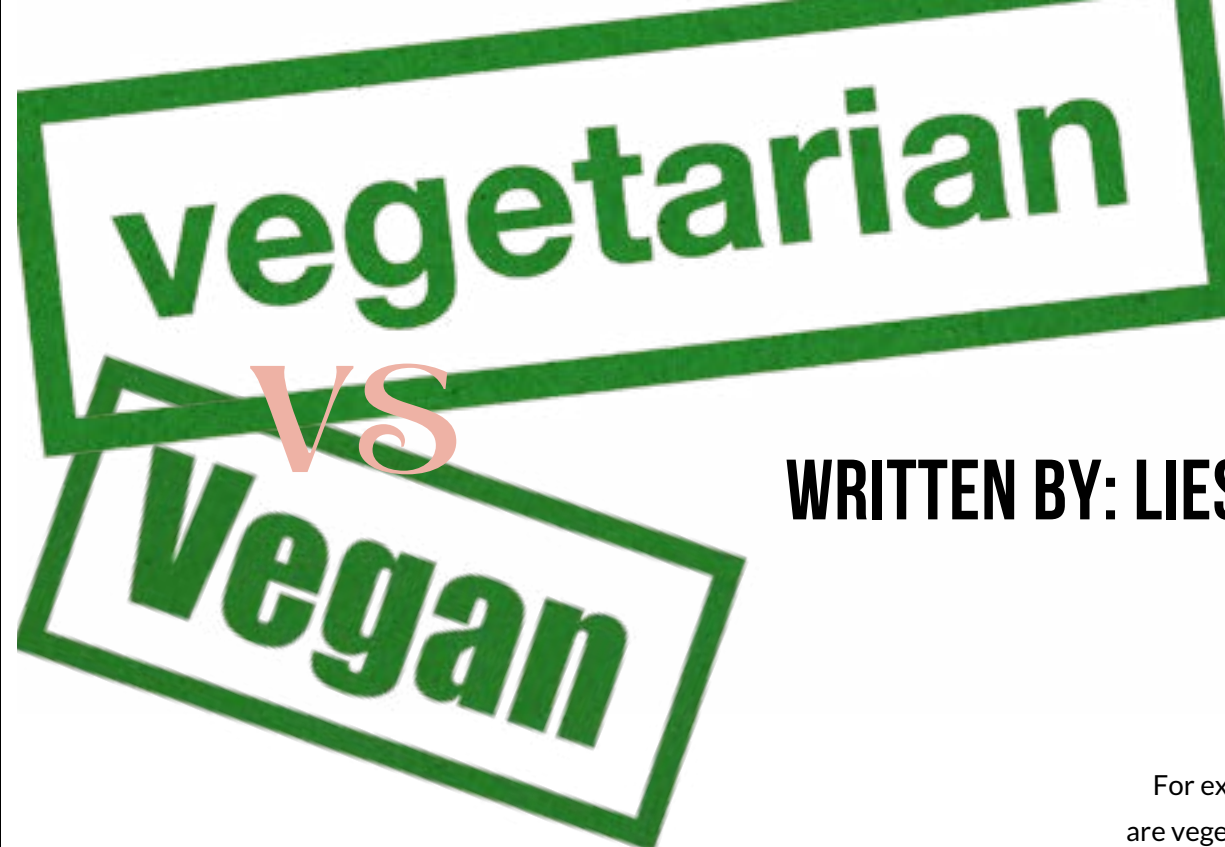
FreshPoint's ability to customize a marketing program and promote your operation and the consumption of fresh fruits and vegetables helps your business succeed during these dynamic market transformations. As the product experts, our goal is to assist you by providing the necessary tools that we've developed over the years and through the collective experience and knowledge of our many companies.

## Our Partnership

Working with our Fresh Point representative has helped our culinary team and marketing team tell the story of community engagement. Through FreshPoint, we have:

- enrolled in the imperfect fruit program
- host farmers markets
- educate and introduce local brands and restaurants
- attend tours of local farms and businesses
- introduce unfamiliar fruits

Even though this pandemic, FreshPoint worked with our team to provide produce boxes for the students still on campus from March to May. This effort helped the students make home-cooked meals.



WRITTEN BY: LIESEL SUMPTER

What's the difference between vegetarian and vegan diets, and how do I eat that way on campus? It's no doubt that eating plant-based is all the rage lately. And for good reason – research shows that eating more plants and less meat can lead to a longer, healthier life. But what's the difference between eating a vegetarian diet and a vegan diet? And how does a veggie-lover eat well on a college campus?

### Vegetarian vs. Vegan

A vegetarian is someone who avoids food from animal sources like meat, dairy, and eggs. Instead, they eat more fruits, vegetables, grains, legumes, nuts, and seeds.

Some vegetarians include dairy, eggs, fish, or a combination of the three into their diets. These vegetarians are defined as:

**Lacto vegetarian:** eats dairy products

**Ovo vegetarian:** eats eggs

**Lacto-ovo-vegetarian:** eats dairy products and eggs

**Pescatarian:** eats fish

A strict vegetarian is called a vegan. Vegans exclude all animal products including meat, poultry, fish, eggs, milk, cheese, other dairy products, and honey. The Vegan Society defines veganism as “a way of living that attempts to exclude all forms of animal exploitation and cruelty as possible.” For many vegans, it's more than a diet. It's a lifestyle.

### Benefits

Eating plant-based is linked to a load of health benefits like preventing chronic disease, lower blood pressure, lower body weight and rates of obesity, lower LDL (“bad”) cholesterol, and improved blood glucose control for those with Type 2 Diabetes.

Overall well-being also improves since plants pack more fiber into your diet, which keeps you feeling fuller longer and aids in digestion.

Watch out though...just because it's vegetarian doesn't automatically make it a healthful food choice.

For example, French fries and ice cream are vegetarian... But they are also loaded with calories from total fat, saturated fat, and added sodium and sugar.

While there are no bad foods, just keep in mind that calling a food “vegetarian” or “vegan” doesn't mean it's the healthiest option.

### Nutrients to Consider

A well-rounded diet focused on plant foods won't lack protein, be deficient in nutrients, or leave you feeling hungry all the time. However, here are the nutrients vegetarians and vegans should be more aware of:

**Protein:** It's a myth that vegetarian and vegan diets cannot provide enough protein. Almost every food that grows from the earth except fruit contains some protein. Beans, seeds, nuts, nut butters, and soy products like tofu and tempeh are great sources of meat-free protein. Whole grains also provide some protein but don't rely on it completely. And for lacto-ovo-vegetarians, dairy products and eggs provide plenty of protein.





# EATING GREEN ON CAMPUS

For those avoiding gluten, the gluten-free brownies, buns, and bread are found next to the sandwich station.

Many students don't know that Magnolia's in the KFC building is a Zero 7 zone, meaning all food prepared and served at Magnolia's is free of the 7 most common allergens: soy, egg, wheat, gluten, shellfish, dairy, and tree nuts/peanuts. Magnolia's is an especially great go-to stop for vegans. If you're looking for a quick meal, try the different salads at the Bistro, a Sushi Mama vegan poke bowl, a Simple To Go peanut butter and jelly sandwich, the grapes and cheddar cheese cup, the celery and peanut butter, a pretzel and hummus cup, or Greek yogurt – and that's only a fraction of the to-go items offered all over campus!

Moral of the story is that it is not hard to eat green on TCU's campus! Next time you or your vegetarian friend wants to eat at Market Square, you'll know exactly what to do!

"So, what does this mean for dining at TCU? I'm a vegan, and I can never find food to eat at Market Square!" Not so true. Eating according to a vegetarian or vegan diet on campus can be incredibly simple – and delicious – if you know what you're looking for.

Market Square has a fantastic Mindful section which includes some vegetarian and vegan options daily.

The key to creating a balanced meal is to put a variety of foods on your plate to ensure you're getting adequate nutrients. Aim for at least half of your plate to contain vegetables and fruit.

Personal favorites include the lentil penne, popped quinoa, and roasted tofu. Other go-to stations are the soup and salad bars, which have plenty of legumes, edamame, cheese, and hard-boiled eggs to load your veggies with protein. And for lacto-vegetarians, you can never go wrong with a slice of veggie pizza!

If you're looking to satisfy your sweet tooth, Market Square has multiple vegan-approved desserts such as rice crispy treats made with vegan butter and occasional vegan desserts custom-made by the baker.

Plant-based dieters should be conscious of sources of omega-3 fatty acids, the "healthy fats" touted for lowering the risk of certain chronic diseases, certain cancers, and arthritis while improving brain function. Plant foods rich in omega-3s are flaxseeds, chia seeds, and walnuts. For pescatarians, salmon and other fatty fish are great sources of omega-3s.

**Iron:** This mineral is especially important for teens and college-age women. Although plenty of plant foods contain iron, it's nonheme iron, which is not as effectively absorbed by the body as the heme iron found in meat. Vegetarians should focus on eating plenty of nonheme iron found in beans and peas, iron-fortified whole-grain

bread and cereals, some dark green leafy vegetables, seeds, and eggs for ovo-vegetarians. Another tip is to eat iron-containing foods with a source of vitamin C like oranges, strawberries, broccoli, or bell peppers since vitamin C increases nonheme iron absorption.

**Zinc:** Zinc is a necessary mineral in many different aspects of cellular metabolism. Beans, nuts, whole grains, fortified breakfast cereals, and dairy products are all meat-free food sources of zinc.

**Calcium and Vitamin D:** Vegetarians who do eat dairy and eggs do not typically struggle with getting enough calcium and vitamin D. Vegans, on the other hand, should pay special attention to eating foods rich in these nutrients.

Focus on calcium-rich foods like tofu, broccoli, almonds, and some greens. Also, look for calcium and vitamin D fortified products like whole-grain bread, cereal, and rice or soy beverages. Vegans may even want to consider supplements for calcium and/or vitamin D if they cannot consume enough through food.

**Vitamin B12:** B12 is rich in animal-based foods. Dairy products and eggs provide B12 for vegetarians that consume these foods, but plant-based dieters need to be conscious of their B12 consumption, especially vegans. Their best sources of meat-free B12 are fortified breakfast cereals, soy or rice beverages, soy burgers, or even nutritional yeast. Vitamin B12 is also commonly recommended as a supplement to vegans.





# Marina Di Chioggoa Pumpkin and Thai Eggplant Tacos

By Chef Michael Smith



1 Cup Pumpkin, diced  
2 Thai Eggplants, chopped  
1 Yellow Squash, diced  
4 Mushrooms, sliced  
3 oz Red Onion, diced  
1 tbl garlic, diced  
1 tbl shallots, diced  
1 tbl ginger, diced  
1 Tbl, Birds Eye Chili, sliced  
2 Tbl Panang Curry Paste  
4 oz Coconut Milk  
1 oz Lime Juice  
1 oz Thai Basil, chopped  
½ oz cilantro, chopped  
1 oz Pumpkin Seeds, roasted  
Flour or corn tortillas

1) Cut Pumpkin into ½ dice and roast in oven for 20 minutes until soft  
2) Heat 2 oz oil in skillet  
3) Add garlic, shallot and ginger and cook until soft  
4) Add red onion and mushroom and cook until soft

5) Add Panang curry paste and birds eye chili and cook until fragrant, about 30 seconds  
6) Add squash, thai eggplant and roasted pumpkin and stir fry 2 minutes

7) Add coconut milk, lime juice and thai basil and cook 1 minute  
8) Fill flour or corn tortillas and garnish with pumpkin seeds and chopped cilantro

Pumpkin is a great source of beta carotene, which is a powerful antioxidant that can help reduce both cancer and heart disease. It is also a great source of fiber that helps promote good digestion. However, in this recipe, I used pumpkin specifically for the rich, umami quality it adds to the recipe. It is also a perfect sweet counterbalance to the tartness of the eggplant and the sharpness of the panang curry.

# TECHNOLOGY

Technology in the foodservice industry is not a common topic of conversation. In the last decade, technology has evolved and positively affected our industry. The evolution encompasses online ordering apps like Grubhub, digital menus, data collection, customer service, and even cashier-less checkouts in some restaurants.

In the university segment, online ordering has become a trend as waiting in long lines becomes a thing of the past. In the last year, primarily due to the pandemic, Grubhub usage has increased by 1000% -- that is not an exaggeration. With 3,121 new registrations, students have shown great appreciation for the app. The main reason we implemented Grubhub in all TCU's retail units was to help with traffic flow while following social distancing guidelines. We are eager to see how students respond to the app once the pandemic has passed.

Giving students a way to communicate their own experiences is also a priority. Our resident dining program now has a text program through MyDTXT. Students let us know if they are looking for a particular food option, have questions about a dish, or just want to give us a thumbs up in real-time. Once the text is sent, the manager-on-duty receives the message and is able to immediately respond.

In terms of sustainability, all retail locations have digital menus instead of printed menus. This change helps us when an item is replaced or if there are seasonal items we

would like to feature. We also have two mobile TVs in new locations used to communicate updates or changes.

Our operations managers have had issues keeping track of inventory, so our retail units are currently implementing a barcode system to assist with storage. With electronic inventory systems, hours with a pen and a textbook-sized inventory list are no longer necessary!

Marketing has taken on a life of its own with the help of technology. With multiple modes of communication, we get information out to parents, faculty, staff, and the student body with a click of a button. Telling our story moved from print to digital format. Our culinary efforts and the experience that fans have on game day are now better showcased with involving a film crew.

QR codes also made a comeback in 2020 as code readers have now integrated into phone cameras. They help save on print, communicating information such as Grubhub sign-ups, and even accessing menus. We have also used QR codes to distribute surveys to manage traffic flow.

Many new college students that choose to live on campus initially struggle with cooking on their own. Although we offer many options on campus, our team understands students sometimes just want a home-cooked meal. We now offer

online cooking demos and dorm-friendly recipes on our social media pages. Recipes range from student favorites to healthy options and dietary-restricted options. Students can even request their favorite recipes to be featured!

Even our sustainability efforts have grown due to technology. Through our company, we have incorporated the Leanpath Food Waste Prevention program. Using this program, our team can manage the amount of food waste we produce and prevent future waste food orders. This program also offers a more efficient way to educate the team and student body about food waste and how Sodexo at TCU has done semester-to-semester.

Lastly, meetings have changed! Food service operations on a university campus never pauses, so having an entire management team come together is sometimes slightly difficult. With applications like Zoom and Microsoft Teams, our team can attend meetings remotely online. This was especially helpful during the pandemic to keep our team safe.

Technology is changing the food industry and many positive innovations are visible through our team's performance.





Community outreach is one of our top priorities outside of our normal day to day operations. Partnering with student organizations, local farmers and business owners, and the food bank are a few of the ways we are involved with the community.

Summer of 2018, a few members of our team had the opportunity to tour Coopers Peach Farm by the owners themselves. We learned about their history, the production process, and how farmers are keeping their businesses intact. As a result, we were able to bring that information to light on our social media and digital screens on farmer's market days.

Every year, the week before Thanksgiving, our management team partners with Dr. Gina Hill and her students to serve Thanksgiving meals at The Union Gospel Mission. Our chefs make a full course meal including turkey, ham, all the sides, and a scrumptious dessert.

Our team is also heavily invested in the local food bank. Our catering team teaches a class during the culinary course regarding their experience and advice on being a chef for TCU Catering. Our team has also volunteered our time in sorting vegetables and packing meals.

Every summer our resident dining team makes boxed lunches for students in summer camps around the metroplex with a program called Feed Our Future. On average our team makes 14,000 meals during a summer session.

Although the pandemic has made it harder to do community events, our team is still donating food through the TCU Food Recovery Network. As we start planning for the fall, we hope to be able to get back out there and continue to help the Fort Worth community in any way we can!



# FIGHT FOOD WASTE







Transforming the lives of young adults with disabilities through the power of a job.

400K

400,000 students with disabilities leave the U.S. public school system each year.<sup>1</sup>

3X

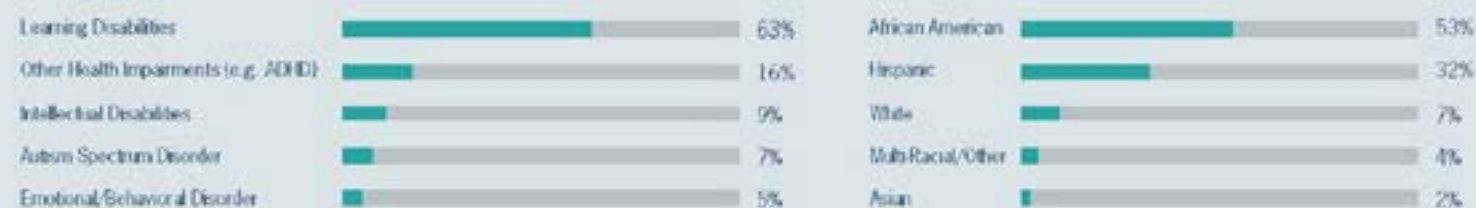
Youth with disabilities are 3 times as likely to be unemployed as their peers without disabilities.<sup>2</sup>



Since 1989, Bridges has worked with more than 24,000 young adults and 5,200 employers in 12 cities across the country.

### Demographics of young adults served:

♂ 60% Male ♀ 40% Female



98%

of participants report a positive Bridges experience while 95% of employers are satisfied with the performance of Bridges youth.



Top industries for placements: retail, food service, recreation and office services.



Program participants earn an average of \$13.00 per hour and work roughly 25 hours per week, building a foundation for vocational growth and success as they move from adolescence to adulthood.



Bridges has an 88% job placement rate and an 80% 90-day retention rate.

<sup>1</sup> U.S. Department of Education  
<sup>2</sup> U.S. Department of Labor

### Our Story

Each year in the U.S., approximately 400,000 youth with disabilities exit public high schools. The majority will remain unemployed in the year following high school graduation.

Bridges from School to Work, simply known as Bridges, has spent 30 years making an impact in some of our nation's largest cities, and we're just hitting our stride. We are a recognized leader in youth opportunity programs. Our intensive hands-on approach helps young adults with disabilities find meaningful jobs during and after they complete high school. We match youth with businesses seeking capable entry-level workers and provide the training, mentoring, and long-term support they need to thrive. Over our 30 years, we have connected over 19,000 young adults with disabilities to jobs with 5,200 employers in 12 cities.

I had the honor of chatting with Rob Mollard, Director of Dallas/ Fort Worth, and Erica Jones, Employer Representative of Fort Worth. My goal was to tell their story from their own perspective. The experience was incredibly heartwarming. The partnership between Sodexo at Texas Christian University and the Bridges program began in

2017. Erica and Monica Luna Gaarz, Retail Manager, work closely in placing high school students in the right roles so they prosper. The process begins with the relationships built within the city by Bridges. Erica works with Fort Worth ISD and Texas Work Force Commissions, where teachers recommend students to participate from their class. These



June 12, 2019 — Rohini Anand, Sodexo and Richard Marriott, Chairman of the Bridges Board  
Sodexo was awarded the National Employer of the Year recognition by the Marriott Foundation for People with Disabilities for its participation in the "Bridges from School to Work" program.

# BRIDGES PROGRAM BY SWATI BHARATHI

recommendations are based on skills, socio-economic backgrounds, or a unique story. All students enrolled in the program must have a documented disability. Once enrolled, Erica assesses and prepares the student for the job that best fits them. Due to her great relationship with employers like Monica, she assesses our company's needs when deciding which student is paired with us. After the student is hired by us, the real journey begins. Erica and Monica are not just two people who helped students get hired, but they become mentors for them. Monica and her team work with the students to ensure that they are comfortable with their job, help with any obstacles, and help them grow skills. Success in this program relies on constant communication and informative feedback. Erica is always touching base with Monica on the students to see if there is anything she can help with or if any coachable moments arise.



We are mindful of the fact we are working with high school students that have disabilities. Making sure we praise students for their good moments is crucial to their growth. Although the program is career-centered, there are critical relationships built between the students and their mentors. Many of these students are from disadvantaged communities, so even simple things like transportation may be an impediment. For example, if a student is working in hospitality and their shift ends at 2 a.m., there might not be available transportation to get home. Some students even have to balance taking care of their siblings while working and attending school. Mentors work closely with the students to make sure that they safely balance the obstacles they face while ensuring their growth.

**COVID-19: Its Effects**

The pandemic's effect on the Bridges program has been devastating to the students. The hospitality industry has taken a noticeable hit, causing many students in the program to be furloughed. However, Erica did not let this stop her from helping her students. Soon after the furloughs,

she made sure that almost all the students were hired by essential businesses like grocery stores and hospitals. However, even with good news come to some obstacles. Due to school and meetings being virtual, there is no real way to hold students accountable. Erica has been coaching students to the best of her ability on how to handle the stresses caused by the pandemic and how to keep up at work since the field is increasingly competitive. As almost 90% of students enrolled are minorities, the pandemic was largely accompanied by emotional distress following the spotlight on racial and economic injustices in the country. Students have been especially worried about how community members may view them based on their background or looks. These injustices are extremely difficult on

adults but have proven much harder for this generation's youth. Erica and Robert have done a phenomenal job in navigating these hard times and turned them into a positive situation. One tactic they utilize is to urge students who might be judged based on their ethnicity to prove their value through work ethic. As the old saying goes, you catch more flies with honey than vinegar. Robert and Erica do not have easy jobs - but their passion and desire to better the lives of these students make it all worth it. The entire interview felt more like an encouraging chat. You could hear the motivation and passion in their voices and showed that not even a pandemic would hold them back from inspiring students to achieve a brighter future. Robert ended the call with a profound commitment statement, "Changing the lives of the students through the power of a job."



Erica Jones and Monica Luna Gaarz at the Bridges award ceremony in the Dallas Marriott hotel



# Management Team

- Michael Dahl | District Manager
- Scott Majestic | General Manager of Resident Dining & Retail
- Graciela Todd | General Manager of Catering
- Jerry Grefer | General Manager of Sports & Leisure
- Swati Bharathi | Marketing Director
- Michael Smith | Culinary Director
- Tim Boise | Unit Controller
- Lamont Meriwether | Director of Resident Dining
- Rick Flores | Director of Retail
- Patrick Tipton | Resident Dining Executive Chef
- Russell Humphries | Resident Dining Executive Chef
- Eric Davis | Performance Athletic Dining Executive Chef
- Rashelle Solano | Catering Executive Chef

# The Foodie Insider

**Editorial and Design**

Swati Bharathi

**Photography**

Swati Bharathi  
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Stephanie Cowart

**Recipes**

Chef Michael Smith  
Stephanie Cowart



# PROUD PARTNERS

