

# THE SCOOP

chartwells  
where hungry minds gather



## Congratulations 2016 Graduates

The end of the 2015-2016 academic year is upon us and it has been gratifying to have been able to serve you through out the year. As we wrap up the academic year we want to share some of the exciting events that April brought us.

Celebrate Carroll is a chance for students to present their work in a formal display to all who attend. This year we were fortunate to have Olivia Carlton, a student at Carroll present about Project Clean Plate. She believes in awareness of the greater issue of hunger and dedicated her time to help collect the food and research the results the Dining Services have acquired over the past several years. As seen in the picture to the right, Olivia presented this data during Celebrate Carroll. Thank you Olivia for creating awareness of this wonderful program.

The Dining Services was able to partake in the Lunch and Learn program at Carroll, 15 faculty and staff joined Chef Moe at the Sneed house for a build your own salad tutorial. Chef Moe explained the different healthy options to enhance vitamin enriched greens to boost their lives.

Lastly, due to the great generosity of the students at Carroll University the Dining Services was able to donate \$2000 of food to the Pioneers Feed America program. This food will be added to the goal of 45,000 meals donated to the local food pantry.

The students, faculty and staff at Carroll make every day a pleasure and we look forward to seeing the returning students in the fall. For those graduating seniors, we wish you the best of luck in the future and hope to see you stop by the Dining Services in years to come.



# Verde!

As the weather begins to warm up and the sun is shining, remember to stop by Verde for a refreshing Italian soda. The flavor possibilities are endless and you can mix and match the syrups to create your own custom drink. We can also make any of your hot winter drinks into an iced favorite for the summer. We open every Monday – Friday at 8 am so stop by to grab a snack, a drink and to say hi.



Blackberry  
Blueberry  
Cherry  
Kiwi  
Lime  
Mandarin

Mango  
Passion Fruit  
Pomegranate  
Raspberry  
Strawberry  
Vanilla

Almond  
Amaretto  
Caramel  
Cinnamon  
Coconut  
Frosted Mint

# Au Bon Pain

Summer is upon us and a new lighter menu has bloomed at Au Bon Pain. Stop in this to try the new options on the menu. We are open every day 7:00am – 7:00pm in the summer months. Take advantage of the several frequent purchase cards for the summer months. Whether your favorites include coffee, sandwiches or soups, there is a card designed just for you. Purchase 5 and the 6<sup>th</sup> item is free. Be sure to stop by and pick one up today!



# CELEBRATING?

## We Cater!

Graduation Parties  
Bridal Showers  
Birthdays  
Baby Showers

Contact Kevin Slowik or Call 262-524-7347 for more information



# The Positive Pulse

With Sarah Nicklay, MS RD, Chartwells Dietitian

## Healthy Finals Survival

Your brain is a huge organ that needs to be fueled right to perform your best. Unfortunately the stress and anxiety of finals leaves many students reaching for comfort foods. But there is another way! Use these tips to boost your brain power, increase your energy, and reduce your stress.

**Eat Balanced Meals** Stress can cause you to skip meals or binge on comfort foods. If you follow this pattern your energy will be zapped and you won't have the fuel you need to deal with the crazy events in your life. When you are stressed, your body needs healthy food more than ever. Focus on eating three balanced meals and snacks daily for a steady supply of energy and defense-boosting nutrients.

**Fit in Exercise** Exercise is one of the most effective stress relievers. Aerobic exercise releases endorphins which make you feel happy. Yoga also has proven calming benefits. Next time you need a study break or an energy boost, go for a walk or do some stretching!

**Eat Breakfast** Breakfast may make you a better student. Research shows that students who eat breakfast have great attention spans, improved concentration, and perform better on spatial and cognitive tests. Breakfast eaters have better school attendance and are less apt to show up tardy.

**Choose Healthy Snacks** When your schedule is hectic, it can be hours until you find time to sit down for your next meal. It is important to keep healthy snacks on hand to keep your energy levels high and to provide fuel for your brain. Try to pair healthy protein with complex carbohydrates with fiber, like whole grains, to keep you feeling full for a longer period of time. Remember it's easy to eat extra calories when snacking so only snack when you are hungry, watch portion sizes, and snack consciously.



## The Path to a Healthier Lifestyle Through Tracking

Want to know the simplest and most effective way to change your eating habits? Write down everything you eat! Even if you think you have a good idea what you are putting in your mouth, I guarantee you will learn more about your eating habits by writing it down. The few seconds it takes to reflect on what you ate throughout the day is sometimes all it takes to jump start behavior change.

Writing down what you eat with old-fashioned paper and pencil is one great way to keep your habits in check. There are also many websites and apps available to help. MyFitnessPal is the most popular website and app on the market. It's easy to use and has a huge database of foods you can log, including Chartwells recipes! Search for "Chartwells HE" or scan the barcode found on items to add Chartwells recipes to your MyFitnessPal tracker. Lose It! is another popular website and app for tracking what you eat and also contains Chartwells recipes in the food database. Apps and websites have other features to help you achieve a healthy lifestyle including activity trackers (most also sync with wearable activity trackers), challenges, communities for support and accountability, and health information.

If you want to eat healthier or reinvigorate your motivation for a healthy lifestyle, start tracking today!

## Balanced Bite

Get enough sleep! Adequate sleep decreases stress and anxiety. Not getting enough sleep decreases cognitive performance including decision-making and memory, and impairs your immune system.

# Smart Study Snack:

## Buffalo Ranch Popcorn

- 4 cups popped popcorn
- ¼ tsp garlic powder
- 1/8 tsp dried dill
- Dash of cumin
- 1/8 tsp salt
- 1 Tbsp butter
- ½ tsp hot sauce (like Frank's Red Hot)

In a small bowl combine the garlic, dill, cumin, and salt. Set aside. In another bowl, melt butter and add hot sauce. Mix until well combined. Toss butter with popcorn in a large bowl. Then toss with seasoning.



## Chocolate Drizzle Popcorn

- 4 cups popped popcorn
- 8 Semisweet chocolate chips (the higher % cocoa the better!)

Spread the popcorn on wax paper. Melt chocolate chips in the microwave. This will take 45 seconds to 1 minute and 30 seconds. Stir half-way through. Drizzle the chocolate over the popcorn. Allow to cool and store in an air-tight container.



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