Who is the Rutgers Healthy Dining Team?

*Here’s the scenario...* You head to the dining hall, you swipe in, and just before you hit food nirvana, a group of students in black shirts and shiny gold nametags beckon you to play their game. You think to yourself, “Self... play a game, answer a few nutrition questions, and win a prize...I’m in!” You have now entered the *Healthy Dining Team* zone.

**WHO WE ARE:** Our goal is to educate the college population about nutrition and to provide the necessary tools to adopt healthy eating habits while dining on campus. The team consists of nutritional sciences undergrads under the guidance of Dr. Peggy Policastro, RDN.

**READ ONE:** The team writes weekly nutrition newsletters that can be found in the dining halls, around campus, and in electronic form on our social media platforms. The newsletters cover topics utilizing the most current evidence-based nutrition information. Each newsletter is reviewed by a Rutgers expert in the nutritional science field.

**STOP BY:** Once a month, The Healthy Dining Team brings a creative and interactive nutrition booth to the dining halls. The booths are a great way to test your knowledge on nutrition by participating in an exciting game with a chance to win a prize. In addition to booths and newsletters, the students are also involved in research, which is conducted during our booths.

**HAVE FUN:** The Healthy Dining Team hosts many exciting programs through Dining Services. Check out our social media sites for upcoming events such as *An Evening of Healthy Indulgences* promo night in the dining halls and Iron Chef competitions. Also, visit us outside of the Institute of Food, Nutrition, and Health on Rutgers Day where we will be providing samples of delicious food from the Harvest Café.

**SERVING YOU:** We are here to help you make healthier food and lifestyle choices. Do you have a nutrition question? Stop by one of our booths, drop us an email, tweet, or write on our Facebook wall. We can be found on Twitter (@RUHDT), Facebook (search “RU Healthy Dining Team”), and Instagram (@RU_HDT).

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**Use Our Knowledge to Help You Eat Healthy at College!**

*Revised By: Sofia Zois*

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*References: Rutgers Dining Services. Available at: www.food.rutgers.edu. Accessed on February 8, 2016*

*Questions? Post on our Facebook ([RU Healthy Dining Team](https://www.facebook.com/RUHealthyDiningTeam)), Twitter ([@RUHDT](https://twitter.com/RUHDT)), Instagram ([@RU_HDT](https://www.instagram.com/ru_hdt/)) or e-mail us at peggy@dining.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at [http://food.rutgers.edu](http://food.rutgers.edu).*