

William & Mary Dining



Health and Wellness

At W&M Dining, we strive to help the campus community make healthy dining decisions both on and off campus via online menu and nutrition information, healthy eating tips, campus programs and more.

Please see the following list for details regarding our efforts:

- Use zero trans fats in frying and cooking oils at all dining facilities
- Use natural olive oil
- Nutrition information is available online and at nutrition kiosks at three dining locations
- Fresh & Healthy page on website offering nutritional menus, information and links
- Vegetarian and vegan options and stations at several locations
- Actively participate with campus vegetarian groups to develop menus and specific menu items
- Campus Dietary page on website for assisting the campus community with special dietary needs
- Actively promote and sponsor activities during National Nutrition Month
 - Co-sponsor "Love Your Body Week" with CARES, a campus organization
 - Sponsor Presidential walk
 - Sponsor 2 healthy cooking classes