



ISSUE
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THE DISH

MONTHLY
NEWSLETTER OF
UNCW CAMPUS
DINING

Sustainability Tip of the Month



Install low-flow shower heads!

Low-flow shower heads reduce water use by an average of five gallons per minute, saving over 5,400 gallons per year!

Intercultural Week 2012

Intercultural Week is back this semester and UNCW Campus Dining will have a different culture featured every night in Wagoner Hall! Make sure to stop by to get a taste of all of these cuisines from around the world:

- Monday 2/13– France
- Tuesday 2/14– Italy
- Wednesday 2/15– Great Britain
- Thursday 2/16– Chinese Lunar New Year



Dub's Blue Cleaning



Dub's Café is going green with their new blue cleaning system! This new system converts regular tap water into ionized water– a powerful dirt-removing, bacteria killing agent– which is much better for the environment than using harsh chemicals. That isn't the only benefit, it also:

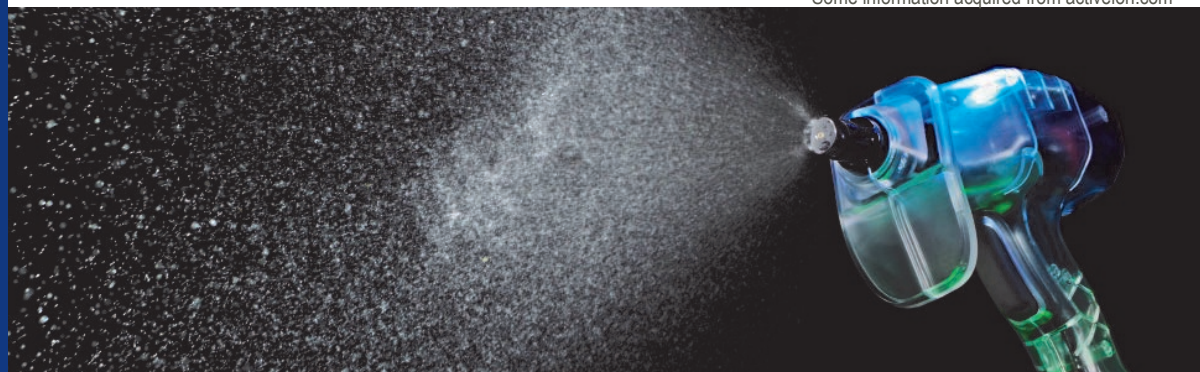
- Improves the air quality to students, administration, and staff by the reduction of exposure to chemical agents and odors.
- Improves employee safety and well being by reducing exposure to chemicals and mixing stations.

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Want to know how it works? When the trigger is pressed on the ionEXP device, water flows through a water cell that applies a slight electrical charge. The charged water is then passed through an ion exchange membrane where the water is separated into positively and negatively charged nano-bubbles. When this is directly applied to a surface, the ionized water breaks apart the dirt and lifts it away like a magnet, enabling it to be wiped away with ease. The device also kills more than 99.9% of harmful germs! For more information, visit www.activeion.com or come watch this new technology in action at Dub's Café!

** Some information acquired from activeion.com **



Meet the Campus Dining Manager



Ashley Murphy
District Marketing
Manager, UNCW

Q. When did you first start working at UNCW?

A. June 2008

Q. If Hollywood made a movie about your life, who would you like to play the lead role as you?

A. Natalie Portman

Q. If you had to have a song stuck in your head for the rest of your life, what would you choose?

A. Brown-Eyed Girl by Van Morrison

Q. If you were a Disney princess, who would you want to be?

A. Ariel— The Little Mermaid is my favorite Disney movie and I love the ocean.

Q. What do you like most about working for UNCW Campus Dining?

A. I went to UNCW and feel very at home here. I like to be among my fellow Seahawks!

Top 8 Heart Healthy Foods

In honor of Heart Health Month, Health Promotion would like to send you a friendly reminder of a few foods that you should make sure to include in your diet to have a healthy heart for life.

Try to take a little bit of time this month to incorporate some of these foods into your cooking and eating.

1) Salmon

Fish is an excellent source of omega-3 fatty acids that protect your heart by reducing both inflammation and the risk of blood clots. These fats also help to keep your LDL (bad) cholesterol levels down.



2) Olive Oil

Olive oil reduces your risk of heart disease by lowering your LDL cholesterol levels. You can use it for cooking or mix it with some vinegar for a delicious salad dressing!

3) Oats

Oats contain a soluble fiber called beta glucan that helps reduce total cholesterol and LDL cholesterol. Soluble fiber also helps keep your digestive system healthy. Add some brown sugar, fruit and/or nuts to make a yummy breakfast.



4) Apples



Apples contain a phytochemical called quercetin which has anti-inflammatory properties to help prevent blood clots. Full of vitamins and fiber, apples come in several delicious varieties and are excellent portable snacks.



5) Almonds

Almonds and other nuts contain healthy oils, vitamin E and other substances that will help keep cholesterol levels in check. Almonds are also a good source of protein and fiber. They can be a great snack on their own or thrown into salads and other dishes.



6) Dark Chocolate

Contains flavanols which are the main type of flavonoid found in cocoa and chocolate. Research indicates that flavanols have antioxidant and other positive influences on vascular health, such as lowering blood pressure and improving blood flow to the brain and heart. Be careful not to go overboard, enjoy moderate portions of chocolate (e.g., one ounce) a few times per week.



7) Whole Grains

Whole grains provide vitamins and fiber that will help to keep your heart healthy. Try to at least make half of your grains whole to be sure to get enough fiber. Whole grain bread, pasta, and brown rice are just a few ways to get in more fiber without sacrificing taste.



8) Green Leafy Vegetables

Green leafy vegetables contain folate and vitamin E. Green leafy vegetables have also been associated with better retention of memory as you age. Try adding spinach or mixed greens to your sandwiches or salads, instead of iceberg lettuce.

Brought to you by Ashley Perrone,
UNCW Health Promotion Peer Educator



Local Ingredient Recipe: White “Carolina” Turkey Chili with Local Smoked Cheddar, Avocado & Tomato

Created by UNCW Executive Sous Chef, Ryan Andress

Ingredients

- 1 tsp vegetable or olive oil
- 1/4 cup diced onion
- 1 Tbsp minced garlic cloves
- 2 cups cubed cooked “Carolina” turkey breast
- 2 (15 oz) cans cannellini beans, rinsed & drained
- 1 (10.75 oz) can reduced fat, reduced sodium cream of chicken soup
- 1 1/3 cup fat free milk
- 1 (4 oz) can chopped green chilies, drained
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1/4 North Carolina smoked cheddar, shredded
- 1 avocado, diced
- 1/2 cup roma tomatoes, diced
- 1 Tbsp cilantro, minced



Directions

- In a large saucepan, lightly sauté onions and garlic in vegetable oil for 1 minute.
- Combine next 7 ingredients; bring to a boil.
- Reduce heat; cover and simmer for 25-30 minutes or until heated through.
- Divide into 4-6 serving bowls.
- Garnish with cheddar, avocado, diced tomato and minced cilantro.
- Serve with store-bought tortilla chips.



New Grab and Go Options Now Available

There are even more grab and go options now available on campus! Stop by one of our on campus convenience stores, Java City, Fair Trade or the Hawk’s Nest to try one of our new options today!

- BLT Salad
- Spring Mix Salad with Balsamic Vinaigrette
- Tuna Salad Wrap
- Italian Rotini Salad

... and more!


Campus Dining “Likes” Tweets

UNCW Campus Dining is now on Facebook and Twitter! Be one of the first to hear about upcoming events, gain access to exclusive coupons, look up dining location hours, and more! All you have to do is go online and search “UNCW Campus Dining” on Facebook and “@UNCWDining” on Twitter to get started.

February Seahawk Savings



Enjoy. Snack. Save.

<p>Ricola Herb Drops <i>Only \$0.99!</i></p>	<p>Mrs. Freshley's Jumbo Honey Bun <i>Only \$0.89!</i></p>	<p>Kellogg's Cereal <i>2 for \$7.00 OR \$3.99 each!</i></p>
 <p>Combos <i>Only \$1.99!</i></p>	<p>Stride Gum <i>Only \$1.29!</i></p>	



Student Submission Supper

Throughout the month of February, Campus Dining is accepting ideas for our Student Submission Supper on March 22! We want to have one of your event ideas come alive in Wagoner Hall! All you have to do is post your idea on our Facebook page (UNCW Campus Dining) with your UNCW email or insert your ideas into our ballot box by the register in Wagoner Hall! The winning event idea will not only be chosen to be run in March, but the student will win \$25 Food Dollars and free entry into Wagoner Hall for the event! Event ideas are due February 30!

Trivia Tuesday on Facebook

Campus Dining now has a new program on Facebook—Trivia Tuesday! Every Tuesday, a question related to UNCW or Campus Dining is posted. The first person to answer the question correctly wins a coupon to their favorite dining location on campus! If you haven't "liked" us on Facebook yet, just search "UNCW Campus Dining" and keep an eye out for the Trivia Tuesday question every week to win!



Upcoming Events

- **Super Bowl Lunch (Friday, February 3 10:30 a.m.—2 p.m.)**

Come root for your favorite team in the Super Bowl at Dub's Café. There will be sports-style food, sports team decorations, and more!



- **Valentine's Day Lunch (Tuesday, February 14 10:30 a.m.—2 p.m.)**

Come have a romantic lunch with your sweetheart at Dub's. Listen to the romantic music, enjoy some classic date night foods, and make your own valentines!

- **International Munch & Meet: Lebanese (Thursday, February 23 10:30 a.m.—2 p.m.)**

Experience a taste of Lebanon at Dub's. There will be traditional Lebanese music, decorations and more!

- **Super Bowl Dinner (Sunday, February 5 5-8 p.m.)**

Root for your favorite Super Bowl team with the Wagoner Hall staff! Enjoy a sports-style menu with nachos and ice cream toppings, decorations with team colors, and more!

- **Valentine's Day Dinner (Tuesday, February 14 5-8 p.m.)**

Wagoner Hall will transform into a romantic dining experience for you and your valentine to enjoy!

There will be Valentine's Day decorations, romantic music, and more so don't miss it!

- **Mardi Grad Dinner (Tuesday, February 21 5-8 p.m.)**

Experience New Orleans' most renowned holiday at Wagoner Hall—Mardi Gras! Enjoy New Orleans style dishes, Mardi Gras decorations, and more!



RecycleMania at UNCW

For an eight week period, from February 5 to March 31, colleges and universities can enter the earth-friendly recycling competition- RecycleMania. The event started in 2001 with only two competing schools, this year there are 506 colleges and universities in the tournament.

Since UNCW began participating in RecycleMania in 2009, we have been doing increasingly better every year. In fact, last year we finished 83rd out of 363 schools in the Per Capita Classic Competition Division! In the CAA, we finished 2nd, and out of participating North Carolina schools, we came in 4th, ahead of UNC Chapel Hill, NC State, Wake Forest, Duke and ECU!

Here are some tips that you can do to help UNC Wilmington do even better this year:

- **-Recycle.** Every can and bottle recycled will help our overall odds of winning and help the environment.

- **-Get Crafty.** Any kind of bin or basket can be used to carry your recyclables to the main recycling bin near you.

- **-Attend events that focus on RecycleMania.** In the coming months, you will notice a lot of events revolving around recycling. Participate and bring your friends!

- **-Be an advocate.** If you see someone about to throw away a recyclable item, inform them of the proper recycling practices, and that we are in a competition to recycle the most!

- **-Know your numbers.** UNCW Recycling doesn't accept all kinds of recyclable items—only plastics number 1 and 2, glass, aluminum, computer paper, newspapers and magazines, alkaline batteries and toner cartridges can be accepted.

- **-Organize a recycling competition of your own.** See if you can get your whole residential hall involved. You can weigh the amount of recyclables generated by each floor.



Oh say, can you recycle

For more information please visit:
www.recyclemaniacs.org



Brought to you by Rebecca Hendry
UNCW Campus Dining Sustainability Coordinator