

ORIENTATION DINING

Wednesday, September 9th

Lunch: Take a break from moving and bring your family members experience lunch at '53 Commons

Dinner: A special dinner will be served in '53 Commons after the Class of 2019 Class photo

Thursday, September 10th

Dinner: Inga-Lise Ameer, the Vice Provost for Student Affairs, would like to welcome the Class of 2019 to Dartmouth with a very special dinner in '53 Commons

Saturday, September 12th

Lunch: lunch will be served at the Hopkins Center during the Class of 2019's introduction to Dartmouth's Arts District.

'53 Commons will be closed for lunch.

What's For Lunch?

The Class of 1953 Commons posts its entire menu and nutritional info available online.

<http://www.dartmouth.edu/dining/premenu.html>



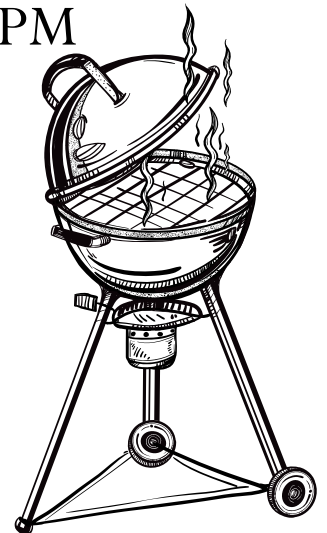
Community

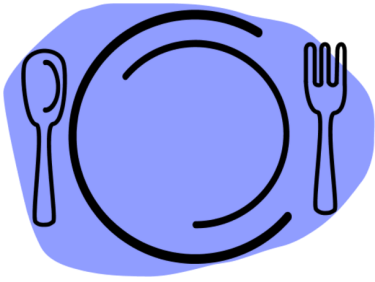
Lunch

Wednesday, Sept. 16th
12 PM - 2 PM

President Phil Hanlon and Gail Gentes will celebrate the first day of classes by hosting the annual cook-out. All members of the Dartmouth Community are invited to join us on the Gold Coast Lawn & Tuck Mall for lunch.

'53 Commons will be the rain location for the cook-out. '53 Commons, Courtyard Café and Novack Café are closed for this lunch.





Reminder: All plates, napkins, utensils, and cups should be cleared from the table and placed on the tray conveyers when you are finished with your meal.



WORLD VIEW

Fall Line-Up

Week of 8/31
Tortellini Toss

Week of 9/7
Ramen

Week of 9/14
Whole Grain Bowl

Week of 9/21
Pho

Week of 9/28
Burrito Bar

**AVOIDING THE FALL (OR FRESHMAN) 15
BY BETH ROSENBERGER, R.D.**

Whether you are leaving home for the first time, or not avoiding the Fall (or Freshman) 15 is easy to do! Here are 7 helpful tips to avoid gaining extra weight this fall.

1. Always have a water bottle with you! Don't wait until you are thirsty to get a drink. Soda, energy drinks, and coffee beverages are all MAJOR sources of added sugar and calories.
2. Fill half of your plate with fruits and veggies. The more color the better!
3. Avoid oversized portions, especially with the items are self-serve. You can always go back for more if you are still hungry.
4. Choose whole grains for at least half of your starches. This can include: whole wheat bread or bagels, whole grain cereals, wheat pasta or brown rice. They are more nutrient dense and will keep you satisfied longer.
5. Don't forget the dairy products. Dairy products provide essential vitamins and minerals such as calcium. Fat free milk or yogurt are great as a snack or with any meal.
6. For late night snacking turn to fruits, veggies, nuts or whole grains to satisfy your hunger. Pizza and chips taste great but they are not great for you.
7. Don't forget to exercise! Even with a super busy schedule your body needs to stay active. Take walks, or even do yoga in front of the television. Take the time to keep up with physical activity.

ALLERGEN TAGS @ '53 COMMONS

Do you ever wonder what all those symbols mean after each menu item? Below is a quick reference guide to help you better understand the DDS menus. The items in red will indicate allergens, the items in black indicate dietary groups. The letters in parenthesis show how these tags will appear on our website. For a better understanding of nutritional/dietary offerings at Dartmouth contact Beth Rosenberger who is the department dietitian. If you have any nutritional concerns or questions please feel free to contact Beth @ Elizabeth.A.Rosenberger@dartmouth.edu

- | | |
|--------------------------------|---------------------------|
| Contains Dairy (d) | Contains Wheat (w) |
| Contains Egg (e) | Gluten Free (GF) |
| Contains Peanuts (p) | Halal (H) |
| Contains Fish (f) | Kosher (K) |
| Contains Tree Nuts (n) | Regional (R) |
| Contains Soy (sb) | Vegetarian (L/O) |
| Contains Pork (pk) | Vegan (V) |
| Contains Shellfish (sf) | |