ASDAC Executive Leadership Group Meeting  
Monday, September 22, 2014  
4:15p, Dane’s Den

- Member Sign-in, Welcome, and Feedback Form
- UAS/UAlbany Dining Overview
- Presentation from Donna Duffy, Campus Dietician
  - Simple Servings
    - Simple Servings is a unique dining platform that was created due to the increasing number of students on campus with special dietary needs
    - The food served at simple servings also appeals to students who are concerned about portion sizes and ingredients for a variety of reasons including weight and blood sugar control.
    - Foods served at simple servings are safely prepared and do not contain milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, or gluten.
    - Associates who work at Simple Servings stations are trained to be knowledgeable about allergens, food safety, and cross-contamination.
    - Currently, Simple Servings is available on State, Indian, Colonial, and Dutch.
  - Mindful
    - Mindful is a concept that was created by Sodexo in order to make it easier for students to choose healthier foods that are new and fresh. Mindful menu choices are included in daily lunch and dinner menu selections.
    - Mindful recipes are lower in sodium, fat, and calories than traditional recipes. They are also always baked or grilled (never fried) and are served at recommended portion sizes.
  - Nutritional services on campus
    - Students who have special dietary requirements or who are interested in learning more about healthy eating or receiving nutritional advice can contact nutritional services and schedule an appointment to meet with Donna Duffy.
    - Donna also teaches a Create your Weight program. This program meets one hour a week for six weeks, and participants learn how to make lifestyle changes in order to reach their ideal weight.
  - Programs
    - Donna gave an overview of the different services that she offers to students on campus. These services include assisting students with special dietary needs, helping students stay on track with the “create your weight” program, educating students about simple servings, and teaching students to use MyFitnessPal to track calories and exercise.
- Mystery Shop Program
  - Review Mystery Shop Guidelines
  - Raffle
  - Areas to Mystery Shop:
    - Simple Servings in the quads (brunch, lunch, dinner)
    - Late lunch in the quads (M-F 2:30p-4:30p)
    - Drink dispensers in quads (soda, juice, iced tea, milk)
    - Mein Bowl
    - Zime (School of Business café)
    - Late night dining (8p-11p Mon-Thurs on Alumni and Colonial)
- Dining Promotions/Updates
  - Every Thursday 3p-5p: Thirsty Thursday-Any size fountain beverage or 12 oz. coffee for $1
  - Lemon Chicken limited time offer at Mein Bowl until 10/4
  - Every Monday 4p-8p: Monday Night Touchdown Deal at Cusato’s-Colossal one topping pie & 20 wings for $34.95
  - 9/23 (Dutch) 9/30 (Indian)- "Elite Event" Stone Steakhouse during dinner
  - 9/29- Clash of the Quads Winner Dinner (Colonial Quad)
  - 10/1 Breakfast for Dinner at all quads
- 10/1 National Kale Day- Kale will be featured in a dish in the Patroon Room

- Reminder: Adjusted hours of operation for Rash Hashanah
  - Check hours at: www.albany.edu/uas/hours.php

- Dining Visitations
  - Friday, 10/3 at 10:45a-Food Truck
  - Suggestions?
    - Members indicated that they were interested in visiting Coccadotts, the Patroon Room, and the Downtown Café.

- Fall semester meeting topics
  - Members suggested that meeting topics include construction updates, sustainability, and marketing/social media.

- Fall semester schedule- Locations TBA
  - Tuesday 10/14- 4:30p
  - Monday 11/3- 4:15p
  - Tuesday 12/2- 4:30p

Next Meeting
Tuesday, October 14th at 4:30p