

Food For Thought



The Newsletter of The University Auxiliary Services



Fall 2004

USED, USED, and yes, MORE USED!

Dixie Botts, University Bookstore

YES - THE RUMORS ARE TRUE!

Thanks to the efforts of our faculty and staff who turned in their book requests for the summer and fall during the months of March, April and May, we now have more used textbooks than ever before.

THAT MEANS BIG SAVING FOR OUR STUDENTS!!!



With over 44% of the requests in hand, we were able to pay our students 50% back on twice as many books as we could last year. That meant we put

over \$275 thousand dollars back in the hands of our students during the May Buyback. With this increase in Used Textbooks we now can save this fall's incoming students 25% off the new textbook price on the largest number of Used Textbooks we have ever had. We would like to say "Thanks" to all who helped make this happen and let's keep the savings going by getting the book requests in early for Spring!

Campusestore.com, our partners in all software needs, offers students thousands of academically priced software products, along with software licensing for departments. We invite you to visit this site and compare prices with anyone else out there.

We hope that you were one of our lucky winners!

All students were invited to stop in the Campus Bookstore the first week of



class and enter to win several great gifts. Prizes included a DVD/VHS player, OGIO bags full of all of your stadium needs, late night study group needs, and everything else you need to record your college memories. Look for more great give-aways in the future, and stop in anytime to meet your bookstore staff



MEAL PLAN CHANGES THROUGH MyUAlbany!

Ryan Webb, Assistant Director, SUNYCard

Beginning this fall, students were able to change residential meal plans at MyUAlbany during the first ten days of the semester. Students could login, select the plan and submit - the change took place within 24 hours and SUNYCard sent an email confirmation if students provided their email address!

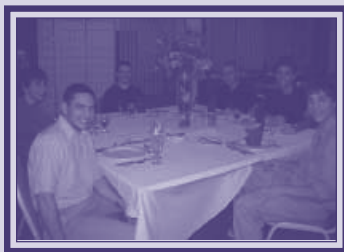
This feature will be available again during the first ten days of the Spring semester.

Changes from residential plans (plan#s 1-7) to commuter plans (#s 9-13) must still be processed in the SUNYCard office, along with any releases from residential plans.

Questions? Contact SUNYCard at:
518-442-5989 or 518-442-5926

The UAlbany Chartwells team has been busy over the summer, preparing to welcome students with a variety of new menus, programs, and venues.

Thanks to the help of student focus groups held last spring, and the input of Orientation Assistants during the summer, residence dining menus have been updated to feature more of students' favorite food items, including Friday Night Appetizers, Sunday dinner "Home Cooking" comfort foods, and more fresh fruits and vegetables on the salad bars. In Colonial and Dutch Quads, "Menutainment" action stations will feature carving stations, Italian Subs, jumbo burgers, Texas barbecue, and breakfast in the evening.



In order to put a little more variety in students' lives, destination dining concepts in each of the residence dining halls have been changed or rotated, and now include:

Alumni Quad: Interactive display cooking, with Asian noodle bowls, Kebobs-Baja Flats, Sizzlin' Salads, wraps, crepes, ethnic foods and jumbo burgers. Join us for dinner every day.

Colonial Quad: The new home for "Sweet Peas" vegetarian café (formerly located at State Quad), open for lunch and dinner Sunday - Friday.



Dutch Quad: Straight from the Campus Center, "Wrap-a-bles" debuts, offering made to order wraps and sandwiches during lunch & dinner, Sun-Friday.

Indian Quad: The ever-popular "ZeppsIII" continues, and on the upper landing near the check-in station, students will find "Cravings", a mini-convenience store that will offer "to go" entrees and snack items. Hours will be Monday-Thursday, 2:30 pm - 10:00 PM.

State Quad: Replacing Sweet Peas is "Wheat Street Deli", with prepared by request fresh sandwiches and hearty soups, during lunch and dinner.



Chartwells is also launching a health and wellness initiative this year. In addition to finding menus for all meals for all residence dining halls on the

Chartwells website (www.mycampusdining/albany), students will soon find nutritional analyses of all menu items and recipes. If you're watching your weight, eating low-carb, low-fat, or have special dietary needs, you will be able to go to the Chartwells website, and "shop" for the menu items that best meet your nutritional needs.

In the Campus Center, two new retail venues were refreshed over the summer:

The Coop: Located in the old "Babbs" area will continue the popular hot breakfast meal swipe from 7:30-10:30AM, Monday-Friday. The breakfast menu has been expanded to include homemade waffles and made-to-order omelets



The lunch menu will include CHICKEN every day! Chicken nuggets, chicken wings, chicken tenders - you asked for more chicken and now you have it! Served Monday through Friday, 11:30AM-2:30PM.

Outtakes Express, located in the Campus Center Extension food court, will provide boxed lunches to go, which can be purchased with MEAL SWIPES or for Munch Money, Podium, or cash, every day 11AM-2:30PM, M-F. Dinner is also available from 4-6PM Monday-Thursday.

"Caliente" has been moved to the "Wrap-a-bles" area and will include the popular chicken & beef wraps which were featured at "Babbs'" last year.

Chartwells' commitment to great food quality, customer service, and health and wellness begins with its employees. To raise associate skill levels and motivate employees, two new training positions have been established. Supplementing Chartwells staff this year are Chef Jason Gronoll, who will train culinary teams in all of the kitchens, and assist with VIP catering events. Denise Sombat, has been promoted from Dutch Quad manager to Director of Training for Chartwells. Ms. Sombat will assist with hiring and training new employees, developing orientation programs, and establishing training programs for intermediate and experienced employees.

In recognition of his great work at Indian Quad, former Production Manager, Rob Garcelone, has been promoted to Alumni Quad Unit Manager.

Look to the Chartwells website throughout the academic year for dining hours, special events, nutritional information, and to give Chartwells feedback about how they're doing. Together, we can make a good food service program great!

Taking a "Bite" Out of The Freshman 15

Karen Kettlewell, Director of Food Service, UAS

It is rumored that college freshmen gain 15 pounds during their first year of college. Here are 15 tips to help avoid the "Freshman 15"

1. Eat meals!
2. Check out the nutritional displays in the dining halls!
3. Buddy up for exercise!
4. Avoid "Mindless Munching" !
5. Check out the entire food line before you choose!
6. Start with small portions - you can go back for more!
7. Avoid sauces and gravies!
8. Balance high fat entrees with low fat side selections!
9. Share desserts with friends, for smaller portions!
10. Customize your food: combine sauce & pasta from the dinner pasta bar with fresh vegetables from the salad bar!
11. Talk to us! Ask for meals that you would like!
12. Make time for breakfast!
13. Eat several servings of fruits & vegetables daily!
14. Check out all the dining hall menus for the one that meets your taste & nutrition goals.
15. Avoid people who put you down for trying to maintain your weight!

For more details:

http://www.albany.edu/main/features/2004/08-04/3survival/survival2004_c.html

OFF PODIUM VENDORS

Finding something to eat after the residence dining halls have closed has become even easier with the help of the SUNYCard Off-Podium Program. Call upon these participating merchants Thursday through Sunday, 5:00 PM until closing, and have an order "to go" debited from your Podium+ account and delivered right to your residence hall or home.

Participating Partners Are:

Bello Pranzo Pizza & Pasta

1178 Western Avenue
Phone: 489-2222

DC's Pizza & Wings

1182 Western Avenue
Phone: 482-1392

Domino's

1554 Central Avenue
Phone: 452-3030

Domino's

571 New Scotland Avenue
Phone: 482-8611

Dragon City

117 Western Avenue
Phone: 489-4503

Mild Wally's

189 Quail Street
Phone: 433-7436
www.mildwallys.com

Wings Over Albany

1704 Western Ave (Town Center Plaza)
Phone: 869-WING
www.campusfood.com

Shun's Kitchen

853 Madison Avenue
Phone: 482-2222

UAS PROGRAM FUNDS

Each year UAS provides funds to support events on campus which foster educational growth and community involvement. Our organization has provided funds to events such as the Latino Conference, Don't Walk Alone, and the Martin Luther King Luncheon. It is the goal of UAS to give long-term support to continuing events, and also to assist in establishing new or fledgling events in the University at Albany community. If you would like more information, including the Program Fund application and guidelines, visit the UAS website at: www.albany.edu/uas.

SO...

HOW ARE WE DOING?

If you have comments or suggestions regarding food service, the bookstore, laundry, vending, banking, and SUNYCard (including Podium, PodiumNet and Off-Podium); please let us know.

E-mail us at uas@uamail.albany.edu.

Looking Toward the Future

Julia Filippone, Executive Director, UAS

During the summer months, UAS contracted with Envision Strategies to study residential dining services and facilities, and to establish a master plan for the next five to ten year period. Our goal is to establish a plan that enables UAS to enhance and improve the level of dining services currently provided, to meet the needs of a pluralistic student population in the future, and to develop facilities that will be designed for future adaptation and sustainability. The master plan will steer UAS toward a course of providing high quality dining services comparable to national college and university leaders and top commercial facilities. Products, prices, location of services, and types of facilities should all be responsive to anticipated consumer demand throughout the next decade.

During the course of the fall semester, representatives from Envision will guide UAS and Chartwells through a process of evaluation and analysis of:

- Commercial and higher education dining service markets
- The mission and role of the dining service program relative to UAlbany institutional priorities
- The correlation between customer satisfaction and facilities
- The impact of technology and demographics on customer expectations

In addition, Envision will provide an assessment of the existing dining facilities, and provide options as to renovating and/or building new facilities for dining services.

Paramount to this master plan's success is customer participation. Look forward to requests from UAS to meet with key constituencies, including students, faculty, staff, and institutional organizations, so that we can learn more about what is important to existing customers, and garner your help in planning for the future.

**SUPER SATURDAY
NIGHTFESTS
ARE BACK!**

Join us for special events during dining in the campus center as a part of our Saturday Nightfests. Watch for more information on albany.edu/studentevents/, albany.edu/uas and the web calendars.

www.albany.edu/uas

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