

Food For Thought




The Newsletter of The University Auxiliary Services





Spring 2004

SALADS, BURGERS AND ICE CREAM

Elizabeth Daugherty
Director of Marketing, Chartwells

University at Albany - A little bit **Wild** and a whole lot of **Greens**, that is the slogan for the new healthy retail alternative that opened this January in Babb's in the Campus Center. The  salad destination focuses on a wide variety of healthy options such as vegetarian and vegan protein options, organic snacks, flavored water, home baked rolls, and grab and go items such as tabbouleh, hummus, granola bars and pita scoopers.

If you are looking for something a bit more substantial as a meal, **BURGER KING**  has now expanded its meal equivalencies to Saturday night. From 4:00-8:00pm each Saturday night, Burger King will offer Value Meals for a meal swipe as part of the Saturday Nightfest activities. Saturday Nightfest has exceeded the expectations for student satisfaction and incorporates a food-court dinner, UAS themed activities, specials from the Campus Center tenants and involvement from many university-sponsored organizations. Each week, the food court serves over 2,500 students for dinner with over 3,000 students having been served the first Saturday night in January.

A fitting ending to any meal, **HERSHEY'S ICE CREAM**  has opened in two new locations: **Colonial Quad** and **State Quad** dining halls. Hershey's offers a vast array of hard-packed ice-cream including low-fat and low-sugar options. The served ice-cream is available in cone, dish, sundaes and milk shakes. Ice Cream was the unanimous write-in choice of student comment cards and the most requested concept during student focus groups. Hershey's Ice Cream also helped sponsor the Welcome Back Dinners in all the resident

dining halls during opening week of this spring semester. While Hershey's has units at other well-known universities such as Syracuse and Notre Dame, UAlbany is one of the first Chartwells' accounts to implement the frozen treat.



A Mystical, Magical Pajama Party was the theme for the weeklong celebration of Welcome Back Dinners in each of the five resident dining halls. Complete with psychics, magicians, balloon artists and pajama decorations, the slumber party was anything but a big sleeper! Menus featured chef-prepared omelets, crepe and carving stations, eggs benedict (with vegetarian and vegan options), a bountiful display of pastries and muffins, mock mimosas and bloody Marys, and finished off with Hershey's make-your-own sundae bars. Truly an out-of-this world experience!

SAY HELLO TO KAREN!

Please join the University Auxiliary Services in welcoming **Karen Kettlewell, MS, RD, SFNS**; our new **Food Service Director**. Karen comes to us from the American School Food Service Association where she was Director of Nutrition and Education. Her extensive background in administering school food and nutrition programs will be a definite asset to the University. You will have many opportunities to meet Karen and let her know your thoughts about food service; you will find her visiting the quad dining halls, the retail venues in the campus center, and at Town Hall Meetings. Please contact her with your comments and suggestions at kkettlewell@uamail.albany.edu.

DID YOU KNOW ...?

- You have a voice in what meal plans are offered next year. Attend any one of the Town Hall Meetings that will be held in each quad during February and tell us what you think!
- If you use all of your meals before the end of the semester, you can purchase additional meals. Contact SUNYCard for assistance.
- Your Munch Money carries over from semester to semester as long as you are a registered student with a meal plan.
- “To go” meals are available if you are ill and can’t eat in the dining hall, contact a quad dining hall manager.
- *The University Bookstore conducts textbook buyback everyday during normal business hours.*
- *The UAlbany Bookstore is the one place to buy and sell your textbooks that really benefits our University Community. Purchases at the University Bookstore support 20 book scholarships each academic year.*
- *You can reserve textbooks on-line (albany.bkstore.com) for Fall 2004.*
- *Bookstore Spring Hours (while undergraduate program is in session):*
 - Monday – Thursday: 9 AM to 6 PM*
 - Friday: 9 AM to 5 PM*
 - Saturday: 12 PM to 5 PM*
- *Contact the Bookstore for updated hours during breaks and holidays (442-5690)*

NEED MORE INFO on food service, the bookstore, laundry, vending, banking, SUNYCard, Podium, PodiumNet and Off-Podium? Visit our website at www.albany.edu/uas.

AND THE LUCKY WINNER IS...

Congratulations to:

William Brown	Jerry Lewis	Lyle Escarde
Pricella Toral	Erica Nicolli	Jeran Hayne
Nick Bridge	Sue Masi	Naheswari Kuchiyna

On January 31st, the winners and their guests were transported to New York City, treated to lunch at *Mustang Sally's* and escorted to a *Knicks* game, courtesy of **UAS** and *Coca Cola*.

Also on January 31st, as a part of Saturday Nightfests sponsored by UAS, the following students won fantastic prizes donated by *Coca Cola*:

Ozzie Ardujo - *San Francisco 49ers* Official Player's Jacket
Joseph Conte - *High Serra* Canvas & Leather Brief Case
Zhi Li Liang - *Sprite Hoop Saq* with *Spaulding* Basketball
Ryan Cola - *Coca Cola Football Town USA* Inflatable Chair

The students qualified for the drawings by completing shots in the “Touchdown Toss” provided by 

Look for more fun activities and give-a-ways during Saturday Nightfests!

YOUR CHANCE TO WIN...



Be watching for your chance to participate in **March Madness!** **UAS** and *Coca Cola* will be sponsoring March Madness give-a-ways. Details will be announced at the Saturday Nightfest in the Campus Center on Saturday, February 21st during a *WAJZ* live broadcast. Details will also be available on the Students Events Calendar (www.albany.edu/studentevents/) and will be advertised throughout the quads and dining locations. Look for your chance to win!

SATURDAY NIGHTFESTS ARE BACK!

UAS and partners will be working together to bring you special events during dining in the campus center as a part of our Saturday Nightfests. The following are tentatively planned activities, watch for more information on www.albany.edu/studentevents/ and through various advertisements on campus.

Saturday, February 21st: Mardi Gras Celebration

WAJZ Remote broadcast with DJ "Sugar Bear"

Mardi Gras masks or crowns

Caricatures

Kick-off of March Madness Ticket Give-A-Way (**UAS & Coca Cola**)



Saturday, February 28th: Old Stuff Day

Boxes for collection of old clothes - donations for needy organizations

Saturday, March 8th: Dinner & A Movie

Celebrate "Alfred Hitchcock Day" - join us for "Psycho" at 5:00 PM (Babb's Area)

Popcorn

Saturday, March 20th: March Madness

Broadcast of Games



Saturday, March 27th: Spring Break Send-Off

Tropical Drinks, Food and Activities

Saturday, April 17th: UAlbany Spirit Day

Groups and Activities Promoting School Spirit

Saturday, May 1st: Stress Relief

Hydration Tent with bottled water courtesy of Coca Cola

Executive Massages courtesy of **UAS**

Coca Cola Promotion (National Have a Coke Day)

Burger King Promotion (National Hamburger Month)

MONEY, MONEY, MONEY, MONEY!!!

With **Hudson River Bank & Trust, Co.**'s convenient hours and full services, it is easier than ever to "bank where you go to school"! Branch Manager, Rekha Singh and her friendly staff are there to assist you

Monday – Friday from 10:00 AM until 5:00 PM, during the spring semester; and

Monday – Friday from 9:00 Am until 12:00 PM during the summer.

They will be happy to help you with all of your banking needs!

WELCOME CHRIS!

Chris Ranc joined the University at Albany in October as the new manager of the University Bookstore. Although Chris has assisted Barnes & Noble with management of their Bookstores at Providence College, Roger Williams University and Marist College, he began his business career here at the University at Albany. Chris is excited about his return to UAlbany, and looks forward to utilizing his strength in building relationships with students as well as with faculty and administration. You will have an opportunity to talk with Chris, not only when you stop in the bookstore, but also at Town Hall Meetings held every semester.

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?

Tell us how we are 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.

Americans ate 20 billion hot dogs in 2002
(National Hot Dog and Sausage Council)



The top snack foods that students are now choosing are yogurt, frozen snack foods, fruit snacks, and granola bars (NPD Foodworld).

America's leading food choices are:

- 1) French fries
 - 2) Ranch-style dressings
 - 3) Hamburgers
 - 4) Cheeseburgers
 - 5) Grilled Skinless Chicken Breast
 - 6) Chicken strips, fingers, and tenders
 - 7) Cheesecake
 - 8) Baked Potatoes
 - 9) Apple Pie
 - 10) Grilled Chicken Sandwich
- (NPD Foodworld)



*"Food For Thought" is a bi-annual newsletter published by University Auxiliary Services
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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

