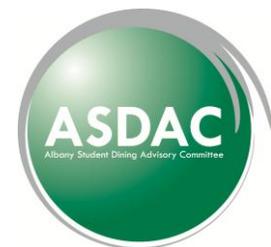


ASDAC Meeting
Monday, March 24th 2014
6 pm, Dane's Den



❖ Member Sign-in and Welcome

- Members present: Kristen Azzopardi, Brittany Bourne, Derek Ellis, Komal Thakkar, Ting Zhao, Klara Owens, Alecia Maio, Shirley Tran, Radha Urribarri, Sophia Leu, Stephanie Adjei, Irene Mensah, Megan Kriaris, Morgan O'Connell, Taliah Moore, Maxwell Larbi, Jenette Williams, Violeta Loarca, Jon Stricoff, Margaret Banda, Sabeena Valentin, Natalie Dubeche, Nanakwame Darkwa, Najua Gassant, Melissa Marseille, Manga Omasombo, Anisha Ogbewe, Rachel Friday, Prissilla Issa, Nia Sanders, Imani Whitfield, Dimitri Koutsopoulos
- UAS Representatives Present: Emily Hetzel, Karen Kettlewell
- UAlbany Dining Representatives Present: Jim Meagher, Ryan Dahlstrom, Donna Duffy

❖ ASDAC Announcements- ASDAC Co-Chairs

- Brief review of spring semester changes

❖ Meet Jim Meagher and Ryan Dahlstrom

- Jim introduced Ryan to the group and explained that he would be assuming a quality assurance role for UAlbany Dining and assisting with Dutch Quad

❖ Health and Wellness Presentation- Donna Duffy, UAlbany Dining Registered Dietician

- Individual nutrition counseling
 - Help check your dietary needs
 - 1st hour: body assessment. Your goals, etc.
 - Get back together/follow-up: half an hour
 - Allergies, very challenged (8 allergens), remove foods from menu items, prevent cross contamination
 - Individual or group; resource/support system
 - Athletes: increasing body weight
 - Donna's office is in Dutch dining hall behind the deli section
 - Type in "nutritional" on UAlbany's website and she will pop up with information
- My Fitness Pal
 - Free downloadable app
 - Barcode or search food, handy if you want to keep an eye of what you're eating
 - 5 day food diary: checks your food habits. Example: increasing/deducting calories
 - People don't always know what they're eating, so this helps with serving size, etc.
 - Easy tool; computer and/or smartphone user friendly
- Simple Servings
 - Developed by registered dietician to tackle students that were allergic to the 8 main allergens (milk, eggs, wheat, soy, shellfish, peanuts, tree nuts, gluten)
 - Created a menu that excluded these allergens
 - No waiting in line, food is served to you

- Whole food with herbs, spices, homemade sauces
- All of the chefs look at the ingredient list to prevent cross contamination
- One lunch/dinner served in 4 quads; Alumni is cook to serve as there is not a big demand
- Different quads serve different meals
- Staff are trained and certified: read labels, make sure everything is cleaned and sanitized, designated simple servings areas
- Mindful Eating
 - Stick to portion sizes, come back for more if you want it
 - Eat healthier choices without knowing it
 - Lower in fat and sodium/higher in fiber
 - Nutrient dense food
 - Cooked to recipe specification (baked/broiled, not fried)

❖ Mystery Shop Program Updates-

- New members who have attended both meetings so far this semester will get their cards this week. Returning members who attended a meeting this semester will get their cards reactivated this week.
- Hand Out Spring Mystery Shop Guidelines
- Mystery Shop Raffle-Nia was the gift card winner for this meeting
- Areas to Mystery Shop:
 - Campus Center line speed
 - UFood Grill
 - F'Real machine
 - Beverages in quad dining rooms
 - Uncommon Grounds wait time
 - Sick Meal Process
 - Sick meal package: soup mix, jello, etc.

❖ ASDAC Follow Up Card Updates

Next Meeting
Thursday, April 10th 6:30pm
Dane's Den, Indian Quad