



Students Spice it Up at UAlbany

Adventuresome UAlbany students have driven the hunger for spicy food on campus, with dining services responding by introducing special events this fall aptly entitled, Spice it Up. “Not only have students verbalized their desire for more authentic spicy foods, but UAlbany’s 2016 Resident Dining Survey clearly showed that students crave hot and spicy dishes,” stated UAlbany Dining’s Marketing Director Lauren Mancuso. “And the hotter, the better!”

“Spice it Up was introduced across all five all-you-care-to-eat resident dining rooms with the focus on menus representing some of the world’s spiciest cuisines,” said UAlbany Dining’s Executive Chef Gerard Oriol. The menus so far have featured dishes from Mexico, Thailand, India and Szechuan Province China and included lemongrass squash soup with chicken, a fiesta Mexican salad, aloo gobi, pad thai with shrimp, Szechuan pork, and ginger spice cupcakes.

Dining services has also enhanced the Spice it Up events by pairing them with nutrition tablings presented by Donna Duffy, the campus dietitian. “We want to educate our students on the variety of spices used in the Spice it Up menu, such as turmeric and ginger, so students could start to appreciate healthier ways of adding flavor without calories and sodium,” said Duffy.



In order to further satisfy students' on-going interest in adding spice to their meals, each resident dining room has permanently introduced a spice station so that students can continue to explore different spices beyond the ubiquitous salt and pepper.

"These events are great," said senior Justin Robinson while eating a Spice it Up dish with added hottiness from a bottle of Sriracha from the spice station. "My friends and I love spicy food. We can't get enough of it. "

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