

NOVEMBER 2022



# CFSG FALL NEWSLETTER

SEASONAL NEWSLETTER BY THE CAMPUS FOOD STRATEGY GROUP

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## CFSG Mandate

**WE, THE CAMPUS FOOD STRATEGY GROUP, BELIEVE:**

Food significantly helps define a campus culture.

The university experience is enhanced when students are connected to and happy with their food and food environment.

University students should feel empowered to speak and act on food issues that affect them.

### NEPLG Garden Update

UM has the capacity to house a safe, healthy, just, and sustainable food system that meets the social, cultural, economic, nutritional, and environmental needs of its community members.

# Meet the Team!



## Elena Rempel - Co-Chair

Hey there! My name is Elena and I'm in my second year of Food Sciences at U of M. About me, I'm a Winnipegger (born and raised!) and my hobbies include Scandinavian folk dancing and theatre. Most of all, I'm excited for our team to explore the different ways of bringing attention to and improving food systems on campus!

## Hiwot Jonk - Co-Chair

I'm Hiwot and this is my fourth year in the Human Nutritional Sciences program and my second year with CFSG. I was born in Ethiopia but moved to Manitoba in 2006. I am passionate about food sustainability, and hope to improve food security in Ethiopia one day. I look forward to meeting you at one of our events!



## Amelia Nguyen - Social Media Coordinator

Hey, I'm Amelia and I'm in my second year of the Human Nutritional Sciences program. I am originally from Vietnam, and moved to in Vancouver, BC, 7 years ago. My hobbies include playing badminton and baking. With that said, I am looking forward to developing teamwork and organization skills and meeting like-minded people in NECO and CFSG.

## Aimee Meunier - Event Coordinator

Hi! My name is Aimee and I'm in my 3rd year of the HNS program. I was born and raised in Winnipeg before I moved to Carman 2 years ago. I love playing soccer and trying out new recipes. This year, I'm looking forward to planning fun and engaging events for the UofM community.



## Trish Le - Event Coordinator

I am currently enrolled in my fourth year of Human Nutrition Sciences and grew up in Vietnam. My hobbies are reading, playing and watching my favourite dramas (oops, guilty pleasure!). It's incredible that we are finally back in person, and I can't wait to meet some new faces in our department.

# SUSTAINABLE LUNCH PACKING

By Elena Rempel

Back to school on campus means a new routine for students. The days of rolling out of bed five minutes before your zoom class started are becoming a distant memory.

And for some students, packing a lunch for school in the morning has become part of their daily routine.

We would like to help students be smart about their lunch packing practices by compiling some tips on how to pack in a more environmentally friendly way.



# SUSTAINABLE LUNCH PACKING

Broken down into 4 simple steps!

## LUNCH BOX

Although we all know the charm of the classic paper bag, we suggest that you opt for a more reusable and sustainable alternative. The tiffin carrier provides the best of both worlds when it comes to combining reusability and sustainability due to being made entirely of stainless steel.



## FOOD WRAP MATERIAL

We urge you to put down your plastic wrap and consider a different method of securing your sandwiches or snacks. We recommend giving beeswax wraps a try. Made of cotton covered in a thin layer of beeswax, these wraps provide an ecofriendly substitute to more commonly used single use plastic options.

## FOOD CONTAINER

As food containers come in all shapes and sizes, we would like to bring your attention to one of the possibilities: Mason jars. Now stay with me! A mason jar does not need to be solely confined to your grandma's homemade jam. Just like it stores the jam, it can also store your lunch. Soup, salad, yogurt, you name it! Not to mention, it's made of recyclable materials!



## REDUCE, REUSE, RECYCLE!

It may seem elementary but let the three R's, Reduce, Reuse, and Recycle guide you when making choices on how to pack your lunch. To reduce wastage, avoid using disposable cutlery by bringing your own cutlery from home. Choose a reusable snack bag in place of a Ziploc bag. Gravitate towards incorporating containers that are recyclable or even biodegradable.

# WHERE TO EAT ON CAMPUS?

Campus life is back at the university! Whether you are a returning student or brand new to campus, you may be wondering where's a good place to grab some food. Well, we at NECO wanted to help with that question by compiling a list of potential spots located in the UMSU University Center (65 Chancellors Center)



## 1ST FLOOR FOOD COURT



### Burrito Splendido

Mexican cuisine such as burritos, tacos and salads.

Mon-Fri: 11:00 AM - 4:00 PM



### PZA

Build your own pizza with a variety of toppings available.

Mon-Fri: 10:30 AM - 3:00 PM



### AFV Kitchen

Afro-Caribbean cuisine serves dishes such as rice with hearty stews and plantains.

Mon-Fri: 10:30 AM - 6:00 PM



### GPA's Campus Convenience

Located next to the food court, you can find quick meals before class.

Mon-Fri: 8 AM - 8 PM

Sat: 11 am - 4 PM



### Bagelsmith

Montreal-style bagel shop with a modern twist.

Mon-Fri: 9:00 AM - 3:00 PM



### Grill

Burger restaurant with appetizing side dishes.

Mon-Fri: 10:30 AM - 4:00 PM



### Healthy Kitchen

A healthier take on popular favourites.



### Restaurant Rotation Station

Showcases different cuisines from around the world, but for a limited time!



### Wok

Asian cuisine with dishes from Vietnam, China, Thailand, India and Japan.



### Subway

Submarine sandwiches and wraps.

Mon-Fri: 10:30 AM - 6:00 PM

\* Store operating hours may vary over time

# WHERE TO EAT ON CAMPUS?



## 3RD FLOOR UMSU UNIVERSITY CENTER

If you're in the mood for more of a sit-down dining experience while on campus, you should head up to the third floor. Up there we have:



### Degree's Diner

Serves breakfast and burgers, with vegetarian and vegan options available

Mon-Fri: 8 AM - 8 PM:



### IQ's Café & Billiards

Serves Starbucks drinks and food and includes pool and board games.

Mon-Fri: 8 AM - 10 PM



### VW Social Club

Bar with student-friendly pricing and vegetarian, vegan, and gluten options available.

Mon-Fri: 11 AM - 2 AM

\* Store operating hours may vary over time

# WHERE TO EAT ON CAMPUS?

As caffeine is a core ingredient of many students' diets, the university has made sure it's easy to get your hands on a cup of coffee. Whether you prefer Tims or Starbucks, both have multiple locations on campus.



## Tim Hortons locations

- University Centre - 65 Chancellors Circle - 2nd Floor
  - Mon-Fri: 8 AM - 2 PM
- Engineering Information and Technology Complex (EITC) Atrium Level - 75 Chancellors Circle
  - Mon-Fri: 8 AM - 6 PM
- Fletcher Argue - 15 Chancellors Circle (Tims Express)



## Starbucks locations

- Dafoe Library - 25 Chancellors Circle
  - Mon-Fri: 8 AM - 4 PM
  - Sat-Sun: 11 AM - 3 PM
- U of M Bookstore - University Centre - 65 Chancellors Circle
  - Mon-Fri: 8 AM - 4 PM



## CAFES ON CAMPUS

We have many cafés scattered all throughout campus. In nearly every corner, there's a place to eat! This, however, might make finding all of them a challenge. Here's some tips on where they are:



### Greenhouse Café

Fletcher Argue Tunnel (Fletcher Argue Building at 15 Chancellor's Cr.)  
Serves soup and express items  
Mon-Fri: 8 AM - 4 PM



### Daily Bread Café

St. John's College (92 Dysart Rd)  
Serves breakfast, and lunch dishes.  
Mon-Fri: 8 AM - 4 PM



### Belltower Café

St. Paul's College (70 Dysart Rd)  
Serves all-day breakfast and lunch dishes, with delicious sides.  
Mon-Fri: 8:30 AM - 4:30 PM



### Dayside Café

University College (203-220 Dysart Rd)  
Serves pastries, soup and coffee.  
Mon-Fri: 8 AM - 4 PM

\* Store operating hours may vary over time

# WHERE TO EAT ON CAMPUS?

If you still don't know where you would like to eat, don't worry! There are still a couple more options available on campus for you to try:



## The Starting Block

Serves healthy and nutritious lunches and snacks.  
(Active Living Center - 430 University Crescent)

Mon-Fri: 8 AM - 3 PM



## Fresh Food Company

All-you-can-eat dining experience  
(Pembina Hall - 26 MacLean Crescent)

Mon-Fri: 7:30 AM - 10 PM




## Up & Atom

Coffee shop with baked goods.  
(Armes Science Lounge - 30b Shifton Road)

If you would like to find out more about a venue, check out the "Eat on Campus" webpage (linked to image below) or the dining services website at <https://umanitoba.campusdish.com/>.

### Eat on campus

Finding convenient, affordable and healthy meals, snacks and refreshments on campus has never been easier.  
Be sure to check individual locations for hours of operation.



Fresh Food Company - daily breakfast, lunch & supper service

Open to all staff and visitors, the [Fresh Food Company](#) is located at 26 MacLean Cres, in the heart of Pembina Hall. Come by for a hot meal - available for take-out.

\* Store operating hours may vary over time



# HEALTHY APPLE NACHOS

Source: [Simple Veganista](#)

Another busy midterms season is coming and we all crave delicious snacks between study sessions. And a quick, easy but also healthy recipe that can help us battling long hours of studying is Sweet Apple Nacho.

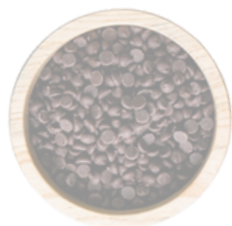
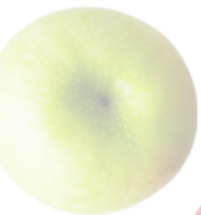
## Ingredients:

- Apple: Use your favorite varieties of apple
- Lemon or lime juice (optional)
- Peanut butter or any kind of nut butter
- Optional toppings:
  - Chocolate chips
  - Shredded coconut
  - Cinnamon
  - Almond or any type of nut



## How to make Sweet Apple Nacho:

- Step 1: Wash and dry the apple. Cut apples into quarters, remove the core, and slice them into thin slices ( $\frac{1}{4}$  to  $\frac{1}{2}$  inch).
- Step 2: Drizzle with lemon or lime juice over the apple slices. This is optional but it will keep the apples from browning.
- Step 3: Place your apple slices on a serving plate.
- Step 4: Warm the peanut butter up and drizzle it over the apple slices.
- Step 5: Finally, top it with our recommended toppings or any other topping of your choice.



**AND THAT'S IT! HOPE YOU ENJOY THIS SIMPLE AND WHOLESOME SNACK.**

# NEWS AND RESOURCES

Get caught up on everything CFSG and more!



For the last few months we have been introducing the new group members to CFSG, working on a garden tour video and creating this newsletter. We have also been making plans for in-person What's Cooking On Campus for the winter term and free food prep packages similar to Hello Fresh!

## WHAT'S IN SEASON

- Cranberries
- Pears
- Quince
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Leeks
- Onions
- Parsnips
- Potatoes
- Pumpkin
- Radishes
- Rutabagas
- Turnips
- Apples
- Beets
- Artichokes
- Broccoli



Check out our [garden tour video](#) on the NECO YouTube account!



Our garden is located behind the Art Barn Studio which is south of the Plant Science building.

Still not sure where it is? Check out this handy map on the left! Or the video above!

# NEWS AND RESOURCES

Get caught up on everything CFSG and more!



The Winnipeg Food Council is a committee overseeing food systems policy through research and community engagement. They also focus on enhancing urban agriculture! Click on the image to go to their website or find them on Instagram at [wpgfoodcouncil](https://www.instagram.com/wpgfoodcouncil).



Food Matters Manitoba is a non-profit organization that seeks to improve food security in Manitoba. Their website has resources available about food security, events, workshops, and courses, plus jobs available! Click on the picture to view their latest newsletter!



Love Food Hate Waste is an organization that aims to reduce food waste in Canada. Their website has great tips, info and recipes to curb food waste. Click on the image to read their blog post on five ways to use up your leftover pumpkins from Halloween!



Food Matters Manitoba also offers online courses about food security. Users can download the free PDF files and watch educational videos on this topic, which are available in English and French. Click on the image above to enroll in their Food Perspectives and Preferences course!



Respect for food is a respect for life, for who we are and what we do.

~ TOMAS KELLER



### **Elena Rempel**

Elena wrote the sections on sustainable lunch packing and where to eat on campus.



### **Amelia Nguyen**

Amelia was the main editor for this newsletter.



### **Hiwot Jonk**

Hiwot wrote the news and resources section and designed this newsletter.



Thank you for subscribing to our newsletter! Let us know if you have any comments, questions or concerns by clicking the link above!