

UNIVERSITY OF LOUISVILLE

Fall 2023 RD Highlights- Ashly Whited

FALL 2023 PROGRAMS



MOBILE KITCHEN

“I will definitely make the black bean filling again. It’s a good way for me to get veggies in.”

“I will cook this recipe and also make sure I am safely using knives.”



SMOOTHIE BIKE



HEALTHY EATING ON CAMPUS

“I’ll look at the nutrition labels and look for the added sugar’s part because I never noticed that before.”

“The Ville Grill has many healthy options and many different food areas.”

INNOVATION SOLUTIONS



Increased need for Halal options on campus

- Added 3 new Halal meat products.
- Set a goal to have one Halal meat option every service.
- Implemented Halal signage for easy identification.

PRESENTATIONS & CLASSES 9 Campus Health | 5 General Nutrition Education | 39 Orientations

FALL 2023

TABLINGS & EVENTS



NATIONAL EAT OUTSIDE DAY



HEY PUMPKIN!



NACHO DAY



LET'S TALK ABOUT CAFFEINE



SUSTAINABILITY FAIR & SMOOTHIE BIKE



TREAT YO SELF

40 NUTRITION CONSULTS

TRAINING

Allertrain, In-Services, HAL/Nutrition Navigator Training, Welcome Back Training, Allergen Solutions Training



PARTNERSHIPS

Hudson Middle School, SGA, Dairy Alliance, DRC, BRICC, Campus Health

MORE EVENTS!

Calm Café, Stress Awareness Day (Take 15/BYO Tea), and Wellness Fair at the UofL School of Dentistry