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Smart Bite Your Way to a Better Bod

March 2, 2015

STATESBORO, Ga. – March is National Nutrition Month, and Georgia Southern's Eagle Dining Services is participating by helping everyone on campus take "smart bites" all month long. Throughout March, students can eat healthy recipes around campus and then take a survey regarding the recipe they have tried. The top 20 respondents who take the most surveys throughout the month will be invited to Brittany's Brunch on Friday, March 27.

There are plenty of ways to earn smart bite points toward scoring an invitation to brunch. Sample a pHresh greens smoothie after a good workout on Wellness Wednesdays after leaving the RAC on March 4, 11 and 25 from 2 – 4p.m. Head over to the Dining Commons and Lakeside for lunch on Wellness Wednesday for a healthy menu designed by Brittany Parham, Nutritional Coordinator. During all Wellness Wednesdays students can visit the RAC, Dining Commons or Lakeside to grab a calendar of all survey and prize locations. Students can also try Healthy Bites for Smart Living each day in select locations at the Dining Commons and Lakeside.

Students that participate in filling out the survey throughout the three weeks of National Nutrition Month will be entered to win a reservation to attend Brittany's Brunch, hosted by Blue Tie Catering. The brunch will feature Michelle Martin, Director of University Wellness, members from the Student Dietetics Association (SDA) and America Minc, the Director of CRI. Attendees can also expect a visit from President Keel, Ph.D. The brunch will feature Huevos Rancheros, unique juices, a fruit display, "Eagles benedict," honey glazed ham, brussel sprout and sweet potato hash, a bread bar and a cookbook book given out to all who attend! Brunch guests can also expect to win some great prizes. The top three survey respondents will win one of many prizes, including a Fitbit Flex.

About Auxiliary Services Auxiliary Services' mission is to create the best possible Georgia Southern University experience. Auxiliary Services strives to provide the highest quality products and services to the Georgia Southern community, while setting the highest operational standards possible. Auxiliary Services supports the strategic direction of the University through the delivery of extraordinary programs, products, services and facilities. Visit: <https://auxiliary.georgiasouthern.edu/>

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