

NOVEMBER 2020 | VOL. 2 ISSUE 2

# THE BITE

A NEW NORMAL EDITION



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A NEW NORMAL EDITION



## A NEW NORMAL

In a year that is accentuated by various challenges and changes to our business, we at STFX Campus Food Services strive to provide the highest level of quality of food service to our patrons, the community at STFX university.

This edition of THE BITE newsletter will cover topics such as the changes to our food service that we have implemented during these unprecedented times and the new exciting changes that are coming to you this year!

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# STAFF APPRECIATION



## A SMILE BEHIND THE MASK

Left: Our Bloomfield Cafe staff during their first day of classes looking forward to serve the students again.

Below: Our executive chef and experienced cooks working together to prepare the students their in-residence isolation meals during the mandatory 14-day quarantine upon arrival.

## THERE'S NO "I" IN TEAM

### Staff Members Take The Lead In Safer Dining Experience

A return to work for the new university year in 2020 meant a new way of doing things for everyone at StFX Campus Food Services. In order to return to service, all of our staff were required to undergo a new extensive health and safety training procedure to fulfill the public health requirement in slowing and stopping the spread of COVID-19 through food service.

With the information of the new incoming student population arriving from outside of the Atlantic provinces travel bubble, there was a tremendous need for food and accommodation as all travelling individuals are required to follow the public health practice of 14-day self-isolation. The success in our ability to provide over 20,000 isolation meals during the quarantine can be highly credited to the relentless hard work that was shown by all of our staff members and managers working 7 days a week to ensure on-time meal delivery.



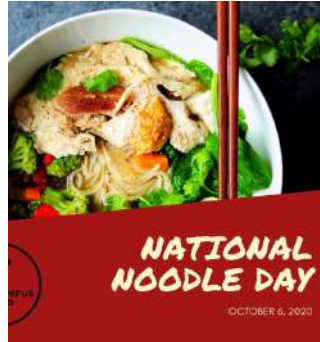


# PAST & FUTURE EVENTS

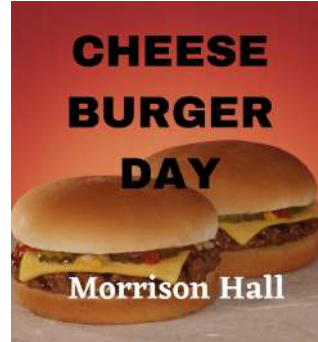
## SOME OF OUR EVENTS SINCE LAST ISSUE



October 1st



October 6th



October 10th



October 13th



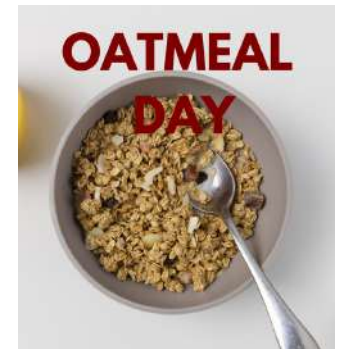
October 14th



October 21st



October 20th-23rd



October 29th

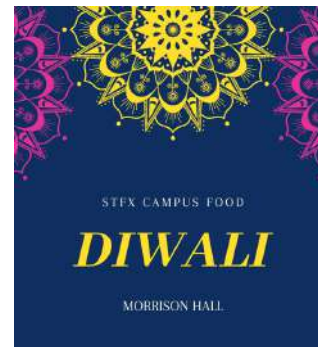
## OUR UPCOMING EVENTS



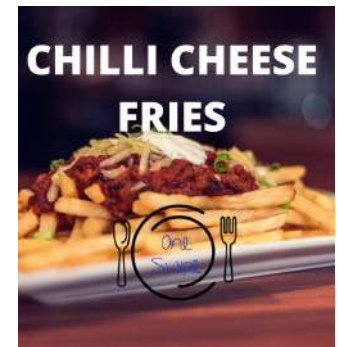
November 3rd



November 6th



November 12th



November 18th



November 6th



November 23rd



December 4th



December 5th-16th



# STUDENT CULINARY

C O U N C I L

**Join today & help shape  
campus dining.**

**Get rewarded for your input.**

**Contact us to join  
today!**

[sjama1@stfx.ca](mailto:sjama1@stfx.ca)



# GIFTS FROM HOME

Showing Affection From A Distance

**DID YOU KNOW?**

StFX Campus Food Services has a program called **Gifts From Home** where you can show your students some love and affection by sending them a special care package prepared by us.

To learn more about our Gifts From Home packages, visit our website at <https://stfxcampusfood.sodexomyway.com/show/GFH>

# DIETARY ACCOMMODATIONS

## Your Dietary Needs Are Our Main Concern

Sodexo's Quality of Life Services motto includes our conviction in providing the best food service and dining experience to our clients and all of our patrons at St. Francis Xavier University.

We are continuously committed to serving delicious, healthy, and most importantly, safe food to our client and patrons while simultaneously doing our best in meeting the common food allergies, intolerances and other dietary restrictions that exist.

If you have any dietary concerns, we highly recommend you filling out the **ALLERGY FORM** that can be found on our website (see website link on the right). You will then be contacted by one of our dining managers who will give you a complete walk through of Morrison Hall and help you address how we can best meet your dietary requirement.

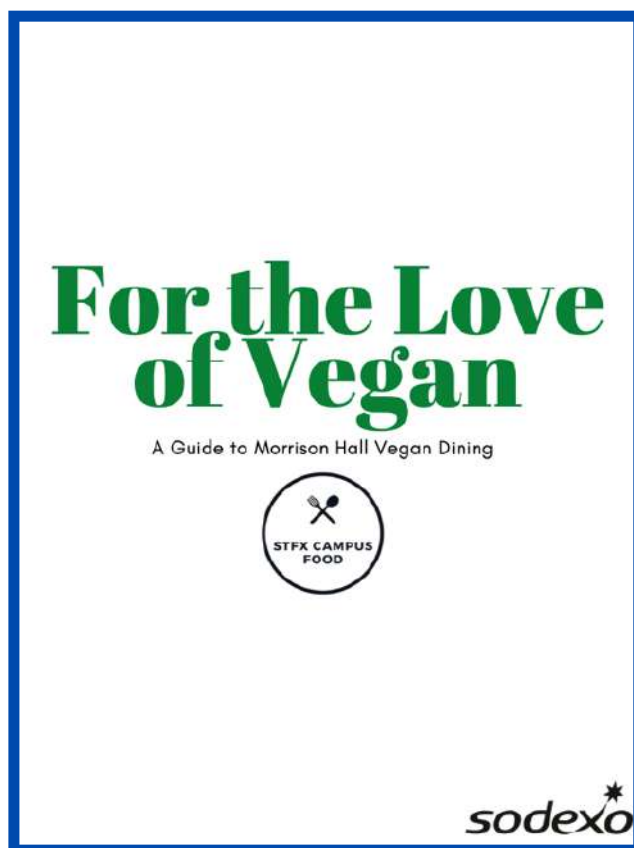
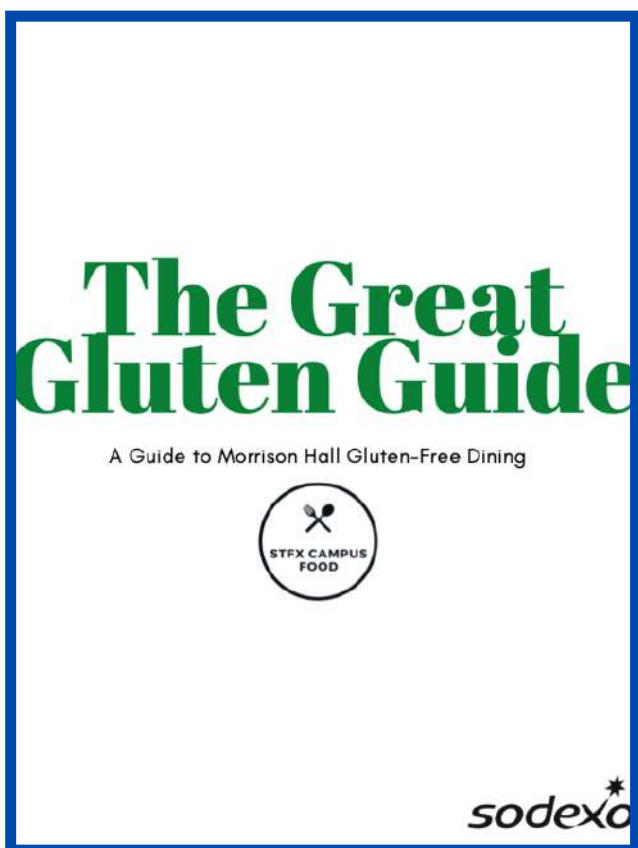
StFX Campus Food Services understands that food allergies can be very serious. All of our food service staff members and managers are well trained in food safety and advanced food safety training that meets the guidelines from Food Allergy Canada.

We currently provide dietary accommodations for most common food allergies, Vegan, Vegetarian, Halal, Gluten-free and various special diets.

To help create the best campus dining experience for our students, we have created a comprehensive document guide list on all Gluten-free and Vegan food products that are currently available on campus. Subsequently, look out for the **VG** and **GF** symbols on our food menu displays in our dining hall and retail units to help you choose the right food that meets your dietary needs. To access these document guides, please visit our website (see link below).

TO LEARN MORE ABOUT OUR DIETARY ACCOMODATIONS SERVICES AND DIETARY GUIDES, VISIT:

[stfxcampusfood.sodexomyway.com/explore/health-wellness](http://stfxcampusfood.sodexomyway.com/explore/health-wellness)



# OUR PRODUCTS

Sodexo Brands



## SIMPLY TO GO

A convenient grab-and-go solution that is available any time of the day, with a wide range of breakfast items, sandwiches, bowls, snacks and more. You can choose a single item or make a meal out of it. You can grab your favourite Simply To Go products Twelve, Bloomfield Cafe, Keating Cafe and Twelve.

## LOVE OF FOOD

Love of Food is a culinary concept that combines the elements of creativity and authenticity together. Love of Food Products consists of recipes that are created by Sodexo chefs from diverse backgrounds, kitchen experiences and cooking styles. You can try our Love of Food products today at Twelve and Grab and Go @ Morrison Hall.



## MINDFUL

While designed for the use in our retail units, Mindful by Sodexo is also an online resource that was created with the purpose of providing the best tools for our customers to help them eat delicious food and practice a more mindful living lifestyle.

For more information on Mindful, please visit our website at [www.mindful.sodexo.com](http://www.mindful.sodexo.com)

# STAYING LOCAL

These are some of our current local food providers



## GRAPE CHERRY TOMATOES

Den Haan specialize in producing fresh, greenhouse-grown tomatoes and cucumbers for the Atlantic Canadian marketplace. Located in the Annapolis Valley of Nova Scotia, the family business started by Dutch immigrant Jac den Haan is now led by his grandson Luke. We currently purchase our grape cherry tomatoes from their farm.

**Visit their website:** [Denhaan.ca](http://Denhaan.ca)

## WILD BLUEBERRIES

Oxford Nova Scotia, is considered to be the blueberry capital of Canada and hence, all of our blueberry products served on campus are exclusively purchased from Nova Scotia. We currently purchase our blueberries from Bonnyman's Wild Blueberries, located in Tatamagouche, NS.

**Visit their website:** <https://www.nswildblueberries.ca/>



HAND HARVESTED IN ATLANTIC CANADA!

## GREEN PEPPERS

Vermeulen Farms Limited is a thriving 450-acre fresh fruit and vegetable farm in Canning, Nova Scotia. They have been growing produce since 1986 specializing in salad vegetables, asparagus, melons and strawberries. We currently purchase our green peppers from their farms.

**Visit their website:** <https://www.vermeulenfarms.com>

## POTATOES

Spurr Bros Farm is a family run farm business located in Melvern Square, Nova Scotia. Their goal is to grow and produce the highest level of fruits and vegetables that exceeds their customer's expectations. We currently purchase potatoes from their farm.

**Visit their facebook:** [@spurrbrothersfarms](https://www.facebook.com/spurrbrothersfarms)



## BEETS, CABBAGE, PARSNIPS



Sawler gardens is located in 178 Pleasant Valley Rd. Berwick, NS. Sawler gardens is one of the most modern farms that make up part of the Agri-Growers Limited group in Berwick, NS. They produce a variety of high quality root vegetables, and fruits all year round. We currently purchase Beets, Cabbage, and Parsnips from Sawler Gardens.

**Visit their website:** <https://sawlergardens.ca>



# DIETETIC INTERNSHIP

Kelsey Gill - Fall 2020 Dietetic Intern



## HELPING STUDENTS EMBRACE FOOD BETTER

Kelsey Gill is a recent student graduate from the Bsc. Human Nutrition program and is currently completing her first dietetic practicum placement with us at StFX Campus Food Services since the last week of August 2020. She has since completed various works such as creating a vegan food guide resource, weekly nutrition newsletter and a student focused survey on the gluten-free diet to help make gluten-free food more readily available on campus and she also helps inform students on what is currently available to them.

Kelsey is a big advocate in the role of food and mental well-being. She believes in having a healthy relationship with food and that we should normalize the consumption of comfort foods as a coping mechanism during stressful times of the pandemic. She says that "when focusing on the role of food in our mental health it's important to focus on a well-balanced approach to healthy eating, as outlined by Canada's Food Guide. When we properly fuel our body, we will see not only physical, but mental changes"

**Amazing fact about Kelsey Gill:** She is the recipient of the \$5000 scholarship awarded by the Sodexo Canada Scholarship program to a 3rd/4th year Human Nutrition student pursuing a career in the food service industry. She is also the recipient of the University Gold Medal BSc Human Nutrition with distinction!

**StFX Campus Food Operational Hours**  
**Remembrance Day Hours(November 11, 2020)**

**Morrison Hall**

Wednesday

Lunch

11:00AM-2:00PM

Dinner

4:30PM-7:30PM

**Grab & Go**

Wednesday

Open

9:30AM-7:30PM

**Starbucks**

Wednesday

Open

12:00pm-6:00PM

**MSB Café**

Closed

**Twelve**

Closed

**Keating Café**

Closed

**Bloomfield Cafe**

Closed

**Remembrance Day**



*LEST WE FORGET*



# WHAT'S NEXT?

## Bite Canada App

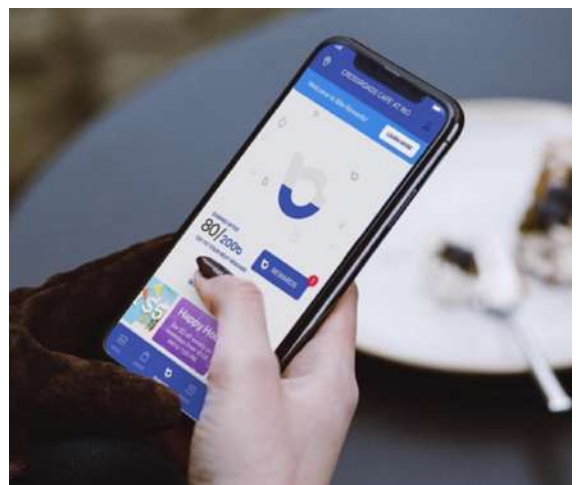
### THE NEW COOL THING ON THE BLOCK

Bite Canada is Sodexo's easy-to-use, interactive phone app that's designed to help users obtain information about dining on campus. It displays the daily menus and promotions we have for all of our dining hall and retail units.

Bite Canada allows its users to order food and pay in advance at our participating retail units from the comfort of your own home. The app also provides you with complete nutrition information on every food item that is available and allows the users to share feedback about your dining experience with us.

Bite Canada is also an app that engages its users by awarding its users with bite rewards that can be accumulated and redeemed as food deals and more. To put it simply, the more you use it, the more rewards you will receive.

The Bite Canada app will be available to be downloaded through the App Store and Play Store on both Iphone and Android devices respectively. Follow us on Social media at @stfxcampusfood to keep yourself updated on when the Bite Canada service will be launched on our campus!





*It is time to start thinking about your holiday catering needs. Whether you plan to spoil your staff, students, friends or family, Sodexo has your catering needs covered!*



## HOLIDAY CATERING MENU COMING SOON

Stay tuned on our social media for a new menu release coming mid November. We are excited to be creating new and innovative ways to serve you delicious and fun holiday food while keeping your guests and our staff safe. Contact our Catering Manager at [catering@stfx.ca](mailto:catering@stfx.ca) to talk through your holiday catering needs.



### ALSO COMING SOON

# TAKE 'N BAKE

Introducing our new Take 'n Bake meal program! As of November 13th we will be launching a new frozen meal program for students, staff & faculty. We will have a special meal for you to take home to stock your freezers or treat yourself for dinner every month. Meals will come in individual portions and group portions for up to 6 people. You can conveniently pick up meals in Morrison Hall on your way home. The menu will change monthly and you can find out more about this program when we launch it in mid November or by contacting our Catering Manager, Taylor Mattie.