The Fall 2022 semester is in full swing and so is Mason Dining! Throughout September, we hosted lots of exciting events to get students back into the swing of the school year. Keep reading to learn more about how we made this month one to remember!
Farmer's Market

Thank you to everyone who came out to the Farmers Market! Vendors were selling everything from soaps to succulents to buzz buttons (yes, that's a real thing) and we loved it all. We had fun supporting some small businesses and hope you did too! See you all again for our next farmers market in October!

Do you know what buzz buttons are?

Neither did we until a few days ago! When eaten, these small yellow flowers give your mouth a tingling sensation similar to the feeling that Pop Rocks give you.
we asked students to guess what this mystery surprise could be for a chance to win a basket of goodies!
Our Patriot Snack Stops are located at some of Mason’s most popular spots, such as the Johnson Center and Fenwick Library, so everyone can enjoy what we think are the cutest additions to campus. And just when you thought things couldn’t get any better, Patriot Snack Stops are available for rent by on-campus organizations! They will also be present at some of our favorite events throughout the year, like basketball games and residence hall gatherings.
On Wednesday, September 7, George Mason University's dietitian, Brooke Tresch partnered with the university's culinary club to host a cooking class for students at Ike's Dining Hall. However, this cooking class was a bit different than usual, as students were taught how to make meals in their dorm room. As many people know, college dorm rooms typically do not include kitchens. Therefore, if on-campus students want to cook for themselves, they are left with limited options. Wednesday's cooking class featured French toast in a mug, spring rolls, salad and overnight oats, dishes that don’t require anything but a microwave and refrigerator, which are two staples of a typical college dorm.
The next time you order coffee or pizza on campus, consider donating to #Coins4Change

@MasonDining has partnered with @ssacgmu to create a donation program that is easy to participate in and has far-reaching impact. Donating just a few coins at the register supports the Patriot Food Pantry and money collected is converted into meal swipes for Mason students that face food insecurity.

Coins4Change is:
➡️ Valid at most retail locations across campus.
➡️ Accepted only with Mason Money, credit/debit cards, and cash.
➡️ A great way to make a difference on campus.
Our global population is expected to reach nearly 10 billion people in 2050, so it’s critical that we make smart choices today to ensure we have the necessary resources to accommodate almost 2 billion more people in the coming years. That’s why Future 50 Foods are so important to incorporate into our everyday diet. Future 50 Foods are a list of fifty foods that are not only good for the environment but also good for our health. These items range from cacti to lentils to kale and many other fruits, vegetables, grains, beans, and more.

Southside Dining Hall features a unique Grain & Vegan Bar which focuses on Future 50 Foods.
SURPRISE YOUR STUDENT WHILE THEY ARE AWAY WITH SOME LOVE FROM HOME.

CHECK OUT OUR SPECIAL CARE PACKAGES.
ORDER ONLINE & SEND IT TO YOUR STUDENT THROUGHOUT THE YEAR!

Care Packages
by Mason Dining

[dining.gmu.edu]