

Happenings

2017-2018



Day

April 25, 2018

We hosted the end of the semester Stress Less Day with a variety of food and fun activities at the University Dining Center! The purpose of the event was to educate and provide different ways for the students to ease and deal with their stresses with finals right around the corner. The event kicked off with the “Spin Your Own Smoothies” activity during breakfast. It was followed by a stress less lunch with coloring stations and the day wrapped up with a “Healthy Trails To Finals” create your own trail mix bar.

The “Spin Your Own Smoothie” breakfast was a huge hit! Lexi, Campus Dietitian was joined by two Dietetic students Danielle and Kaitlyn to serve the students. Exercise is a great way to reduce stress and the students enjoyed pedaling away their stresses while making a delicious and healthy smoothie! A variety of ingredients were available to make a stress less smoothie including frozen fruit, yogurts, rolled oats, spinach, kale, chia seeds, wheat germ, pineapple juice, soy milk and skim milk. A handout was also provided highlighting the benefits of the ingredients used in the smoothies. The smoothie bikes were a fun experience for everyone!



“It’s really cool. I like the healthy options for the smoothies!”
Myles



Kaitlyn Lexi Danielle



“Drink up! A great after work out drink! Gets my mind off finals. A great way to de-stress!”
Nyles



“It’s cool for students to blend their own smoothies & there are lots of healthy options! Kaitlyn



It’s fun handing out flyers showing the benefits of the ingredients and they can continue to eat healthy on a daily basis! Danielle

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During lunch the tables had balloons, crayons and coloring sheets so students could color their stress away while eating a stress less meal. The stress less menu at the Classics station included Cajun Roasted Turkey Breast with a pineapple and peach chutney, Butternut Squash and Rye Bread Stuffing served with a side of Garlic Asparagus or Sautéed Bell Pepper and Onions– all foods have stress reducing benefits, which were displayed on the sneeze guards. Students enjoyed coloring and eating to relieve some of their stress! “It’s a good way to relax and eat!” said Alyssa and Brady. “It’s fun and a good way to get your mind off of studying!” said Allison. “The good food and coloring are a perfect combination to get rid of exam stress!” said Cymbre.



Cymbre & Friends



Alyssa & Brady



Allison



“It’s such a fun event! It takes our minds off of our finals and it’s a delicious & healthy snack!”
Taylor & Trey



Sarah



Lexi & Hannah



The Stress Less Day wrapped up with the popular “Healthy Trails To Finals” create your own trail mix bar! Ingredients included chex, granola, pretzels, craisins, golden raisins, tart cherries, dried mangos, banana chips, cinnamon & nutmeg, wheat germ, sunflower seeds and dark chocolate chips. Campus Dietitian, Lexi, was joined by Dietetic students, Hannah and Katelyn. They were able to educate students on the benefits of the trail mix. Hannah said, “It’s a positive way to encourage mindful snacking!” This treat is perfect for study breaks during finals as a healthy alternative since it is rich in antioxidants and brain powering nutrients. Sarah said, “Brain food, it’s a great snack to take back to the dorms and eat while studying!”