WELLNESS:

- We will continue to offer in-cafe cooking demonstrations related to wellness topics and/or basic cooking techniques. This program provides life skills for students while in school and beyond.
- Sample of cooking class promotion:

  **COOKING CLASS**
  
  WEDNESDAY, APRIL 14 | ANDREW COMMONS | 6:00 - 7:00 P.M.

  Mark & Meng’s night of noodles!
  - Experience how we prepare food from scratch every day
  - Have the opportunity to be hands on, prepping signature dishes
  - Dishes Include: Dan Dan Noodles with Pork, Chicken Pho, and Yakisoba
  - Class taught by Executive Sous Chef, Mark Bensch, and Lead Cook, Meng Vang

  To sign-up, email Executive Chef: andrew.dwyer@bonappetit.com

- Sample of Food For Your Well-Being marketing materials:

  **WELLNESS:**
  - We will enhance the Food for Your Well-Being program (FFYWB), Bon Appétit’s in-cafe wellness program that engages and educates guests about wellness and nutrition. The FFYWB program, which changes monthly, includes theme-specific informational miniposters, digital promotions, interactive in-cafe activities, recipes, DIY (Do-It-Yourself) instructional cards, and much more!
  - Sample of cooking class promotion:

  **FUEL UP FOR YOUR BEST PERFORMANCE**
  **ENERGIZE YOUR WORKOUT AND RECOVER QUICKLY.**

  - Go for the power combination - carbohydrates are essential to fuel your muscles, and protein helps rebuild and repair them.
  - Eating anti-inflammatory foods like fruits and vegetables can boost both physical and mental performance as well as support recovery.
  - The more you sweat, the more you need to hydrate. Sip water before, during, and after exercise.

  To learn more, visit cafefonappetit.com

  **EAT A RAINBOW OF COLORFUL PLANTS**
  **GET YOUR NUTRIENTS FROM NATURE.**

  - Nutrients from plants (aka phytonutrients) promote longevity, build a strong immune system, and may improve recovery from exercise.
  - For the most health benefits, eat a rainbow of colorful fruits and vegetables.
  - Aim for at least three colors on your plate at each meal. Think ripe red tomatoes, deep green Swiss chard, and cheerfully orange butternut squash.

  To learn more, visit cafefonappetit.com
PHASE 1 - ALLERGEN AWARENESS:

We will augment menu item names and descriptions to identify the Top 8 Allergens – fish, shellfish, tree nuts, peanuts, dairy, eggs, wheat and soy – with descriptive menu nomenclature.

- The Bon Appétit leadership team will continue to be available to guests with allergen questions. We feel strongly that due to product changes, menu flexibility, scratch cooking style and other varying factors, it is never safe to assume food allergens can be adequately addressed through signage without direct communication with diners.
- Food Allergen Alert Cards will be displayed at stations that are high-risk for cross-contact between food allergens (e.g., salad bar, self-serve ice cream, deli area, etc).
- Sample of Food Allergen Alert Cards:
- The Made without Gluten Containing Ingredients area will receive new signage that will bring more attention to the specialized space.
- Sample of Made Without Gluten-Containing Ingredients – area specific signage:

PHASE 2 - ALLERGEN AWARENESS:

- A connection with incoming students and the Bon Appétit team at orientation will be made to direct them to a trained manager who can assist the guest’s allergen concerns.
- Sample of proposed collateral to go in orientation packets: