

EAT WELL AT UCLA

UCLA Dining Services is dedicated to creating healthy and enjoyable dining experiences for everyone. You can count on us to offer well-balanced meals featuring fresh ingredients. Plus, we offer resources at your fingertips to help make eating healthy the easy choice.



LOOK FOR THESE ICONS WHILE DINING

We're making it easier to identify some of the most common food allergens as well as vegan and vegetarian options. Menus and nutrition information are also posted seven days in advance on dining.ucla.edu to help you make smart choices.

REGISTERED DIETITIAN, AT YOUR SERVICE!

Our Registered Dietitian can provide custom support to help you manage your dining experience, especially if you have a serious food allergy. For guidance navigating the dining halls, smart eating options or inquires about recipes, please contact **Carole Bartolotto, MA, RDN** at (310) 206-3193 or cbartolotto@ha.ucla.edu.



SERVICES & PROGRAMS | Visit dining.ucla.edu for more info.



GLUTEN-FREE PANTRY

The Pantry is located at Bruin Plate and is a separate, keycard-accessed room with a microwave, refrigerator, toaster, and freezer. A variety of gluten-free items are also available to eligible students.



LUNCH-ON-THE-GO

If you can't make it back from main campus for lunch, you can pick up a Lunch-on-the-Go from Bruin Café or De Neve Grab & Go, Monday through Friday, from 7 a.m. to 10 a.m.



KOSHER & HALAL MEALS

Kosher and Halal dining options are available during the academic year, only at Covell. For lunch and dinner, you can select these options at the restaurant or pre-order online for pick-up the next day.



SICK TRAYS

If you are not feeling well enough to eat in one of the dining halls, sick trays are available. Just ask a friend to take your BruinCard to your front desk and fill out a Sick Tray Form.

Menus of Change University Research Collaborative (MCURC)

UCLA is a member of the Menus of Change initiative, whose vision is to create a dynamic, invitational network of leading university-based scholars, foodservice business leaders, and executive chefs to collaborate on research and education.

Partnership for a Healthier America (PHA)

Over the last few years as a partner with PHA, UCLA has committed to multiple initiatives, such as offering more fruits and vegetables, offering more plant-based entrées, increasing whole grains, and increasing healthy beverage options.

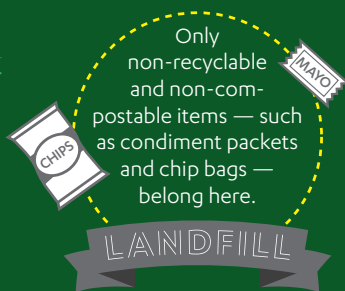


EAT GREEN AT UCLA

UCLA Dining Services is committed to sustainable practices and reducing our environmental impact. We prioritize the purchase of local, organic, and seasonal foods that decrease our carbon footprint, and are paving the way to a zero waste future.

DO YOUR PART & SORT!

We want to achieve Zero Waste to Landfill by 2020, and we need your help! In order to reach this goal, we are reducing waste by limiting disposable and unnecessary items, choosing reusable options, and diverting everything else into recycling and compost.



TIPS FOR GREEN EATING | Visit dining.ucla.edu for more info.



JOIN THE "CLEAN PLATE CLUB"

- **Customize Your Meal:** Ask your server for a customized serving or smaller portion — they are happy to help!
- **Control Your Portions:** Eat in stages and return for more portions as needed to help reduce food waste.



DINE GREEN ON MONDAYS

Reduce your carbon-FOODprint on Green Mondays, by trying the featured vegetarian menu item. Plant-based meals are produced with less water and greenhouse gas emissions.



BRING YOUR OWN BOTTLE

Choose to reuse by bringing your own bottle to all "to-go" dining locations for coffee, tea, and fountain beverages.



DINE TRAYLESS

Help save water, soap, and energy by dining without a tray! Going trayless also helps prevent food waste.

SUSTAINABLE FOOD IS BETTER FOOD

We're committed to reaching or exceeding a minimum of 20% sustainable food purchases by 2020. Sustainable foods are grown and produced locally, grown organically, traded fairly or raised humanely. We offer a wide range of sustainably-sourced items, including:

- Fair Trade Certified coffees and espresso
- Cage-free and Certified Humane Raised and Handled eggs
- Fresh vegetables and herbs grown on The Hill in aeroponic towers

