

# Staying Connected with Campus Services

This week's beautiful weather is a great incentive to get outdoors—even for a short while—to enjoy the scenery, turn your garden for planting, go for a walk, or fire up your grill. It's a good time to focus on your physical and mental well-being. Take note of some of the ideas shared in this week's newsletter, and enjoy!



Dartmouth arborist Brian Beaty shares this photo of flowering quince outside Judge residence hall.

## Healthy Snacks

Dartmouth Dining's nutritionist Beth Rosenberger shares healthy snack ideas to keep you satisfied.

- **Roasted Nuts:** any kind, just watch the salt content
- **Whole Wheat Crackers with Hummus and/or nut butters** such as almond or sunflower
- Any fresh or dried **fruits or veggies**
- **Roasted Chickpeas:** Drain 12oz can of chickpeas and rinse with water. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with 2 Tbsp. olive oil and season to taste with salt, garlic salt, and cayenne pepper. Preheat oven to 450\*; spread on a baking sheet and bake for 30 to 40 minutes until browned and crunchy. Watch carefully the last few minutes to avoid burning.
- **Lite Popcorn:** look for less fat and salt; sprinkle with a little parmesan cheese on plain popcorn
- **Cheese Slices or Sticks** made from skim cheese
- **Kale Chips:** Cut away inter-ribs from a bunch of fresh kale. Tear into pieces (size of a potato chip), rinse and pat dry. Toss with 2 Tbsp. olive oil and 1 tsp. salt. Lay on parchment-lined cookie sheet. Bake in preheated oven at 300\* for approx. 15-20 minutes, until edges start to brown and get crispy. Allow to cool. Store in plastic bag or airtight container.
- **Frozen Banana Whips:** Freeze bananas. Remove from freezer, slice, and whip in a blender until creamy. They're like ice cream but with no fat or added sugar.
- **Snack Bars:** Look for ones made with whole grains and low or no added sugars.

## Wellness Activities

The Human Resources [wellness website](#) is a great resource for ideas on fitness, nutrition, and your emotional health. Here are several opportunities:

1. **Mindfulness: Being Present in your Work and Life** webinar

When: May 27 from 12-1 pm

Click [here to register](#)

2. **Listing of [fitness classes, yoga and mindful-ness sessions](#)**

3. **Get Out & Bike Week is THIS week** (May 18-25) See more [details here.](#)

## Continued Creativity by DDS

The 170+ undergraduate students who remain on campus are getting loads of attention from Dartmouth Dining employees.

Students were recently offered these free flower pots, complete with seed packets and dirt pods, to try their hand at gardening.



These were left over from a previous vegan-themed dinner.

Dartmouth Dining also started a new text service called Specials4U. Those signed up for the service receive a text message whenever an extra special offering is on the menu. One week it was roast lamb; the week prior it was shrimp and steak. YUM!

Hi there! I just wanted to reach out to say that I really appreciate the Dartmouth dining Instagram! Your posts are incredibly fun and make me happy! I hope you're all staying safe and healthy 💕

It's great to receive kudos from Dartmouth students.