

AU Kitchen: Students' Kitchen Away From Home

American University

Essay:

At American University, we strive for students to experience their "Kitchen Away from Home", providing accessible, diverse, and nutritious meal options. From our All-You-Care-To-Eat Terrace Dining Room (TDR), nine retail locations, and two convenience stores, students have a wide range of choices to meet their dietary needs and preferences. Through the extensive 2024 renovation of TDR, AU Kitchen has strengthened its commitment to creating an elevated dining experience for nearly 4,000 students on a meal plan, particularly those with allergies and other dietary restrictions.

AU Kitchen's commitment to allergen-safe dining earned a ranking of #31 on Spokin's 2024 Top 100 Food Allergy-Friendly Colleges. Two stations within TDR, Delicious Without and Avoiding Gluten, offer safe and nutrient-dense selections for students with allergies and/or gluten intolerance. The Delicious Without station features chef and dietitian-curated meals made without the top nine allergens and gluten, using single-source ingredients and separate preparation areas with dedicated equipment to prevent cross-contact. The Avoiding Gluten station serves dishes made without gluten-containing ingredients. In addition, students can access a dedicated toaster, waffle iron, and packaged gluten-free breads and pastries in the Avoiding Gluten Nook. Throughout TDR and retail locations, AG-labeled foods provide additional options for students.

Students with faith-based dietary restrictions also have access to inclusive foods within TDR. The new renovations allowed for creation of the Kosher Nook, which provides K-Star certified meals and is supervised by an on-campus Mashgiach. Halal protein is also offered throughout TDR, primarily highlighted in our made-to-order Bowl Life station. In addition, students can enjoy two certified Halal retail locations, Baba's Pizza and Halal Shack.

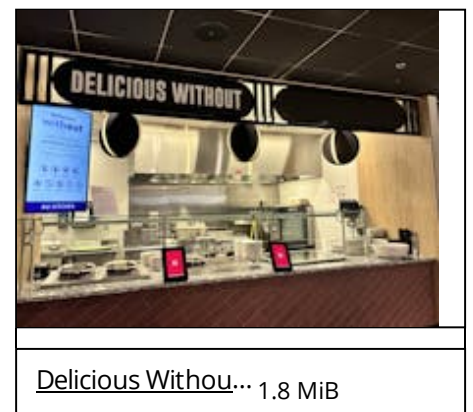
Plant-based and vegan diets are prioritized through the Rooted station, which features fully vegan meal selections at all meal periods. Students can also find vegan and vegetarian items throughout the dining hall and retail locations, noted with the symbol VG and V, respectively.

Innovation drives the dining experience at AU Kitchen, enhancing accessibility and customization. Through Grubhub mobile ordering, students can conveniently order their favorite meals to-go. Sustainability is also a key focus, featuring reusable Ozzi containers and the APEX food locker system, which keeps meals at ambient temperatures. Additionally, designated lockers ensure safe storage for allergen-friendly and Kosher meals.

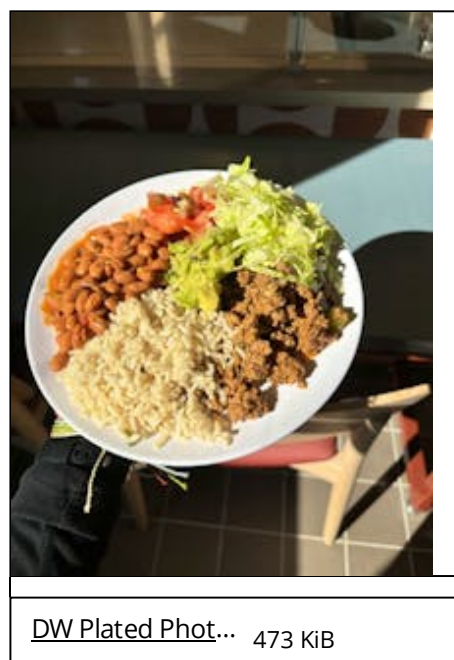
Beyond providing comprehensive and nutrient-dense meals, AU Kitchen fosters student engagement through food and nutrition education. The Feel Good Foods initiative highlights a specific food each month, featuring DIY events to highlight the nutritional benefits and explore new ingredients. AU Kitchen also collaborates with several AU organizations to host station takeovers, tabling events, and teaching kitchens.

AU Kitchen's mission is to create connection and accessibility through food. We aim for our students to have diverse and flavorful meals that feel like home. Through its extensive renovations, inclusive dining stations, and commitment to innovation and sustainability efforts, AU Kitchen sets an exceptional standard for on-campus dining.

Log in to [nacufs.awardsplatform.com](https://nacufs.awardsplatform.com) to see complete entry attachments.



Delicious Without		
Menu Item	Portion	Calories
<b>Tuna Salad</b>		
 Nutritional info	1.0000	0
<b>Tomato Pappas &amp; Onion Beef Tuna Salad</b>	<b>PG AG</b>	
<b>Southern's Opponent Coconut Salad</b>	3.0000	1.00
 Nutritional info		
<b>Smoked White Beans with Tomatoes and Onions</b>	<b>VG AG</b>	
 Nutritional info	1.00 cup	00
<b>Chicken Breast Rice</b>	<b>VG AG</b> 	
<b>Spicy Chicken Breast Rice</b>	1.00 cup	100
 Nutritional info		
<b>Delectable Turkey Lettuce</b>	<b>VG AG</b>	
 Nutritional info	1.00 cup	0
<b>Homemade Baked Cane Twizzle (Egg)</b>	<b>VG AG</b>	
<b>Healthy versions of the classic candy strip</b>	2.0000	100
 Nutritional info		
<b>Pine Wt. Garlic</b>	<b>VG AG</b> 	
<b>Energy, Energy, Fresh water</b>	2.0000	00
 Nutritional info		
<b>Spaghetti</b>	<b>VG AG</b>	
 Nutritional info	2.0000	00





[AG Nook Enclos...](#) 1.4 MiB



[AG Nook.JPG](#) 3.0 MiB



[AG Nook 2.JPG](#) 2.7 MiB



[AG Brochure Sp2...](#) 3.6 MiB



[Rooted 3.JPG](#) 4.5 MiB



[S25 - VeganVege...](#) 4.0 MiB



[Kosher Nook.jpg](#) 3.1 MiB



[Kosher Nook lin...](#) 3.6 MiB



[Bowl Life.JPG](#) 3.5 MiB



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