

Matthew Fryou



wLELgZyM

Entry details

Entry Name: Tulane Hospitality Health and Wellness

Institution Name: Tulane University

Entry Completed By (*name and position*): Matthew Fryou, Assistant Director - Dining Communications & Events

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Essay:

In Tulane's Fall 2024 Dining Styles Survey, 45% of students identified as having special dietary needs, underscoring the necessity of a comprehensive, accessible, and evidence-based nutrition program. In 2025, Tulane Hospitality launched a dietary and wellness initiative designed to empower informed food choices and exceed student expectations.

Led by Director of Health & Wellness Kaiten Zajac, MS, RD, LDN, and Registered Dietitian Summer McNeill, MS, RD, LDN, CSSD, the program integrates education, menu innovation, and responsive feedback. Our dietitians established deep rapport among students and provided personalized guidance for navigating campus dining through regular one-on-one student consultations and dining hall tours.

The team brought nutrition education directly to students through menu highlights, interactive events, and social media. During "Wellness Wednesday" events, dietitians engaged students with nutritional insights and featured items like açai bowls and quinoa crunch salads during events like National Registered Dietitian's Day and Whole Grain Month. Across campus, "Ask the Dietitian" tables encouraged open dialogue, including performance nutrition programming in places like Tulane's Reilly Recreation Center. In 2025, the team hosted 26 events reaching 3,500+ students. Outreach extended to the Greater New Orleans community with Summer McNeill reaching thousands of local television viewers through nutrition-focused media appearances.

Tulane Hospitality's "Eat With Me For a Day" social media series further amplified our reach. These student-led videos highlighted vegetarian, gluten-free, and low-carbon dishes at the Malkin-Sacks Commons. The campaign garnered 40,000+ views, with the top video becoming one of Tulane Hospitality's all-time most viewed videos.

Purpose-built for inclusivity, our residential dining halls remain a bastion of allergen-safe eating. The True Balance station offers meals free from the top-nine allergens and gluten, even during events like Jazz Brunch and Friendsgiving. A partnership with Sweet Loren's ensures allergen-free options extend to dessert with gluten-free, oven-fresh cookies. To promote plant-forward eating, Meatless Mondays at Maestro and the always-meatless Brass Beet stations guarantee at least two daily vegan options within a four-week menu cycle. Dietary icons for gluten-free, vegan, and vegetarian items are displayed across all service areas and online menus, alongside full ingredient listings and allergen disclosures.

Our Stress-Less Pantry supports students with medical dietary needs by offering manufacturer-wrapped, allergy-conscious items. To keep a sealed environment, guests must complete training before entering the pantry. Serving approximately 180 students, the pantry was accessed 5,000+ times in 2025.

These efforts earned Tulane a five-star rating in the Celiac College Guide and a #36 Ranking on Spokin's Top 100 Allergen-Friendly Colleges. Furthermore, we remain committed to our Jewish and Muslim populations; we provide kosher meats at NONY, a dedicated kosher section at our autonomous QuickEats convenience store, and a specialized Kosher meal plan for use at Rimon at Tulane Hillel, our independently Kosher-certified restaurant. Halal and vegetarian options are also available across Tulane's 20+ retail outlets, ensuring every student has a seat at the table.

In 2025, 1 million+ meal swipes were served in our dining halls. Our Health & Wellness team ensured that each of our guests was comfortable, cared for, & safe while they enjoyed their meals.

Log in to nacufs.awardsplatform.com to see complete entry attachments.



Kaiten-and-Su... 266 KiB



Dishin with the ... 610 KiB



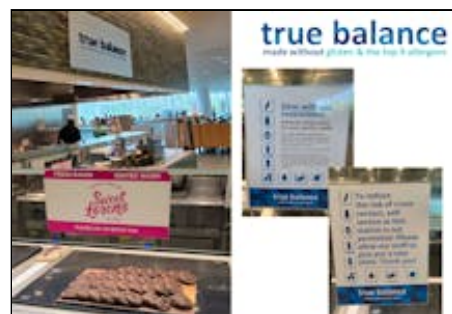
National Recog... 661 KiB



Full Menu Trans... 2.0 MiB



Gluten Free and... 3.2 MiB



True Balance M... 1.4 MiB

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Dining Styles Re... 44 KiB

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2025 Gluten Fre... 2.4 MiB

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Attachment name
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<https://tulane.mydining...>



Attachment name
Tulane Hospitality Regis...

<https://www.nolanow.c...>



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A Tulane Hospitality-pro...

<https://www.facebook.c...>

Attachment name A student-led 'Eat With ...
https://www.instagram....

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Attachment name Tulane's Riley Rec Cente...
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