



Dining on Campus

An insider's guide to Hospitality Services at Guelph





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Welcome to Guelph

ED TOWNSLEY *AVP Ancillary Services*

Welcome to the University of Guelph-Hospitality Services where our success is based on a devotion to providing excellent quality and service.

Since our inception in 1973, Hospitality Services has strived for excellence in everything that we do.

Our mission is to enhance the quality of life of the University community, while expanding resources for the University's financial stability and growth. Our award-winning services support the academic and extracurricular goals of the University and set the global standard for services in higher education.

We care about our **people**, strive for **sustainability**, carry ourselves with **integrity**, aim to have **impact**, and are devoted to **excellence**. We embody our core values throughout all of our operations to improve life.

Hospitality Services has been named the #1 University Food Service provider in Canada by Maclean's Magazine for over ten years.

I hope that your time with us will prove enjoyable and rewarding.

Sincerely,
Ed Townsley





Our Food Philosophy

VIJAY NAIR *Executive Chef*

We believe delicious meals begin with fresh, local ingredients. From farm to food service, our chefs are passionate about preparing the best of the bounty, from regional farmers, producers and partners. We're committed to preserving local, and sustaining Ontario.

Our culinary teams strive to prepare good food made with carefully chosen ingredients, that allow us to share tales from our local food journey. We champion food with a conscience, aligning menus with Canada's Food Guide and our Ontario growing seasons. Our made-from-scratch dishes tell stories – of respecting our land, oceans, farms, and ethnic diversity. Food sustainability thrives through partnerships and diversity, which we are constantly growing. Local sourcing, bulk purchasing, farmer collaborations, varied ingredients, adaptability, and messaging define our path toward a greener campus. We are privileged to be able to serve the university community, it gives our culinary team an opportunity to reflect on the importance of the food culture on campus. Our customers drive us to learn and draw inspiration from the world around us and to create a more sustainable food future for all.

We hope you enjoy your culinary experiences at the University of Guelph!

Sincerely,
Vijay Nair



Meet our Operations Team



Nick



Adrian



Bruce

MEET OUR
DINING HALL
MANAGERS



Katie



Chris



Sara





Vijay



Andrew



Jason



Dem



Akshay

MEET OUR
CULINARY TEAM

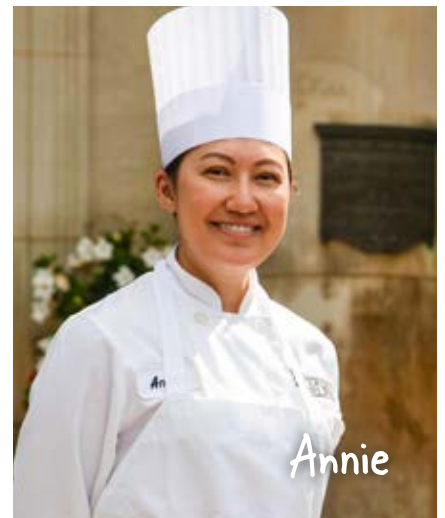
#UOFGCHEFS



Deepak



Dale



Annie

Dining on Campus



DID YOU KNOW?

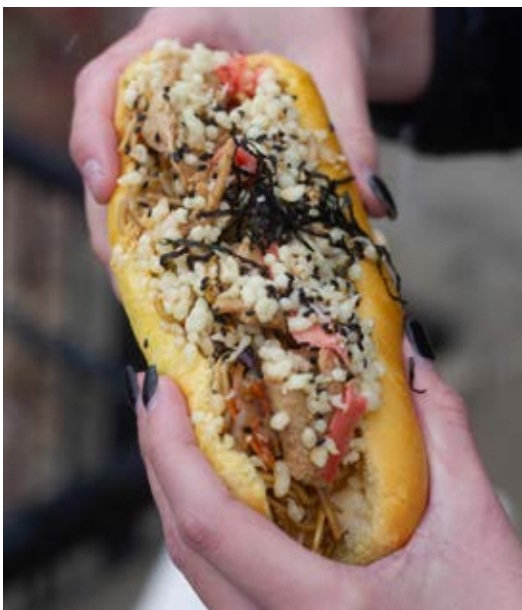
There are over 20 different dining facilities conveniently located on the University of Guelph campus. We recommend visiting all the dining halls to try out the wide selection of menu choices, which change daily.



INTERNATIONAL FLAVOURS, LOCAL INGREDIENTS.

GET READY FOR A MOUTHWATERING ADVENTURE IN CAMPUS DINING!

We bring you the best of both worlds: an explosion of international flavours and the freshest local ingredients. Picture farm-fresh veggies and meats supporting our community, combined with the vibrant tastes of Asia, the Mediterranean, India, and Latin America. From stir-fries to sushi, from Mediterranean delights to zesty Latin American spices, our campus dining options will take your taste buds on an unforgettable journey. Join us and savour the joy of diverse, flavourful meals that celebrate local and global culinary delights.



Your Campus ID Card



MEAL PLANS

As a university student, you're embarking on an exciting journey filled with new experiences, knowledge, and personal growth. One aspect of campus life that plays a significant role in your overall well-being is dining. To ensure you have access to a variety of food options, we offer on-campus meal plans, consisting of two primary components: Basic Dining Dollars and Flex Dollars.

BASIC DINING DOLLARS

FUELING YOUR CAMPUS CULINARY ADVENTURES

At the core of your meal plan lies the Basic Dining Dollars. Exclusively designed for food purchases at most of our Hospitality Services dining locations, these dollars ensure you never miss out on a meal or snack. Whether it's a quick bite amidst lectures or a hearty dinner after a rigorous study session, Basic Dining Dollars have got you covered.

One of the key advantages of Basic Dining Dollars is their eligibility for exclusive discounts at on-campus dining locations. This not only boosts your dining budget but also guarantees optimum value for your money. However, it's worth noting that while most dining locations offer these discounts, campus-based franchises are an exception. Another perk of utilizing Basic Dining Dollars is that these purchases are tax-exempt (HST).

Your Campus ID Card



FLEX DOLLARS

FLEXIBILITY AND CONVENIENCE BEYOND CAMPUS

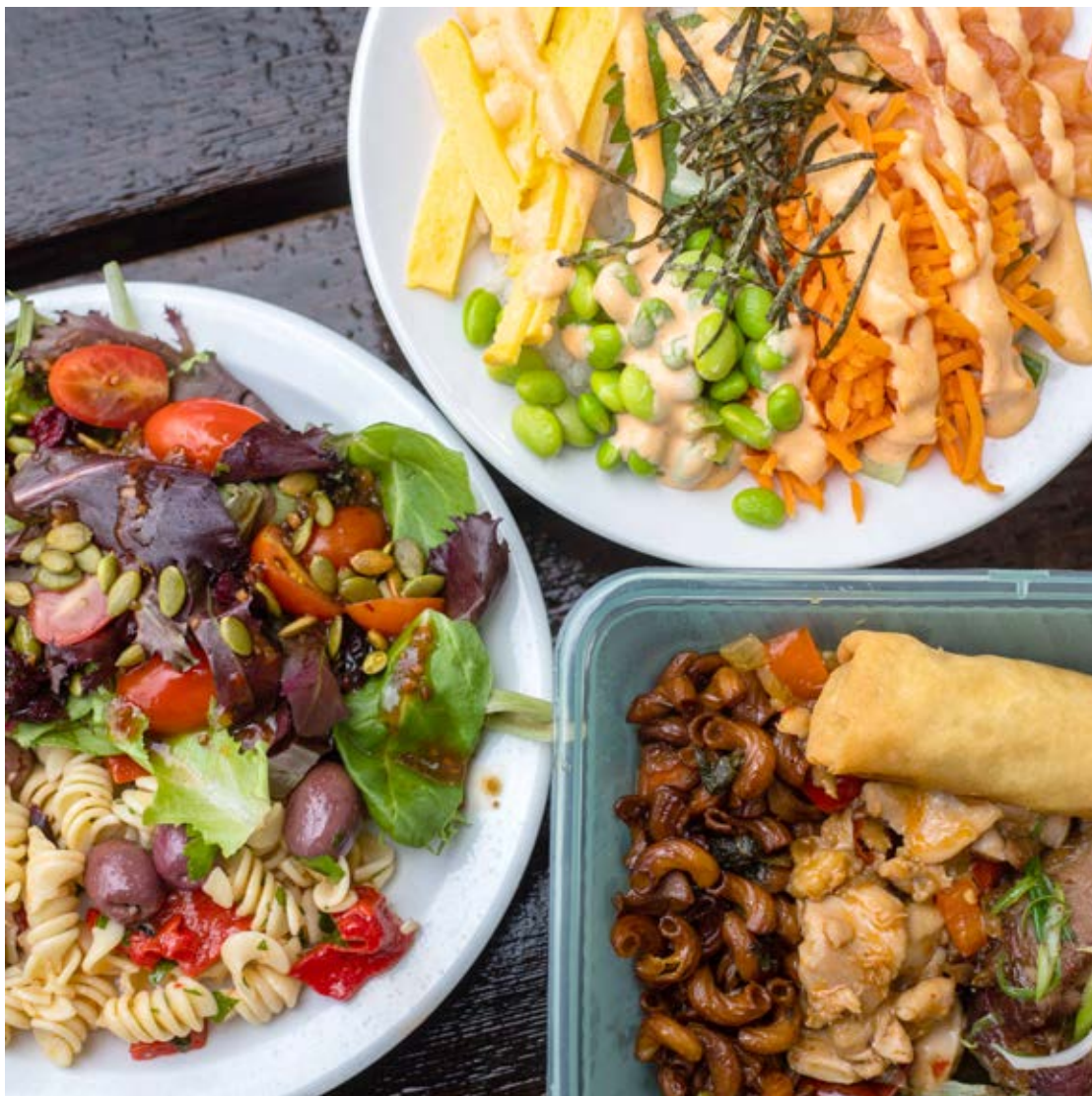
While Basic Dining Dollars provide a solid foundation for on-campus dining, Flex Dollars offer an added layer of versatility and convenience. Flex Dollars are taxable (HST) and can be used for various purchases both on and off campus, expanding your dining horizons beyond the university premises.

The benefits of Flex Dollars extend beyond campus boundaries as well. You can use them to dine at off-campus restaurant partners, expanding your culinary experiences and exploring the local food scene. Whether you're craving sushi, pizza, or international cuisine, your meal plan has you covered. And the best part? Flex Dollars even cover delivery charges from these partner restaurants, ensuring a sumptuous meal right at your doorstep.

Flex Dollars can be used at the following locations:

- Campus vending machines
- The Bullring and Brass Taps
- Eastside Café & Grocery ~ East Residence
- Convenience grocery items (frozen foods, boxes of cereal, granola bars, and health & beauty products)
- Dining at our off-campus restaurant partners
- Delivery orders at our off-campus restaurant partners
- Red Top Taxi service

NOTE: Alcohol purchases are not permissible under any meal plan, both on and off-campus.





DOWNLOAD THE GET APP

to order take-out meals from our participating dining hall. Available on the App Store and Google Play store.



OPTIMIZING YOUR MEAL PLAN: HANDY TIPS

*AS YOU NAVIGATE THROUGH UNIVERSITY LIFE,
HERE ARE SOME POINTERS TO OPTIMIZE YOUR MEAL PLAN:*

- **Evaluate your dining preferences and budget:** Take some time to consider your dietary needs, culinary preferences, and estimated dining budget. This will help you choose the most suitable meal plan option and allocate your dollars accordingly.
- **Explore Dining Venues:** Acquaint yourself with the various dining spots on and off-campus that accept meal plan payments. By knowing your options, you can make informed decisions about where to eat and plan your dining adventures accordingly.
- **Budget Wisely:** Regularly monitor your dining expenses and strategize your spending to ensure a steady fund flow throughout the semester. You can check your balance online.
- **Leverage Discounts:** Utilize the discounts available with Basic Dining Dollars and enjoy the tax-exempt status of these purchases ensuring maximum returns on your meal plan.

Nutritious Eating



As a student arriving on campus for the first time, you may wonder what your options are for food. More than that, you may want to know where you can select nutritious meals and snacks.

The reality is, you can build a balanced plate anywhere on campus. There are fresh fruit and salad bars located at each dining hall, whole grains available at several stations, and a variety of proteins, including plant-based, to choose from.

Follow SNAP at @SNAPUofGuelph on socials to learn more about nutrition eating on campus!



OUR REGISTERED DIETITIAN



JESSIE TRUPP *RD*

Jessie is a Registered Dietitian with a passion for health, well-being, food and nutrition. She completed an undergraduate degree in Applied Human Nutrition followed by the Master of Applied Nutrition at the University of Guelph. Jessie's main roles on campus include meeting with students with allergies and other dietary restrictions upon request, collaborating with chefs and managers on department initiatives, and supervising the on-campus Student Nutrition Awareness Program (SNAP).

Are you a student with an allergy who would like to discuss food options on campus?



Scan the QR code to contact Jessie.

Nutritious Eating



SNAP

The Student Nutrition Awareness Program or SNAP is sponsored by Hospitality Services and encourages students to develop balanced eating habits by providing nutrition education and peer support. In addition to answering nutrition questions and concerns, SNAP provides nutrition resources to help students adjust to campus life and navigate dietary restrictions on campus.



MEET MANAHIL

Our SNAP Coordinator for 2023-2024

Program: Applied Human Nutrition

Year: 4th

Favourite place to eat on campus: Creelman

Words of wisdom for incoming students:

*Make sure to explore your interests
& get involved on campus!*

Dietary Restrictions & Allergies

DO YOU HAVE A DIETARY RESTRICTION OR ALLERGY?
LOOKOUT FOR THESE SYMBOLS IN THE DINING HALLS:



Our allergy & dietary restriction services and procedures are available on our website
<https://hospitality.uoguelph.ca/dining-facilities/special-diets-and-allergies-services>

Our Local Food Story



The Butcher Shoppe



Grainharvest Breadhouse



Natrel

SOME OF OUR LOCAL FOOD HEROES

- DenBoer Family Farms
- River's Edge Goat Dairy
- Lakeside Pickles
- Hayter's Turkey
- The Butcher Shoppe
- Downey Potato Farms
- Grainharvest Breadhouse
- Nikolaos Fine Foods
- VG Meats
- Bright Cheese & Butter
- EEK Farms
- Elmira Produce Auction
- Whitecrest Mushrooms Ltd.
- Burnbrae Farms
- Natrel
- Leamington Farms
- 1847 Stone Milling
- GoodLeaf Farms
- UofG GCUOF



Our story starts with local food heroes. This storybook showcases a variety of our local food suppliers.

Gryph's Great Big Bucket List



MUST EAT – MUST DO EXPERIENCES:

- TRIVIA NIGHT & GREAT EATS** at Craft Kitchen & Ale House
- Famous **CREELMAN PIZZA**
- 50'S DINER FEATURE**
- MUGCAKES** at Prairie Hall
- EXHIBITION STADIUM** with Chef Ian at Creelman
- STEAK WEEK**
- Visit the **CAMPUS FARM** | Guelph Centre for Urban Organic Farming (GCUOF)
- Try our UofG **SUMMER BLOSSOM HONEY** (honeybee research center)
- UC Chef's Hall **BREAKFAST**
- OFF CAMPUS RESTAURANTS AND RED TOP TAXI**
(accept UofG meal cards)
- SPECIALTY WAFFLES** from LA
- UofG SWAG** at the University Bookstore
- TASTE A TREAT** at Creelman Bakeshop
- GRYPHON BLEND COFFEE** at Planet Bean
- Pick up Official **GRYPHON MERCH** from Gryph's Locker
- FOOD TRUCKS** on Johnston Green During Move-in
- NOSH & NOURISH** at the UC Chef's Hall
- SMASH BURGER** at Royal City Grille
- HOUSE-MADE SUSHI** in UC Chef's Hall
- TREATS** at Gryph's Snack Shack or the Gryph N' Grille food trucks
- GRYPHON 64' COFFEE** at the University Bookstore
- LOCAL FOOD FEATURE** at 100 Mile Grille - Creelman Hall
- SOFT SERVE ICE CREAM** at Lennox Addington
- BECOME A MEMBER** of the #iamreusable green container program



Cook Like a Chef



FAIR TRADE MOCHA CHOCOLATE CHIP COOKIES

Yield: 3 dozen

METHOD:

Preheat oven to 350°F, line baking sheets with parchment paper.

In a large bowl combine flour, cornstarch, baking soda, salt and coffee, whisk to combine.

Cream butter and sugar until light and fluffy, then add in eggs and vanilla. Beat 2 min once combined.

Add the dry ingredients to the wet in 3 parts, then fold in the chocolate chips. You may have to finishing mix the dough by hand to make sure all the dry is incorporated.

Roll the dough into approximately 1" balls and flatten slightly with your fingertips. Space the dough about 1 ½" apart on the baking sheet.

Bake cookies for 11-12 minutes, the dough will start to crack slightly on the top but still be soft. Let the cookies cool for 5 minutes on the sheet tray before you transfer onto a wire rack to finish cooling.

Store in an air-tight container.

Note: You can make the cookies larger, the recipe will yield slightly less. You will have to extend the cooking time 1-2 minutes depending on how big you make them.

INGREDIENTS:

- 1 ½ cups soft, unsalted butter
- 1 ½ cups dark brown sugar
- ½ cup granulated sugar
- 2 eggs
- 4 tsp vanilla bean paste (can substitute pure vanilla extract)
- 4 cups 1847 Daily Grind organic flour (or all-purpose flour)
- 4 tsp cornstarch
- 2 tsp baking soda
- 1 tsp salt
- 1 ½ heaping tbsp ground, Planet Bean Fair Trade coffee (Gryphon Blend is our favourite)
- 1 ¼ cups Camino Fair Trade chocolate chips



For more Cook Like a Chef Recipes, scan here



Breakfast at Mom's Kitchen
in the UC Chef's Hall



Lunch at Exhibition Stadium
with Ian at Creelman Hall



Dinner at Prairie Dining Hall



Snacks at LA

A FEW IDEAS TO HELP YOU DISCOVER YOUR NEW FAVOURITE SPOTS.

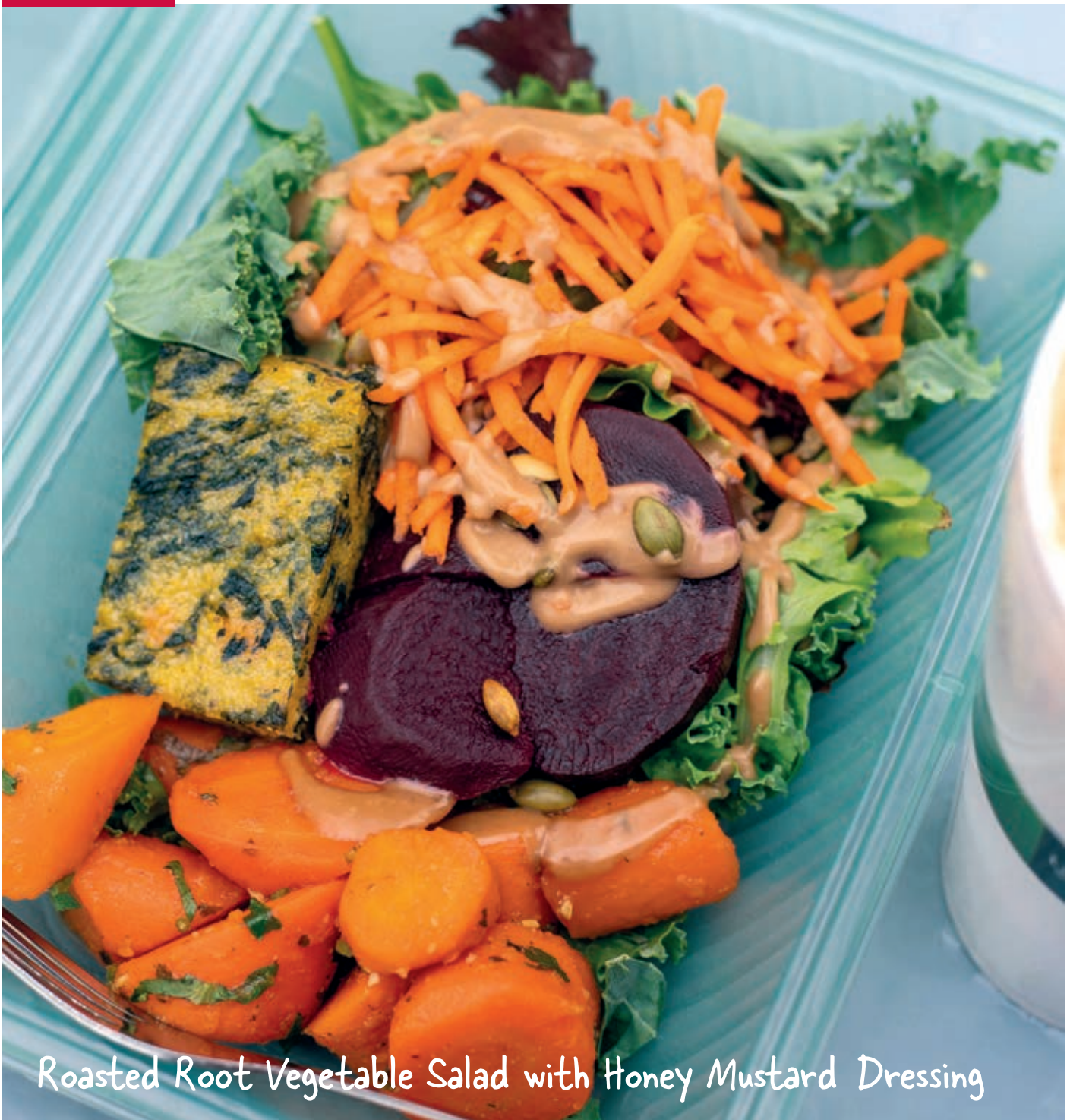
A Day in the Life of a Gryphon

**JOIN US FOR A DINING EXPERIENCE
THAT SETS US APART**

At the University of Guelph, we proudly boast the title of having the best campus food in all of Canada! As a first-year student, you're in for a treat. With so many delicious options to choose from, you might be wondering where to start.

DON'T WORRY, WE'VE GOT YOU COVERED!

The Story Behind the Dish



Where you can find it on campus: Mom's Kitchen & Nature's Best, Nosh & Nourish

Story behind the dish: At the University of Guelph, we are lucky to have the opportunity to work directly with the Guelph Organic Garden. Our campus chefs are passionate about incorporating the produce harvested in our recipes. During the fall, we roast farm-fresh carrots, beets, onions, and kale, alongside garlic scape processed in the spring. To enhance the flavours, we dress the roasted root vegetable salad with a Honey Mustard Dressing, featuring honey from the University of Guelph Apiary.

Which chef(s) were involved in developing the recipe: Jason Hill, Deepak Singh

Creelman Bake Shop Brownies



Where you can find it on campus:

Various locations on campus – make sure to keep an eye out for them!

Story behind the dish: In 2016, our talented chefs embarked on a delicious culinary experiment, inspired by the original recipe from Bouchon Bakery by the renowned Chef Thomas Keller. With careful adaptations to cater to our large volumes, they skillfully baked over 20,000 mouthwatering brownies, ready to welcome incoming students with a sweet treat like no other. Little did they know that this delightful endeavor would turn into a cherished tradition on our campus.

Which chef(s) were involved in developing the recipe: Recipe from Bouchon Bakery adapted in Creelman Bake Shop





FIND US ON CAMPUS

← To Hanlon Pkwy.

- 1** Lennox Addington | Starbucks
- 2** Creelman Hall Marketplace
- 3** Starbucks
- 4** Planet Bean Coffee
- 5** Mack's Coffee Shop
- 6** Booster Juice | Planet Bean Coffee
- 7** Eastside Café & Grocery
- 8** UC Chef's Hall | Booster Juice | Chatime | Starbucks | Subway
- 9** Tim Hortons
- 10** Craft Kitchen & Ale House | Gryph's Sports Shop | Tim Hortons
- 11** Mountain Dining Hall | Windows Café
- 12** Prairie Dining Hall
- 14** OVC Café
- 15** Planet Bean Coffee at College & Gordon
- 16** Pages Coffeehouse | Tim Hortons
- 17** Gordon Hall Residence
- 18** Catering & Conferences | Special Events | Rm. 432
- 19** The Brass Taps (accepts UofG Meal Cards)
- 20** The Bullring (accepts UofG Meal Cards)



OVC Bldg.


Gordon Street

To 401 Highway

 **Campus Card Office | Level 0**
 UofG ID Cards & Meal Plans
campuscard.uoguelph.ca

 **The University Bookstore**
bookstore.uoguelph.ca

 **Hospitality Services Main Office**
 Ombudsperson & SNAP

 **Gryph's Locker**



Gordon Hall Residence

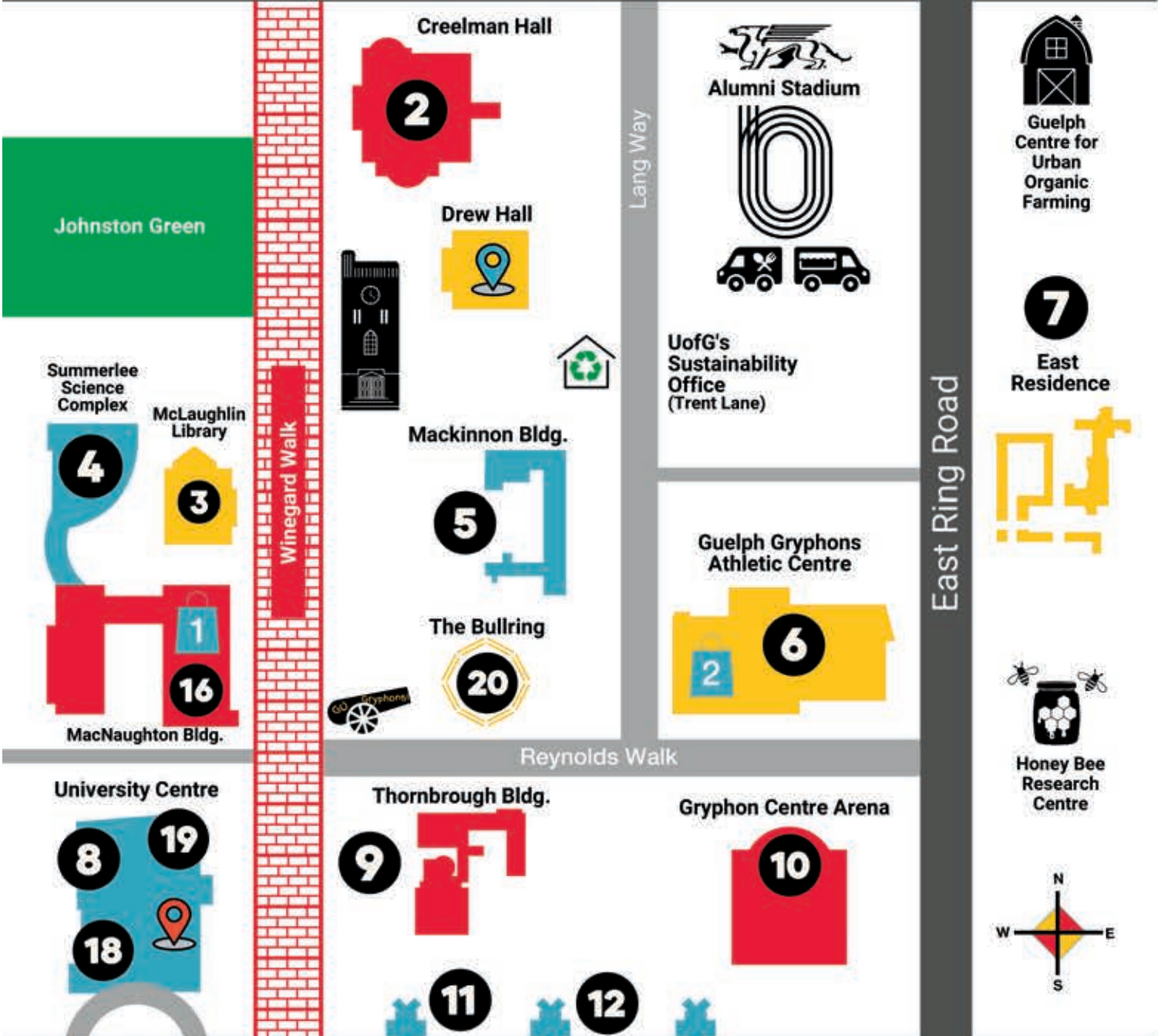
1 Lennox & Addington Residence

Scan me
for current hours at all locations



College Avenue East

To Victoria Road →



To Stone Road Mall

South Ring Road


 @HospitalityUofG
 #UofGCampusFood



UNIVERSITY of GUELPH

Retail Shopping on Campus



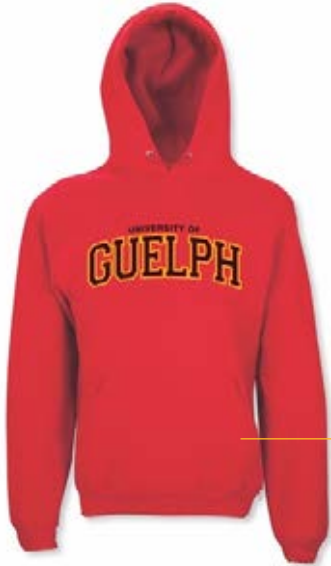
the university Bookstore

The University Bookstore is the on-campus source for main campus U of G students to advance their studies and school pride. From textbooks to stationery, we have everything you need for your classes. We are also the primary retailer of University of Guelph apparel and gifts. Keep warm during those long nights of studying in our fashionable UofG apparel or curl up with one of our mugs and a campus author!

Time to graduate? We'll see you at Convocation with a gown and congratulations for you. After convocation we'll be more than happy to set you up with all sorts of memorabilia – from rings and watches to a frame for your degree.

The University Bookstore isn't just about textbooks anymore; it's about providing a wonderful experience for all our Gryphons before, during, and after their time on campus. We are the University of Guelph Bookstore, and so much more!

www.bookstore.uoguelph.ca



Classic Red Hoodie
[bookstore.uoguelph.ca/
p-45502-red-classic-russell-hood.aspx](http://bookstore.uoguelph.ca/p-45502-red-classic-russell-hood.aspx)



UofG Heritage Stripe Rugby Sweater
bookstore.uoguelph.ca/p-6485-heritage-stripe-rugby-sweater.aspx



UofG Mom or Dad Sweater
[bookstore.uoguelph.ca/
c-261-mom-dad-grandparent.aspx](http://bookstore.uoguelph.ca/c-261-mom-dad-grandparent.aspx)



#IAmReusable Water Bottle
[bookstore.uoguelph.ca/
p-19474-18oz-cupanion-bottle-iamreusable.aspx](http://bookstore.uoguelph.ca/p-19474-18oz-cupanion-bottle-iamreusable.aspx)



#IAmReusable Stainless Steel Mug
[bookstore.uoguelph.ca/
p-19563-16oz-reliable-stainless-mug-iamreusable.aspx](http://bookstore.uoguelph.ca/p-19563-16oz-reliable-stainless-mug-iamreusable.aspx)



Retail Shopping on Campus



Gryph's Locker is your premier destination for officially licensed Guelph Gryphons merchandise and spiritwear. Located in the University of Guelph Athletic Centre, Gryph's Locker embodies the essence of school pride and unity. From iconic tees to cozy hoodies, our collection reflects the vibrant energy of campus life. Whether you're a student, an alumnus, or a dedicated fan, Gryph's Locker invites you to be part of the legacy.



Guelph Gryphon's Bucket Hat

[bookstore.uoguelph.ca/
p-45481-black-bclutch-bucket-hat.aspx](http://bookstore.uoguelph.ca/p-45481-black-bclutch-bucket-hat.aspx)



U of G Honey

[bookstore.uoguelph.ca/
p-11788-u-of-g-honey.aspx](http://bookstore.uoguelph.ca/p-11788-u-of-g-honey.aspx)



College & Program Apparel
[bookstore.uoguelph.ca/
 c-99-college-program-apparel.aspx](http://bookstore.uoguelph.ca/c-99-college-program-apparel.aspx)



Gus, the Jellycat Gryphon
[bookstore.uoguelph.ca/
 p-45433-gus-the-gryphon-jellycat.aspx](http://bookstore.uoguelph.ca/p-45433-gus-the-gryphon-jellycat.aspx)



GRYPHON GIFT GUIDE



Guelph Gryphons Long Sleeve Tee

[bookstore.uoguelph.ca/
 p-45292-black-guelph-gryphons-long-sleeve-tee.aspx](http://bookstore.uoguelph.ca/p-45292-black-guelph-gryphons-long-sleeve-tee.aspx)

Off-Campus Partners



BALZAC'S
COFFEE
5 Gordon St.
519-265-8828

barBURRITO
fresh mexican grill
35 Harvard Rd.
519-265-8989

BT
519-824-4120
ext. 58751

The Bullring
519-824-4120
ext. 58115

THE BURGER'S PRIEST
435 Stone Rd. W.
519-265-6624

DQ
304 Stone Rd. W.
519-763-0892

Domino's
304 Stone Rd. W.
519-837-3030

East Side MARIO'S
370 Stone Rd. W.
519-763-7861

GUELPH
519-341-9000
338 Waterloo Ave.

KELSEYS
original
ROADHOUSE
26 Clair Rd. W.
226-314-1971

milestones
GRILL + BAR
185 Stone Rd. W.
519-836-8882

MONTANA'S
BBQ & BAR
201 Stone Rd. W.
519-766-1549

mucho burrito
492 Edinburgh Rd. S.
(519) 822-3434

osman's
19 Wyndham St. N.
519-836-4747
35 Harvard Rd.
519-822-7786

PAPA JOHN'S
987 Gordon St.
519-836-2727

Quiznos
292 Stone Rd W.
519-821-5050

PIZZA FORNO
Gryphon Centre Arena
Artisanal Pizza in 3 min.

pizza pizza
435 Stone Rd. W.
500 York Rd.
519-837-1111

PLANET BEAN COFFEE
369 Gordon St.
@ College Ave.
519-265-9533

LOUISIANA KITCHEN
POPEYES
35 Harvard Rd.
519-265-8313

PÜR&SIMPLE
BREAKFAST • LUNCH
370 Stone Road W.
519-265-9880

昌盛 Ray's
Chinese Restaurant
35 Harvard Rd.
519-823-5197

RED TOP TAXI
78 Lewis Rd.
519-821-1700

Williams
Fresh Cafe
492 Edinburgh Rd S
519-836-2233

THE WORKS
97 Wyndham St N.
519-265-7094

Please call restaurants for Delivery

<https://hospitality.uoguelph.ca/off-campus-dining>

Our Sustainability Initiatives





Our Sustainability Initiatives



HIGHLIGHTS

- **GROWN AT GUELPH**
- **FIGHTING FOOD WASTE**
- **UOFG FOOD MARKET**
- **CHAMPIONING FAIR TRADE**
- **SAVE MONEY, REDUCE WASTE**

Grown at Guelph



Produce From the Guelph Centre for Urban Organic Farming for sale at the UofG Food Market

Grown at Guelph - a celebration of our university's commitment to transformative food education, research and innovation.

As a university with a rich history in agriculture, an abundance of food-related programs, and a strong focus on addressing global food issues, it only makes sense that, as Canada's Food University, we serve products grown and developed right here on campus to our UofG community.



CHEF'S GARDEN

Nestled beside the Edmund C. Bovey Greenhouses is a garden plot known as the UofG Chef's Garden, which our own chefs tend to and care for.

This urban garden grows an array of fragrant herbs and fresh produce, including succulent cherry tomatoes, flavourful eggplants, and several varieties of hot peppers. These are used to make our delicious campus food.

Learning to grow food and understanding the effort to produce every ingredient helps our chefs cultivate a deeper connection to the delicious meals they create.

You can learn more about the Chef's Garden by visiting our website: sustainability.hospitality.uoguelph.ca

Grown at Guelph



GUELPH CENTRE FOR URBAN ORGANIC FARMING (GCUOF)

Located on the southern edge of the University of Guelph Arboretum, the Guelph Centre for Urban Organic Farming (GCUOF) is a one-hectare learning and research facility established by the Ontario Agricultural College within the Department of Plant Agriculture at the University of Guelph.

The GCUOF serves as a living laboratory where students can learn first-hand about organic farming practices while helping grow certified-organic produce that is then made into our iconic campus food or sold in the fall semester at the UofG Food Market, a sliding-scale fresh produce market.

We're proud to source a wide range of fresh produce and herbs from the GCUOF for our campus food, as we know that we're not only supporting local, sustainable food production, but we're supporting experiential learning opportunities that allow students to cultivate a deeper connection to food and our campus.

You can learn more about the Guelph Centre for Urban Organic Farming by visiting their website: uoguelph.ca/oac/gcuof



GUELPH FOOD INNOVATION CENTRE (GFIC)

The Guelph Food Innovation Centre (GFIC) is an applied research centre located on the central University of Guelph campus that uses food science and technology to solve business challenges.

An area of expertise for the GFIC is the research and development of ice cream and frozen desserts. The University of Guelph has a rich history of ice cream research and innovation, which dates back to 1914, and the Department of Food Science has since continued as an active field of study on campus. To date, over 3000 individuals from around the globe have completed the one-of-a-kind Ice Cream Technology course, which teaches the science and art behind ice cream making.

In the 2022 fall semester, campus organizers from the UofG United Way campaign, along with several departments, created "Lotsa Local Love," an exclusive novelty ice cream, which donated all the proceeds from the sales to support the United Way Wellington-Dufferin-Guelph.

This ice cream fundraiser harnessed the university's culinary expertise to make 1000 pints of this exclusive ice cream. The ice cream itself was developed and packaged at the GFIC. Our Creelman Bakeshop made and donated the crunchy bits of snickerdoodle and ginger molasses cookies that were churned into the ice cream, and the ice cream's honey spice base was sweetened with campus honey donated by the Honey Bee Research Centre.

You can learn more about the GFIC by visiting their website: foodscienceinnovation.ca

Grown at Guelph



HONEY BEE RESEARCH CENTRE (HBRC)

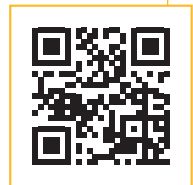
Located at the Townsend House at the University of Guelph, the Honey Bee Research Centre (HBRC), founded over a century ago, is renowned as a global leader in apiculture research, specifically in the health of honey bees.

From offering beekeeping courses and educational tours to supporting a student-led apiculture club and developing resources for educators, the HBRC is a comprehensive hub dedicated to honey bee conservation, scientific research, and community engagement.

Since 2012, we've exclusively used and sold honey produced by one of the 300 HBRC hives.

So, whenever you enjoy the sweet taste of honey in your beverage or our campus food, you support the HBRC's critical research on honey bee health, hive productivity and bee breeding.

You can learn more about the HBRC by visiting their website: hbrc.ca





Food Waste Prevention



Food Waste, the discarding or disposal of edible food, is an issue that spans the entire supply chain from the farm to the consumer.

To help prevent food loss and waste from our operations, we've implemented several strategies to help prevent food from heading to landfill.

Here are a few examples:

PREVENTION - PAY-BY-WEIGHT MODEL

To help prevent the creation of food waste, we've launched a pay-by-weight model in our dining halls at stations such as Mom's Kitchen, Nature's Best, Nosh + Nourish and the salad bars.

This pay-by-weight model allows customers to create their meals according to their preferences, which differs from set portion sizing and standardized menus, as it gives more control to the customers to choose what items they would like to have included in their meal and how much of that item they want to purchase, as the meal is based on weight, unlike pre-set meals. For example, you could mix and match various side dishes instead of selecting a main/protein and a side item.

This model embodies our commitment to responsible consumption by encouraging folks to weigh it, don't waste it.

Tips for Utilizing this Pay-By-Weight Model:

- Use an #iamreusable container if you anticipate having any leftover portions. This reusable container serves as a convenient means to carry any excess food on the go with you.
- This model can be beneficial if you want to try a few menu items before filling up your container, so you can always take a smaller portion, to begin with. Then if you're interested in more, you return for another portion or to explore additional selections.

Diversion



MealCare

Diverting food waste, feeding people in need

www.mealcare.org

MEAL CARE GUELPH

Since 2019, Hospitality Services has partnered with MealCare Guelph, a student-led food security organization, to donate surplus food from our operations by distributing it to community groups and organizations, including the CSA Student Food Bank, the Drop-In Centre, and the Royal City Mission.

MealCare Guelph also runs a Community Fridge, which operates on a "take what you need, leave what you can" basis. The fridge is open to everyone and is located in the dining area of the University Centre under the raised platform.

To date (as of April 2023), 32,874.83 lbs of high-quality, delicious food from campus operations have been donated to feed our community through MealCare Guelph's diversion program.

Conversion



COMPOSTING

(MAKING A NUTRIENT-RICH SOIL AMENDMENT)

Our partnership with the UofG Sustainability Office has diverted over a quarter of a million kilograms of food scraps from landfill to date.

These food scraps consist of spent coffee grinds, back-of-house food scraps, and plate waste from dining halls. Composting organic waste has many environmental benefits, including improving soil health, reducing the waste generated on campus, and, most notably, helping reduce methane generation.

Over the last several years, our campus composting program has grown exponentially and has become a critical part of our waste reduction efforts on the University of Guelph central campus.

UofG Food Market

Held every Thursday afternoon, the UofG Food Market, a sliding-scale fresh produce market, is open to everyone in the University of Guelph community.

The market is a collaboration between the Feeding 9 Billion initiative at the Arrell Food Institute, the Guelph Lab, and the Office of Sustainability.

All the fresh fruits and vegetables sold at the market are sourced through The SEED, a remarkable not-for-profit organization linked with the Guelph Community Health Centre. By purchasing produce at wholesale rates, The SEED provides the campus market with diverse offerings that mirror its community markets across the city.

In September & October, the Guelph Centre for Urban Organic Farming (GCUOF) is a partnered vendor at the UofG Food Market. It sells its campus-grown certified organic produce on a sliding-scale at the food market.

The market operates on a sliding scale model, which allows customers to choose the amount they want to pay within a set range, with no questions asked. The upper end of the scale is comparable to retail value, and the lower end is the cheapest the market can offer, typically 30% off the average retail price. This market is open to everyone at the University of Guelph, aiming to increase the physical and financial accessibility of affordable produce. The market is cashless but accepts student and staff cards (thanks to Hospitality Services' support), debit, and credit.

You can learn more about the UofG Food Market by visiting: uoguelph.ca/campussustainability/foodmarket



Championing Fair Trade on Campus



Our commitment to supporting farmers, community, and sustainability goes well beyond local, and that is why we're proud to be Ontario's first fair trade campus and the third campus designated in Canada.

On November 28th, 2012, we officially became designated with help from Engineers Without Borders and the University Administration, who created a Fair Trade Campus Committee.

Over a decade later, our commitment is stronger than ever. We proudly offer Fair Trade-certified and organic coffee and tea at our non-branded Hospitality Services locations, including in our catering services orders. We continually look for opportunities to add new Fair Trade confectionery products to our purchasing and actively promote our Fair Trade products on our social media channels and in our dining halls.



Keep a lookout on campus for the Fair Trade symbol on products such as chocolate bars, coffee, cookies, and the famous chocolate chip banana bread.

GRYPHON BLEND

Start your morning with a Fairtrade coffee that empowers women - The Gryphon Blend is roasted by Guelph's own Planet Bean Coffee.

This blend, made in partnership with the University of Guelph and Planet Bean, was created to support women locally and globally. The combination donates a portion of the blend's sales to supporting women's varsity athlete scholarships for Guelph Gryphons.

The blend itself is grown by Indigenous women in the Peruvian Andes through the women-led Cafe Femenino coffee program, which works

to break the cycle of poverty for women coffee farmers worldwide. This program empowers women farmers economically by compensating them directly and fairly, allowing them to cultivate a better future for themselves, their families, and their communities.

The blend's aroma is dark chocolate and molasses. Sensory flavours are sweet potato, cinnamon, and cedar. You can purchase this blend from the University of Guelph Bookstore, Gryph's Locker or Planet Bean locations.

GRYPHON '64

Partnering with Baden Coffee, a local roaster based in Baden, Ontario, we've created our latest specialty coffee blend, Gryphon '64.

This signature Fairtrade blend has three coffee origins; Africa, Indonesia and Central America and is an entry-level dark roast. Sensory notes are ground pepper aroma, smokey flavour, and acidity with good balance.

This blend gives back - It was created to help support Gryphons by providing financial donations to initiatives and organizations supporting our campus community.

For the past year, a portion of the proceeds from all Gryphon '64 bags sold has been donated to the Guelph Student Foodbank, which provides graduate and undergraduate University of Guelph students with emergency food access and anti-poverty resources.

You can purchase this blend from the University of Guelph Bookstore.



FROM FARM TO FARM

All our spent coffee grinds from Hospitality Services cafe locations are composted through the University of Guelph Sustainability Office's campus composting program. This means that after being composted at the City of Guelph's Organic Waste Processing Facility, our spent Fair Trade coffee beans are sold as a high-quality soil amendment to farmers to apply to their fields.

But First, Coffee...

- *Did you know that coffee is the most consumed beverage by Canadian adults?*
- **As a nation, we fall just behind Finland and the Netherlands as the world's top coffee consumers globally.**
- *Our nation's love of coffee and our "grab-and-go" lifestyle means that 35% of all coffee sold in Canada is consumed as "to-go" beverages, most served in single-use coffee cups.*
- **Did you know that a single-use coffee cup is made with plastic? The polyethylene plastic used to line the cup allows it to hold hot beverages without leaking. Due to this thin plastic layer, these cups are essentially designed to be destined for the landfill, as recycling single-use coffee cups is a real challenge.**
- *In the City of Guelph, single-use coffee cups are not recyclable and must be placed in the landfill garbage. Unfortunately, many are often incorrectly placed in the recycling bin, which can cause the recycling to become contaminated and, if the contamination rate is high enough, rejected and sent to landfill.*
- **According to the Great Canadian Shoreline Clean-Up, single-use coffee cups are among Canada's ten most commonly found litter items.**
- *When single-use coffee cups are discarded as litter, the paper exterior will break down over time, leaving behind the thin polyethylene plastic layer of the cup, which ultimately results in plastic pollution entering the environment and waterways near where the cup was discarded.*

Save Money, Reduce Waste



MORE COFFEE, LESS WASTE

We see our national love of coffee and tea through the number of beverage purchases across campus at the University of Guelph, especially during mid-terms and final exam seasons.

As a campus community of students, staff, and faculty, which requires "grab and go" options for hot beverages, we've created several sustainability incentives to encourage people to use reusable mugs to help reduce the use of single-use coffee cups on campus.

These sustainability incentives include our reusable mug-use promotion, where if you use a reusable mug on campus, you'll only be charged the price of a small beverage.

For regular coffee or tea consumers, this can save you money, help reduce waste, and get you even more coffee as you can fill your mug with more for less.

In addition to the financial savings, you'll also be able to take part in filling out our beverage loyalty cards when purchasing a beverage in a reusable mug. When purchasing your drink, the cashier will give you a stamp on your loyalty card. Once that card is completed, you can submit it to the cashier with your contact information to be entered into a monthly raffle.

With this monthly raffle, you'll have a chance to win a \$25 Hospitality Services gift card, and your name will be displayed on a printed poster in the dining hall where you redeemed your coupon as the winner for the month.

#IAMREUSABLE PROGRAM – GREEN CONTAINERS

We're proud to offer the option to choose to reuse through our #iamreusable green container program. This waste reduction program, which started in 2011, provides our campus community with the ability to use reusable takeout food containers when dining on campus. Through implementing these green containers, we've successfully reduced single-use takeout packaging waste in our operations, and with your help, we will continue to do so.

The single-use compostable containers available in our dining halls cost \$1 per container, which can quickly add up when you're regularly dining on campus. Therefore, you can save money and reduce packaging waste going to landfills by choosing to reuse with our green container program.

You can join the #iamreusable program by paying a one-time entry fee of just \$5.00 when you purchase your first meal in a green container. Cards can be purchased in advance of purchasing your meal by visiting a cashier at our Hospitality Services dining halls or the Campus Card Office located in the basement of the University Centre.

Treat the #iamreusable program card like your student card, and keep it with you while you're on campus to ensure you have access to it when you purchase a meal to-go from our dining halls.

If you lose your #iamreusable card or green container, you will need to rejoin the program by paying the \$5.00 program entry fee.



Join our Team!



EMPLOYMENT OPPORTUNITIES AT HOSPITALITY SERVICES

WORK WITH HOSPITALITY SERVICES PART-TIME

We are Canada's Food University. Come and work with some of the biggest brands in the business to deliver what students have ranked the best food of any Canadian university campus for multiple and consecutive years!

Maclean's also says we have the best food in Canada - check it out on Maclean's.ca!

Part-time jobs available include: Barista, Cashier, Catering Server, Cook, Dish Room & Porter, Food Prep or Server. Visit the How to Apply page to find instructions on how to submit your application.

Full-time opportunities will be posted on our Current Opportunities page as they become available.

uoguelph.ca/hr/careers-guelph/hospitality-jobs



Talk to Us!



OMBUDSPERSON

The Ombudsperson is a student living in residence who reports to the Hospitality Services Advisory Committee (HSAC) to act as a student liaison between customers and the Hospitality Services team. The Ombudsperson provides an open, impartial, and easily accessible channel for communication between Hospitality Services and the students and staff that use its services. The Ombudsperson will ensure information is passed on, opinions are expressed, and recommendations and suggestions are forwarded to those who can act upon them.



MEET VARNIKA

Our 2023-2024 Ombudsperson

Program: BSc. Agriculture Honours

Year: 4th Year

Campus Go-To: Creelman Crepes and Indian Cuisine at Infusion UC

Email: ombud@uoguelph.ca

[f](#) [t](#) [i](#) @uofgombud

TXT N' TELL

Hospitality Services values your feedback. Our Txt n' Tell program is the perfect way to send feedback directly to our team and get a response almost instantly. Just send in your comments, concerns, questions, and general requests to our text number with the location code and our managers and culinary team review and respond to you directly.

Follow these steps:

1. Create a new text message to "55744"
2. In the body of the message, first type your dining hall's specific code: creels, chefshall, eastside, ovc, prairie, mountain, laeats, bookstore, craft
3. Next, add your suggestion, comment or question





Connect
With Us!

SOCIAL MEDIA



@hospitalityuofg
#UofGCampusFood #UofG #UofGChefs

Hospitality.uoguelph.ca



IMPROVE LIFE.