Welcome Students!

Welcome to a new academic year at Illinois Wesleyan University. On behalf of the entire Dining Services Team, we would like to thank you for participating in our on-campus dining program. We are excited to introduce you to this year’s repertoire of delicious meal options, which includes a contemporary, crowd-pleasing selection of many of your favorite foods along with some of our own tasty specialties.

Your Sodexo Dining Team

104 E. University
Bloomington, IL 61701
Phone: (309) 556-3167
Email: mwelsh@iwu.edu

The Dining Plans

<table>
<thead>
<tr>
<th>Plan</th>
<th>Meals Per Semester</th>
<th>Munch Money Per Semester</th>
</tr>
</thead>
<tbody>
<tr>
<td>Block 130</td>
<td>130</td>
<td>$200</td>
</tr>
<tr>
<td>May Term</td>
<td>30</td>
<td>$45</td>
</tr>
<tr>
<td>Block 175</td>
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<td>$125</td>
</tr>
<tr>
<td>May Term</td>
<td>40</td>
<td>$30</td>
</tr>
<tr>
<td>Traditional 19</td>
<td>19</td>
<td>$75</td>
</tr>
<tr>
<td>May Term</td>
<td>19 Weekly</td>
<td>$15</td>
</tr>
</tbody>
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A meal is deducted from the block each time you enter Bertholf Commons Dining Room. A meal is deducted from the block each time a meal exchange is utilized at these locations: Dugout (Grill 155, Sub-Connection and Simply To Go), Tommys, Hatties, Freshens and Coffee Shoppe.

Munch Money Dollars can be used at any of the above locations.

* Traditional 19/week plan will not allow exchanges

*Unused munch money does not carry from fall 2010 to Spring 2011 and to May Term.

* Unused meals from the blocks program will not carry over from fall 2010 to Spring 2011 and to May Term.

Costs

The Block Plans cost $3,066 for the 2010/2011 academic year.

For the Fall Semester 2010:
All Changes must be made by August 27th, 2010.

For the Spring Semester 2010:
All changes must be made by December 10th, 2010

Dietary Needs

If you are on a special diet by doctor’s orders or due to religious reasons, arrangement can be made to provide for your needs through the Health Service 309.556.3107 in coordination with Michael Welsh, GM Sodexo Campus Education Services.

Balance Mind, Body and Soul

Balance Mind, Body and Soul is a holistic, integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events-physical, mental, and environmental. Wellness is unique to each individual. Knowledge is key. It may be easier than you thought. Experiencing new things: a sport you haven’t done before, a food you haven’t tried, a new idea you never thought about, or a creative way of approaching a problem like stress—may also help you to balance and define your wellness goals.

Check out the nutrition calculator on...
BalanceMindBodySoul.com for nutritional information on our menus. You will also find recipes, nutritional and wellness information as well as the opportunity to “Meet the Dietician.”

Diversity

Sodexo Ranked Number One Among Top 50 Companies for Diversity and Inclusion by DiversityInc magazine in their prestigious 2010 list of the Top 50 Companies for Diversity.

“It is an honor to be selected for this prestigious award from a field of extraordinary companies,” said George Chavel, president and CEO. “Thank you for championing diversity and inclusion and continually working to embed it into our culture and business practices. The commitment and passion of our people is the reason we are number one.”

Sodexo’s diversity and inclusion journey began eight years ago with a strong and compelling business case that still drives our efforts today – that diversity and inclusion offers a competitive advantage and a business opportunity. With as solid commitment from top leadership and grassroots efforts from the field, diversity and inclusion has been woven into the fabric of the organization.
Stop Hunger Campaign
Every day, Sodexo serves hundreds of thousands of nutritious meals. Yet in the communities we serve, more than 49 million people are at risk of hunger. Of those at risk of hunger, nearly 17 million are children. As North America’s leading provider of Quality of Daily Life Solutions, we have made fighting hunger the central focus of our community service efforts.

Here at Illinois Wesleyan University we work with the Helping Hands Across America program. This program was founded by Sodexo and we continue to sponsor it. Almost half the children in our country will be on food stamps at some point in their childhood. That’s why every year a month-long effort encourages employees and customers to collect non-perishable food items to fight hunger in our own communities.

Sustainability
As the leader in Quality of Life Service, Sodexo is committed to helping people make sustainable choices about their health, our communities, and the planet we must collaborate to protect. To that end, Sodexo works to support our local operations in more efficiently utilizing our limited natural resources and to protect them for future generations.

Trayless dining is one significant initiative that helps to minimize waste as well as water and energy usage while creating a more sustainable food service operation.

Dining Locations in Meal Plan
BERTHOLF COMMONS
A variety of healthy menu selections are available daily, including lower fat, vegetarian, vegan, carb friendly and traditional menu items. We are committed to serving well-balanced entrees. Menus can also be adjusted to meet special dietary and religious needs.

THE MEMORIAL CENTER
Coffee Shoppe - Proudly serve Starbucks coffee.
Freshens Smoothies and Frozen Treats - Custom blended smoothies.
Dugout - Dining court located at Memorial Student Center that offers the following choices:
- Sub Connection - Signature subs, wraps, hot or cold made to order. Soups of the day.
- Grill 155 - Hot off the grill charbroiled burgers, grilled chicken sandwiches, breakfast sandwiches, appetizers, LTO’s, specialty sandwiches and more.
- Organic Foods - A fresh variety of organic fruits, salads, beverages and hormone free milks.
- Green Mountain Coffee - Great fair trade coffee.

Recommendations
HANSEN STUDENT CENTER
Hatties – featuring Seattle’s Best coffee, Simply to Go choices, smoothies, frozen treats and a Small Mart featuring grab and go items.
Tommy’s – a full service restaurant and bar offering appetizers, LTO’s sandwiches off the grill, salads and more.

Dining Hours
There is no need to worry about short dining hours and missed meals. We have you covered.

Our Hours Range:
- Daily: 7:00am – Midnight
- Weekends: 10:00am – 11:00pm

For specific location hours please visit our website at http://www.iwu.edu/~iwufood/plans.html

Meet the Sodexo Team!
- Mike Welsh
  General Manager
  309-556-3703
- David Nicholson
  Operations Manager
  309-556-3680
- Cathy Mansfield
  Retail Manager
  309-556-3683
- Mark Tylk
  Executive Chef
  309-556-3681