

## Campus Resources for Healthy Eating

The campus offers a wide variety of healthy eating supports, including the following:

**Dining Services** <http://www.housing.illinois.edu/Dining/Nutrition>

- EatSmart online/ mobile food and meal analysis tool
- Dining Mobile App
- Contact the Dietitian: contact by email
- Online guide for special dietary needs
- Better Choice options when dining in university housing

**Campus Recreation** <http://www.campusrec.illinois.edu/cooking/>

- Healthy cooking classes
- Get Fresh seasonal food program
- Nutrition coaching
- Kitchen rentals and customized programs
- Online recipes

**McKinley Health Center** <http://www.mckinley.illinois.edu/health-education/nutrition>

- Nutrition consults
- Outreach programs
- Online healthy eating fact sheets
- Nutrition workshops including grocery store tours

**Campus Wellbeing Services** <http://go.illinois.edu/campuswellbeingservices>

- Healthy eating classes
- Online recipe box
- Healthy Weigh weight management program

**Counseling Center** <https://counselingcenter.illinois.edu/>

- Individual counseling, group therapy for disturbed eating, body image concerns
- Self-help brochures on eating and body image concerns

**Student Sustainable Farm** <http://thefarm.illinois.edu/>

- Weekly farm stand on quad (seasonally on Thursdays)