

# Dining halls launch 'Eat Smart' campaign

## Program to promote healthy eating

By Julie Mastrine  
COLLEGIAN STAFF WRITER

In an effort to curb student fears about the closure of Simmons Dining Hall, Residence Dining launched a 12-week campaign to educate students about making healthful choices in all dining commons — kicking off with an interactive program.

An interactive portion of the "Eat Smart" campaign will be featured in Findlay Commons every Wednesday during dinner hours until Oct. 13, when it will move to Pollock Dining Commons for six weeks.

"We're really trying to show students that no one has to be scared about Simmons closing," said Jessica Mottilla, a student nutrition assistant who helped with the event.

Tonight, Findlay Commons will feature a Beverage Breakdown game, in which students will be able to play a card-matching game to learn which beverages are healthy or unhealthy.

Some students said it's important that the university is targeting freshmen with healthy-eating initiatives.

"It's better to start educating students early on, so that they don't have to figure out how to eat better after they've already gained weight or developed unhealthy habits," Amanda Colonna (freshman-world language education) said.

Bo Swartz (freshman-psychology) said teaching students to control their weight with healthy meals is especially important for them to avoid the "Freshman 15."

The interactive program kicked off last Wednesday in Findlay Commons and featured the game "Make a Meal."

Using the food on the menu that day, students had to put together a meal between 300 and 400 calories, with 10 grams of fat or less and won prizes if they were successful, Mottilla (senior-nutritional sciences) said.

Make a Meal helped teach stu-

"... No one has to be scared about Simmons closing."

Jessica Mottilla  
student nutrition assistant

dents about having a balanced plate, she said.

"The dining commons have lots of different options, and nothing offered there can be considered junk food if you're putting together the right food combinations," Mottilla said.

T-shirts and water bottles were among prizes offered to students participating in the Eat Smart campaign.

In the coming weeks, the campaign will feature themes such as Top 10 Nutrients for College Students and Foods with Beautiful Benefits, said Lisa Wandel, director of residence dining.

Having students interact with nutrition assistants and play games will make it easier for them to remember what they learn, as opposed to simply being lectured on the subject, she said.

"We want to make sure we're not just handing out brochures that people end up throwing on the floor anyway," Wandel said. "These interactive activities are a good way to get little snippets of information through to students while they're also having fun and winning prizes."

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### If you go

**What:** Eat Smart interactive campaign

**Where:** Findlay Commons

**When:** 5 to 7 p.m. today

**Details:** The program will be featured every Wednesday until Oct. 13, where it will then relocate to Pollock Dining Commons.

## SPLASH ZONE



Kelley King/Collegian

A student walks by the fountain outside of the Arts Building while walking to class on Tuesday afternoon. Sunny skies greeted students coming back from the three-day Labor Day weekend.

## Textbook site helps Atlas fundraiser

By Megan Rogers  
COLLEGIAN STAFF WRITER

One student has found a way to combine his work and his passion: He's asking students to rent textbooks from Chegg.com so he can win money for the independent THON organization Atlas.

If 500 textbooks are rented from Chegg.com using the code "Nittany," Atlas member and Chegg.com campus ambassador Dan Levy will receive \$750 to donate to Atlas. And if he places in the top five for sales among 50 campus ambassadors from various universities, he will win an additional \$1,000 to benefit Atlas.

Currently, Levy (senior-marketing and psychology) has sold about 385 textbooks and sits at number five on the list. He said he has until the end of September to up his sales total and maintain his spot on the top 5 list.

It's a win-win situation for both the Atlas organization and all Penn State students, Levy said.

Students who rent books from Chegg.com — which Levy said is the "Netflix of textbooks" — will get a 5 percent discount on their order.

Some students said the additional discount makes the low-priced renting system an even bigger steal.

"I told my mom how much I spent on textbooks and she was like, 'Really, only \$150 on textbooks? I was expecting more than that,'" Ryan Staloff said.

Staloff (senior-journalism and economics) estimates that he usually spends at least double what he spent this semester using Chegg.com.

Sri Yelamarty (senior-chemical engineering and economics), who is also helping Levy advertise, agrees the benefits are twofold. Though he only rented one book through Chegg.com because he needed to buy the rest, he said he recommends the website because it can greatly cut down the cost of textbooks.

But since most Penn State students have already purchased their textbooks, Levy said he is now reaching out to students at other schools that began classes recently.

"Atlas has given a lot to me, so I figure this is a good way to give something back to Atlas," Levy said.

Atlas Executive Chairwoman Meg O'Rourke (senior-life science and psychology) said she thought Levy's plan sounded "awesome" when she heard about it.

Atlas has not yet determined where the money will go, she said — though an independent Interfraternity Council/Panhellenic Dance Marathon organization, the group also participates in activities like Homecoming and Relay for Life.

"Everything that could potentially be done to help Atlas, I was going to do," Staloff said.

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