

Tucker Talks Nutrition

Welcome all new freshman and transfer students! Welcome back to all of those returning! I hope you all had a wonderful and relaxing summer! I know I did, I just wish it could have been a little bit longer!

I wanted to introduce myself to all of those who may not know me. My name is Bethany Tucker. I am the registered dietitian on campus. I am located in the Faculty center in Donovan Dining center. My primary role here at RIC is to assist you, the student! I also am here to support faculty and staff. Whether you need advising on food allergies, a therapeutic diet, weight loss, weight gain, disordered eating or you would just like to make sure you are eating as healthy as you can, I am here to help.

The staff at Donovan have been working hard over the summer to get some new and exciting menu items on the menu this fall! Have you noticed?? There is quite a bit of variety for everyone. Lots of options for those that are following a Gluten free diet or a vegetarian or vegan meal plan! And talking about great new things the dining hall is looking pretty great, wouldn't you agree?

Lastly I would like to invite all of you to attend the food service advisory committee held once a month. This is a monthly meeting, again, for you the students to voice your needs, wants, and opinions on what you see in Donovan. We take these comments under serious consideration. We want you to be happy with the food we serve you!

Please feel free to stop by or contact me with any questions or concerns.