SUNY Canton has hopped on board with ‘Healthy Mondays,’ a national non-profit campaign to encourage healthy habits every Monday. Look for Healthy Hops programming each Monday!

**Why Mondays?**

Monday is the start of each week, when we set our intentions for the next six days. Studies suggest we’re more likely to maintain behaviors begun on Monday, the January of every week. It’s the perfect day to make a change for your health and the health of the planet.

Meatless Mondays are offered every Monday to help the SUNY Canton community make healthier choices. Diets heavy in meat have been linked to increased cancer risk; while diets high in fruits, vegetables and whole grains may reduce cardiovascular disease & diabetes. Further, the fuel, land & water needs of livestock are vast & unsustainable over the long-term.

**Healthy Hops Guide to: Eating Well on-Campus**

Look for the Healthy Hops logo across campus which indicates healthy food choices, wellness events and more!

**Health Educator/Wellness Coordinator**

The Health Educator/Wellness Coordinator is located in Campus Center 223; providing health and wellness programming to the campus community both in groups and individually. Working with the Counseling and Davis Health Centers, programming includes: nutrition, fitness, stress, alcohol & substance use, sexual health and all aspects of leading a healthy lifestyle. For more information visit: http://www.canton.edu/wellness.

**Contact:**

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Healthy Hops Selections

Just like off-campus, both healthy and unhealthy options can be found on-campus eateries. The key to eating right is making healthy choices. Included in this guide are a few of the healthier options around campus.

One thing to remember when choosing your lunch or dinner is that the dining services at SUNY Canton already has your health and the environment in mind before your food goes on the plate. They purchase fresh local products such as: fruits & veggies, breads (without high fructose corn syrup) & grass-fed beef at the carving station (not available daily). They’re reducing their carbon footprint by eliminating trays (less chemicals are released into the environment & less water is used) & offering Meatless Mondays.

**Chaney Dining Hall**

Healthy Hops selections:
- The salad bar
  - Choose a low-fat dressing such as Italian
- Whole grain breads
- Fresh fruit (all day)
- Stir-fry (cooked in olive oil or steamed)
- Grilled or broiled chicken
- Lean meats
- Granola, oatmeal and other whole grain cereals
- Low fat milk

Ask for:
- Low-fat cheese or low-fat mayo

Healthy hints: always choose:
- Veggie pizza over a meat pizza
- Marinara sauce instead or alfredo on pasta
- Sugar-free ice cream over regular

**Retail Services**

**Cyber Café—Southworth Library**

Healthy Hops selections:
- Garden Salads
- Caramel & vanilla sugar-free syrups
- Low sodium soups
- Panini’s with grilled chicken and fresh veggies
- Lean meats
- Low-fat milk

**Deb’s—Nevaldine South**

Fruit cups
- Garden Salads
- Grilled Chicken

**Serendipity—Campus Center**

Fruit cups
- Garden Salads
- Lean Meats
- Low-sodium soups
- Hummus
- Melts with grilled chicken & fresh veggies

**JT’s—FOB Lobby**

Fruit cups
- Garden Salads
- Ask for light dressings

**KFC & Taco Bell**

Grilled Chicken
- Lean meats
- Garden Salads

**Jreck’s**

Lean meats
- Grilled Chicken
- Whole wheat bread
- Choose: Mustard or oil instead of mayo or dressing