



## ACTION STATIONS



### > WELLNESS with DELICIOUSNESS

Lighter choices. Whole grain. Gluten free. While there is definitely a movement toward healthier eating, for many students, paying attention to what they eat is a necessity. In fact, 57% of 18–24-year-olds view whole grain as an important health-related attribute when selecting meals and food products while 28% are drawn to gluten free products and view it as an added value.\* Meet dietary preferences in a variety of delicious ways with a Nestlé Professional® Wellness Bar.

### > WELLNESS their WAY

Nestlé Professional offers a wealth of ways to offer wellness-focused choices. From vegan to whole grain to gluten free, you can easily cater to students' personal dietary needs. Change out options as often as every day or every week to help shape a lifetime of healthy choices.



STOUFFER'S® Whole Grain Mac & Cheese

### > MEET the DEMAND

#### > Personalization

Allows students to create meals unique to their tastes and personal dietary needs

#### > Lighter Choices

Enables students to request their ideal portion size and create low calorie meals

#### > Vegetarian/Vegan

Makes it simple to bring "Meatless Meals" to campus and provide healthful meat-free options

#### > Dietary Preferences

Caters to dietary needs from gluten free to whole grain



## > CUSTOMIZABLE MERCHANDISING

> Customizable merchandising is available to help support your wellness bar. To order, visit [nestleactionstations.com](http://nestleactionstations.com).

### PROGRAM SUPPORT

For recipes and help setting up your action station, including an order guide and planning calendar, contact a Nestlé Professional sales representative.



STATIC CLING



COUNTER CARD



POSTER

## > FRESH WAYS to SERVE

Rotate themed action station ideas as often as you wish with the help of the provided Nestlé Professional menu calendar. Choose self-serve or display cooking. Serve it the way it best serves you.

### Self-Serve

Lots of fresh veggies, lean meats or stir-fried ingredients allow students to create their own healthful meal while providing you with an element of ease.

### Attended Display Cooking

Salads, stir-fries, sandwiches and more are made to order in front of students to add drama and enhance the experience.

## > SMART CHOICES BEGIN with FLAVOR

Inspiration is all around you. Nestlé Professional brings it to your campus with a range of action station ideas that represent all the ways students interpret eating well.

### Vegetarian

- > Seasonal Roasted Vegetable Quesadilla
- > Quinoa Risotto with Local Seasonal Caramelized Vegetables
- > Whole Grain Griddle Cakes with Creamed Wild Mushrooms
- > Naan Flatbreads with Hummus and Roasted Vegetables

### Whole Grain

- > Whole Grain Macaroni and Cheese Bar
- > Sweet and Sour Chicken Stir Fry Over 3-Grain "Fried Rice"
- > Hoppin' John with Kale, Smoked Turkey, and Wild Rice

### Gluten Free

- > Spaghetti Squash Spaghetti
- > Creamy Roasted Garlic Polenta
- > Customizable Mashed Potato Bowl

### Lighter Choices

- > Chicken Marsala with Wild Mushrooms over Spaghetti Squash
- > Lasagna with Summer Panzenella Salad
- > Lemon Chicken with Mushrooms, Kale and Whole Wheat Cous Cous
- > Egg White Frittata Station with Seasonal Local Veggies

For assistance in setting up an action station customized to your operation, including chef-inspired themed recipes, contact a Nestlé Professional sales representative at 1.800.243.8822 for a consultation or visit [nestleactionstations.com](http://nestleactionstations.com).

