



GOUCHER FAMILY SUMMER SERIES:

RESIDENTIAL LIFE, COMMUTING & DINING SERVICES

25 JUNE 2024

GUESTS:

DAVID FRIENDLICH (HE/HIM/HIS)

GENERAL MANAGER, BON APPETIT GOUCHER COLLEGE

APRIL LEE (SHE/HERS)

ASSISTANT DIRECTOR OF RESIDENTIAL LIFE- OPERATIONS AND ASSIGNMENTS

DENZEL STEWART (HE/HIM/HIS)

ASSISTANT DIRECTOR FOR STUDENT ENGAGEMENT

ABOUT BON APPÉTIT

We are an on-site restaurant company offering full food-service management to corporations, universities, museums, and specialty venues. Based in Palo Alto, CA, we operate more than 1,000 cafés in 33 states for dozens of marquee clients.

Our food is cooked from scratch, including sauces, stocks, and soups. A pioneer in environmentally sound sourcing policies, we've developed programs addressing local purchasing, overuse of antibiotics, sustainable seafood, the food-climate change connection, humanely raised meat and eggs, and farmworkers' rights. We're grateful to have been recognized by many leading foundations, nonprofits, and industry associations for our work.

SPECIAL DIETS + ALLERGENS

Bon Appétit takes food allergies seriously and your health and safety is our highest priority. We support your food allergy needs by providing information and resources to empower you to make well-informed food choices in our cafés. Managing food allergies can be complex and we strive to work with you to understand your personal dietary needs — making every effort to accommodate those needs.

It is not uncommon for our kitchens to handle hundreds, if not thousands, of ingredients. For these reasons, the chefs and managers in your café are the best source of information. They will be able to tell you what was used in a dish in real time and if that item may have been prepared where risk for cross-contact is high, and share package information for the product(s) that were used.

KNOW WHAT YOU ARE EATING



FARM TO FORK
Contains seasonal, minimally processed ingredients from a local farm, ranch, or fishing boat.



SEAFOOD WATCH
Contains seafood that meets the Monterey Bay Aquarium's Seafood Watch guidelines for commercial buyers.



LOCALLY CRAFTED
Contains products crafted by a small, locally owned food business using socially and/or environmentally responsible practices.



HUMANE
Contains humanely raised meat, poultry, or eggs. Must be certified by a credible third-party animal welfare organization.



ORGANIC
Contains at least 95 percent organically produced ingredients (by weight) from a USDA certified source.



VEGAN
Contains absolutely no animal or dairy products.



IN BALANCE
Contains a balanced portion of whole grains, fresh fruits and vegetables, and lean protein, with a minimum amount of healthy fat.



MADE WITHOUT GLUTEN-CONTAINING INGREDIENTS
Made without gluten-containing ingredients. Please speak with an on-site manager to learn how these items are prepared in our open kitchens that also handle gluten for other menu items.



VEGETARIAN
Contains no meat, fish, poultry, shellfish, or products derived from these sources but may contain dairy or eggs.

KNOW WHAT YOU ARE EATING



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Contains seasonal, minimally processed ingredients from a local farm, ranch, or fishing boat.



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MADE WITHOUT GLUTEN-CONTAINING INGREDIENTS

Made without gluten-containing ingredients. Please speak with an on-site manager to learn how these items are prepared in our open kitchens that also handle gluten for other menu items.

DESCRIPTIVE MENU NAMING

We use descriptive naming to quickly identify menu items containing major allergens.*

*Due to high variability in purchased product labeling, it's still very important to communicate with a chef or manager if you have an allergy to confirm the allergen profile of a product.

Lemon & Herb Shrimp Pasta

 **Farm to Fork**  **Seafood Watch**

lemon | Golden Acre parsley | garlic | shrimp | buttered orzo

Quinoa Stuffed Poblano Peppers

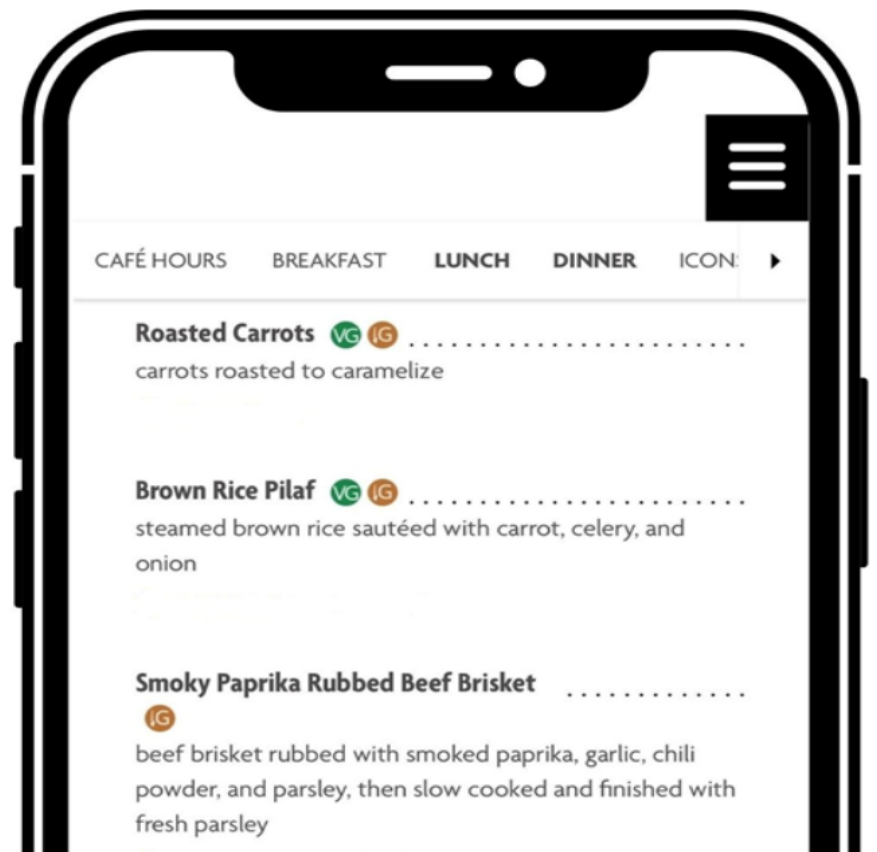
 **Vegetarian**  **Made without Gluten-Containing Ingredients**

white quinoa | tomato | grilled onion | cotija cheese | spicy salsa

NEW DINING WEBPAGE

goucher.cafebonappetit.com features menus that are updated in real time, wellness content that explores the latest trends in dining, sustainability information, an online comment card feature, and more!

BONUS! Menu Mail is an opt-in newsletter that will deliver the menu to your Inbox every morning.



LET'S CONNECT

David Friendlich, General Manager
David.Friendlich@cafebonappetit.com

goucher.cafebonappetit.com
[@bonappetitgoucher](https://twitter.com/bonappetitgoucher)



RESIDENTIAL LIFE STAFF



Dr. Terence Turner,
Director of Residential Life



John Haky,
Associate Director of Residential Life



April Lee
Assistant Director , Operations & Assignments



Arté Warren
Residential Life Coordinator
(Fireside Hall, Pagliaro Selz Hall, Trustees Hall)



Corey Frederick
Residential Life Coordinator
(Froelicher Hall, Heubeck Hall, Mary Fisher Hall, Sondheim House, Welsh Hall)

RESIDENTIAL LIFE

1st Floor of Heubeck Hall
410.337.6424

residentiallife@goucher.edu

The Office of Residential Life is available Monday – Friday from 9 a.m. – 5 p.m. EST. Emails will be answered during this time.

A 24/7 on-call team remains available for emergencies for students residing on campus.

The [Office of Residential Life](#) oversees all aspects of life in the residence halls. Our goal is to educate residents through experiential learning, and we encourage productive, successful community members by providing appropriate challenges, guidance, and support. We celebrate differences, balance, and personal dignity.

To accomplish our mission, we:

- Support the academic mission of the institution
- Provide efficient and thorough attention to student needs
- Maintain safe, clean facilities
- Increase awareness of individual rights and responsibilities to foster appreciation and respect for others and for oneself
- Establish a supportive and challenging framework of expectations for students and staff
- Create educational and social opportunities, as well as programming, shared living experiences, and living-learning communities so our students become attached, invested individuals.



YOUR HOME AWAY FROM HOME!

OFFICE OF STUDENT ENGAGEMENT

MARY FISHER 106
HOURS: M-F | 9AM-5PM
OSE@GOUCHER.EDU

WHO I AM:
DENZEL STEWART,
ASSISTANT
DIRECTOR OF
STUDENT
ENGAGEMENT



A photograph of a school hallway with rows of orange lockers on both sides. A round analog clock is mounted on the wall to the left. The floor is made of large, light-colored tiles. In the background, there are whiteboards and a staircase. The image has a semi-transparent dark overlay.

GOUCHER COLLEGE RESOURCES

- Office of Student Engagement
- Office of Religious and Spiritual Life
- Student Support & Outreach
- Student Health Center
- Student Counseling Center
- Center for Race, Equity and Inclusion (CREI)

BENEFITS OF BEING A COMMUTER

COMMUTER LOUNGE

COMMUTER LOCKERS

FREE COMMUTER MONTHLY
LUNCH

COMMUTER MEAL PLAN

COMMUTER APPRECIATION
WEEK

Sports and Recreation
Center (SRC):
Cardio Fitness Center &
Weight Room

FOOD PLAN OPTIONS

2024-2025 - UNDERGRADUATES

Meal Blocks / Swipes: The term Blocks or Swipes refers to one meal. For example, a 19-Meal per Week Plan gives you 19 meals to use per week. All unused meals expire at the end of each Sunday; they will not carry forward.

Dining Dollars: The 5 Residential food plan comes with \$125 Dining Dollars (commuters only). The 10, 14 and 19 Residential food plans per week come with \$250 Dining Dollars. The Unlimited food plan comes with \$300 Dining Dollars. Dining Dollars unused at the end of the semester **do not carry over to the next semester; they expire.**

Gopher Bucks: Gopher Bucks can be used anywhere on campus, and some off-campus locations, in place of cash, or credit and debit cards. They can also be used to purchase meals in all locations on campus. Gopher Bucks carry over from semester to semester. Balances over \$10 will be refunded after the student has graduated or is no longer attending.

Kosher Nosh: Strictly kosher, meat and vegan options but no dairy. Available to all students with a regular meal swipe in Mary Fisher.

Food Plan	Dining Dollars per Semester	Cost per Semester 2024-25	Cost per Academic Year 2022-23	Approx Dining Dollars per Week
19 Meals per Week	\$250	\$3,980	\$7,960	\$16
14 Meals per Week	\$250	\$3,485	\$6,970	\$16
10 Meals per Week	\$250	\$3,040	\$6,080	\$16
5 Meals per Week (commuters only)	\$125	\$1,525		\$8
Unlimited meals per week	\$300	\$4,325	\$8,650	\$19

CURRENT REGISTERED STUDENT ORGANIZATIONS

- 1021 Hip Hop
- Al-Jalia Arabic Club
- Anthro Club
- Asian Identity Student Union
- Black Gophers Coalition
- Board Game Club
- Computer Science Club
- Dungeons, Dragons and Gophers
- Food Recovery Network
- Gardening Club
- Goucher Black Student Union
- Goucher Improv Club
- Goucher International Student Association
- Rock Climbing Club
- The Quindecim (Student Newspaper)
- Goucher Women of Color Circle
- Humans Versus Zombies
- Independent Music Club
- Men's Volleyball Club
- Model Senate
- Model United Nations
- Movimiento Estudiantil Hispano-Americano
- Muslim Student Association
- Nomad Student Organization
- Open Circle Theatre Club
- Pizzazz Musical Theatre Club
- Poetry Collective
- Student Engagement Team (SET)
- Dancers of Color Coalition
- Yoga Club

STUDENT INVOLVEMENT FAIR

WEDNESDAY, SEPTEMBER 4, 2024

1PM-3PM

MARY FISHER PATIO AND
VAN METER HIGHWAY





QUESTIONS

GOUCHER FAMILY SUMMER SERIES

[HTTPS://WWW.GOUCHER.EDU/PARENTS/FAMILY-ORIENTATION-SERIES/](https://www.goucher.edu/parents/family-orientation-series/)

- **Tuesday, July 9:** Office of Accessibility (Drop-In Session)
- **Tuesday, July 9:** Supporting Your Student
- **Tuesday, July 16:** Student Employment
- **Wednesday, July 17:** Health Forms & Health Insurance (Drop-In Session)
- **Wednesday, July 24:** Academic Resources
- **Monday, July 29:** Preparing for Move-In