

Carmen Swain

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Food For Thought

It's no secret that the food you eat is correlated to your academic success! Carmen works beside our chefs to ensure the menu is well balanced, providing all the nutrition you need to fuel your studies! **A nourished body is a nourished mind!**

Dietary Preferences - We've Got You Covered

Since a growing number of students are moving to a more plant-based diet, a variety of **vegan and vegetarian** options are offered at every meal. **If you ever have questions about how to navigate the dining hall or need guidance building your meal, Carmen is here to help!**

One-On-One Consults

A number of students who come to campus have **allergies and intolerances**. For students with these restrictions, the idea of living on campus can be scary. **Dal Food caters to a number of students with special dietary concerns.** If you have questions or concerns about how to stay well and get what you need, Carmen is always available to chat!

Before You Arrive

Are you a **future Dalhousie student** but are unsure if residence dining is the right for you? Carmen can work with you to gain an understanding of your preferences or restrictions to help determine if the dining hall is a fit for you. The earlier you reach out, the better!

Engage & Educate

Carmen loves to **educate** students about nutrition, planting seeds of information that will hopefully turn into rooted, life-long practices. You can catch her blending up greens, planning local food initiatives, and setting up information booths all around campus. **Got a nutrition question? Carmen is here for you!**



Food Services