



Local food and sustainability commitments

UMaine Dining is committed to sourcing its food from local and regional producers. In 2019 Dining exceeded its goal of 20% local purchases by 2020. Dining's new goal is 25% local purchases by 2025.

Buy and eat local, sustain local economies

Our commitment has grown from a partnership started in 2007 with one farm and one product to more than 26 local farms, 33 local businesses and 900 individual products. We are a leader in the state of Maine for institutional local food implementation.

Sustainability efforts:

- Trayless dining at all dining halls
- Zero-waste events and zero-sort recycling at all dining locations
- Green cleaning products are used at all locations
- Partners with University of Maine Cooperative Extension in a composting program which composts approximately 241.5 tons of food scraps and waste per year from all dining locations
- Hilltop Dining's food pulper grinds food scraps and napkins that are then added to UMaine's composting program
- Wells Central is a LEED Certified green building that features a food digester to divert good waste from landfills, saving money and reducing energy use
- Bear's Den and Bear's Den Cafe & Pub utilize World Centric to-go containers made from corn-based plastics

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Helping you meet and improve your nutrition goals

The dietitian is here to help

UMaine Dining's dietitian, Dara Raymond, MS, RD, LD, provides confidential, free nutritional guidance and counseling for any Dining meal plan holder. She is available by appointment Monday through Friday from 8 a.m.–4:30 p.m. Follow-up meetings, email conversations, and phone calls are also available, when appropriate.

Counseling services include:

- Medical nutrition therapy
- Vegetarian/vegan lifestyle
- Food allergies and intolerances
- Religious diet requirements
- Healthy eating
- Eating disorders
- Sports nutrition
- Weight management

Additional referrals may be made to appropriate campus staff if necessary.



START A CONVERSATION:
Dara Raymond
 dara.raymond@maine.edu
 207.581.4508



Special dietary needs

If you have a specific dietary need, including a special diet, consult UMaine Dining to find out how they can assist you in your nutritional goals. Make an appointment to discuss your particular dietary need. Meal plan modifications or exemptions are granted only in extreme cases.

Allergies and intolerances

The UMaine Dining staff will be pleased to help you determine if a particular menu item contains an ingredient that may cause a reaction. Contact us if you have a severe food allergy or intolerance for accommodations.

Allergy Aware venue at Hilltop Dining

The Allergy Aware line at Hilltop has foods free from the Big 8 allergens — peanuts, tree nuts, fish, shellfish, soy, eggs, milk and wheat. Many items are also gluten-free.

Halal menu items at York Dining

York Dining serves a Halal-friendly item during dinner.

Gluten-friendly items and milk alternatives

Gluten-friendly items and milk alternatives are available in all three dining halls. The Bear's Den in Memorial Union also has a selection. If you are unclear if an item meets your dietary needs, ask a manager.



2019–20 Guide to Campus Dining



Campus dining payment options

In addition to the following payment options, all UMaine Dining locations accept cash and credit/debit cards. ATMs can be found on Rangeley Road, in Alford Arena and Memorial Union. Money can be added to a MaineCard to added discounts.



Meal Plan

A meal plan for the full academic year is required for all campus residents (except DTAV and Patch Hall residents).

Meal plans are payable in two installments. The first installment is due in July; the second is due in November.

A meal plan change is allowed once during the first six weeks of each semester.

In addition to resident students, commuters, graduate students, faculty and staff can purchase meal plans.



Dining Funds

Dining funds may only be used at Dining locations and operate as a declining balance account.

Features:

- Roll over from fall semester to spring semester only;
- **Nonrefundable**
- Tax-free and 5% discount on dining orders at any Dining location



Black Bear Bucks

Black Bear Bucks are funds added to a MaineCard and operate as a declining balance account.

Features:

- Roll over from semester to semester
- Tax-free and 5% discount on dining orders at any Dining location
- **Refundable** once holder graduates, withdraws or ends employment at UMaine
- May be used at all dining locations, plus other campus services (e.g., University Bookstore, laundry, etc.) and at select off-campus merchants

A quick guide to campus dining

UMaine Dining academic year 2019–20 locations, food offerings and hours

Location	Hours Check umaine.edu/dining/hours for holiday and vacation hours	Coffee/tea	Baked goods	Grab and go	Breakfast sandwiches	Smoothie	Convenience Market	Full meals	Open before 8 a.m.	Open midday	Open after 5 p.m.	Weekends
Bear's Den Cafe & Pub Memorial Union	Monday: 11 a.m.–7 p.m. Tuesday–Friday: 11 a.m.–10 p.m. Saturday: 10 a.m.–10 p.m. Sunday: 10 a.m.–4 p.m.											
Bear's Den Memorial Union	Monday–Friday: 7:30 a.m.–4 p.m. Weekends: Closed Bear's Den Buffet, 7:30–10:30 a.m., Monday–Friday											
Oakes Room Cafe Raymond H. Fogler Library	Monday–Thursday: 8 a.m.–11 p.m. Friday: 8 a.m.–3 p.m. Saturday: Closed Sunday: 4–11 p.m.											
Union Central Market Memorial Union	Monday–Friday: 7 a.m.–2 p.m. Weekends: Closed											
University Club Raymond H. Fogler Library <i>Lunch is a la carte</i>	Monday–Friday: 11:30 a.m.–1:30 p.m. Weekends: Closed Membership info: library.umaine.edu/universityclub											
Hilltop Market Hilltop	Sunday–Monday: Noon–9 p.m. Tuesday–Saturday: 4 p.m.–midnight											
All-you-care-to-eat See below for guest pricing	Hours Check umaine.edu/dining/hours for holiday and vacation hours	Coffee/tea	Baked goods	Grab and go	Breakfast sandwiches	Smoothie	Market	Full meals	Open before 8 a.m.	Open midday	Open after 5 p.m.	Weekends
Hilltop Dining Hilltop	Monday–Friday: 7 a.m.–8 p.m. Weekends: 8 a.m.–8 p.m.											
Wells Central Wells	Monday–Friday: 7 a.m.–8 p.m. Weekends: 11 a.m.–8 p.m.											
Wells Late Night Wells	Monday–Thursday: 9 p.m.–midnight Friday–Sunday: Closed Late night opening Oct. 1											
York Dining York Hall	Monday–Friday: 7 a.m.–8 p.m. Weekends: 9 a.m.–8 p.m.											

All-you-care-to-eat (Black Bear Bucks/Dining Funds): Breakfast, \$8.79; Lunch, \$10.73; Light lunch, \$8.35; Dinner, \$12.92; Late Night, \$11.29; Child, any meal (12 years & under), \$5.99
Cash rate (including tax): Breakfast, \$9.40; Lunch, \$12.08; Light lunch, \$9.40; Dinner, \$14.54; Child, any meal (12 years & under), \$6.40