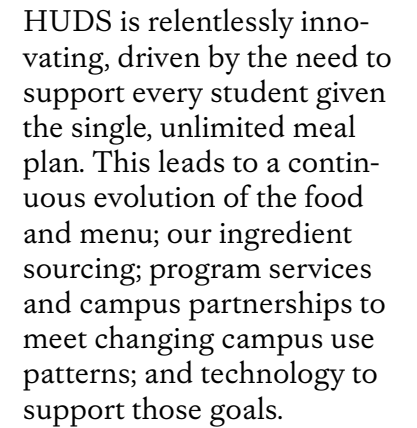




We also have to be innovative with staffing. With 13 small locations, staffing costs make up more than 50% of our expenses. But those staff are the heart of student connect- edness to the program, and so we center their stories and contributions to daily life in dining.

Food & Menu

HUDS single, unlimited meal plan for all students is deeply inclusive, centered on the priorities of health sensitivity, cultural sensitivity, religious sensitivity and environmental sensitivity.

In addition to in-dining hall resources (such as comprehensive labeling) and stations, information to help students navigate special dietary needs can be **found on our website:**

[Food Allergies](#)
[Kosher & Halal](#)
[Online Menu](#)



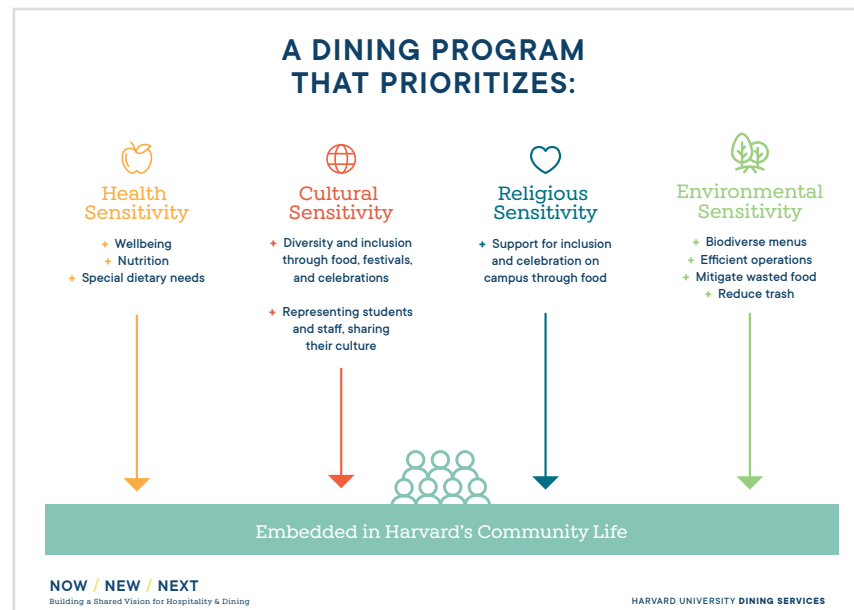
WELCOME 2 HARVARD

CLASS OF '29

Harvard Meal Plan 101

As an undergrad living on campus, you have an unlimited meal plan! Swipe into any dining hall as many times as you want.

HUDS
Nourishing U.



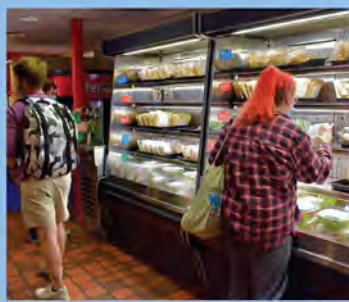
WELCOME 2 HARVARD
CLASS OF '29



Dietary Restrictions?
No problem! HUDS accommodates vegetarian, vegan, kosher & halal with options in every undergraduate dining hall on campus.



WELCOME 2 HARVARD
CLASS OF '29



Fly By
Need food on the go? We've got options! FlyBy (with locations at Memorial Hall & SEC) is a weekday lunch spot for a quick grab-n-go bagged meal.



WELCOME 2 HARVARD
CLASS OF '29



Kosher Options
Harvard Hillel offers lunch and dinner daily, accessed through your meal plan. We also have kosher stations at Annenberg & Pforzheimer Houses, and Kosher Corners in every House dining Hall & at Annenberg.



WELCOME 2 HARVARD
CLASS OF '29



We Cook From the Heart...
Our team of talented culinarians works with great, quality ingredients & recipes that represent our diverse community and changing food trends.



Ramadan
FEB 17 - MAR 19




VISIT THE WEBSITE FOR MORE INFORMATION:
bit.ly/HUDS-kosher-halal-dining

DINING OPTIONS
Undergraduates & College meal plan affiliates with a board plan can:

- + Break your fast nightly **during regular business hours**
- + Use a **to-go container** from your dining hall to create a plate for consumption later.
- + Order a **bag of breakfast provisions**:
 - **Pre-bagged individual breakfast** can be ordered online through the Harvard bag meal portal
 - **Packouts of breakfast ingredients for a group** (ideally 6 or more) can be ordered online by undergraduates through the Harvard packout system



hudsinfo
Annenberg Hall



44 6

hudsinfo 10/10 no notes on today's new recipe: Loaded Greek Baked Potato!
[@potatogoodness](#)
February 19

WELCOME 2 HARVARD
CLASS OF '29



Special Theme Meals
HUDS hosts special theme meals throughout the year—from cultural celebrations to holiday feasts.




WELCOME 2 HARVARD
CLASS OF '29

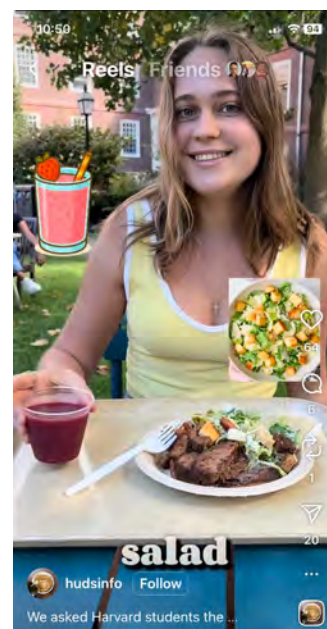


Local Farms
We source ingredients from over 250 local farms and businesses! That fresh apple in your dining hall likely came from a Massachusetts orchard.



FEEDBACK ON SOCIAL

The menu is globally diverse, because Harvard, and therefore HUDS' dining halls, are home to students from more than 100 countries.



RECIPES FROM HOME

We even invite first-year families to submit favorite recipes. When families can join for the meal, it makes it extra special.



Staffing

Annenberg serves the first-year community, but the 12 Houses for upperclassmen serve only between 350-550 students.

The small, tight-knit staff become a second family to students, celebrating holidays, attending sporting events and providing comfort and care in one's home language.

HUDS operates 365 days a year.



Campus Collaboration

In fact, dining together is so central to the Harvard experience that we started the year with an educational talk by a Harvard researcher who has linked shared meals to happiness. The talk was followed by a group dinner with the researcher and the Dean of Students.



[Read the article in the Harvard Crimson](#)

The Harvard Crimson

HUDS Talk Emphasizes Importance of Communal Dining for Students



Micah Kaats, a doctoral student in Public Policy at the Harvard Kennedy School, speaks at a talk hosted by Harvard University Dining Services. By [Michelle L. Yang](#)

By Hella M. Hung and McKenzie E. Lemmo, Contributing Writers
October 2, 2025

Harvard Kennedy School PhD candidate Micah Kaats said that sharing meals with others correlates to higher levels of happiness at a Harvard University Dining Services' Food Literacy Project event on Wednesday.

FLP FALL 25

speaker series



The Science Behind Shared Meals & Well-Being

with **Micah Kaats**, doctoral student in Public Policy at Harvard Kennedy School; one of authors of annual *World Happiness Report*

Discover the fascinating science behind why dining together does more than just fill our stomachs—it nurtures our minds and bodies. According to a study published in the annual *World Happiness Report*, "People who eat more meals with others tend to be more satisfied with their lives and are more likely to express positive emotions."

W, Oct 1
4:30-8:30pm
Smith Campus Center,
Mt. Auburn Room

20 FOOD LITERACY PROJECT 2005-2025 Celebrating 20 Years!

[SIGN UP](#)
www.bit.ly/FLPEvents

This event is open to all HUD holders.

A bite from the... **WORLD HAPPINESS REPORT 2025**



"People who are more socially connected tend to be happier, less stressed, more satisfied with their lives, less prone to depression [and] more engaged in their communities..."

Excerpted from the chapter entitled "Sharing Meals with Others: How sharing meals supports happiness and social connections"

Join the FOOD LITERACY PROJECT for:

The Science Behind Shared Meals & Well-Being

WITH **Micah Kaats**

- Doctoral student in Public Policy at HKS
- Research associate, Wellbeing Research Center at HKS
- Senior analyst, Happiness Research Institute

W, Oct 1
4:30-8:30pm
2025 South, Room 8022
or Attend virtually on Zoom

[SIGN UP](#)
www.bit.ly/FLPEvents

A bite from the... **WORLD HAPPINESS REPORT 2025**



"Not only do people who share more meals report more positive emotions overall, they also seem to enjoy their food more."

Excerpted from the chapter entitled "Sharing Meals with Others: How sharing meals supports happiness and social connections"

Join the FOOD LITERACY PROJECT for:

The Science Behind Shared Meals & Well-Being

WITH **Micah Kaats**

- Doctoral student in Public Policy at HKS
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www.bit.ly/FLPEvents

SPECIAL EVENTS

HUDS hosts unique special events, from Climate Action Week to the outdoor Crimson Jam in Harvard Yard to the The Pub Nite to celebrate when first-year students are assigned to their upperclass house.

MONDAY

EAT MORE PLANT-BASED FOODS

Shifting towards diets higher in plant-based foods (like fruits, vegetables, grains, and beans) and lower in animal-based foods significantly reduces your carbon footprint, conserving resources like land and water.

Ways you can make an impact:

- Greens & Grains Station
- Daily veggie options
- Swap burgers at the grill

SEPTEMBER 15 - 21, 2025

HARVARD CLIMATE ACTION WEEK



Nourishing U.
HUDS

TUESDAY

BUY LOCAL & SEASONAL FOOD

Sourcing food from local and seasonal producers reduces transportation emissions and supports local economies.

Ways you can make an impact:

- Shop at the Farmers' Market at Harvard Longley, Tuesday, Sept 16 from 11:00am-5:00pm
- Meet the Bees on Friday, Sept 19 (all of Bees event)

SEPTEMBER 16 - 21, 2025

HARVARD CLIMATE ACTION WEEK



Nourishing U.
HUDS

WEDNESDAY

CHOOSE SUSTAINABLE SEAFOOD

Select seafood from fisheries or aquaculture operations that minimize environmental impact, prevent overfishing, and protect habitats.

Ways you can make an impact:

- Eat locally-caught, underutilized species, such as today's Fresh Catch from Red's Best
- Learn more about the Gulf of Maine Research Institute and its Toxins and Program

SEPTEMBER 17 - 21, 2025

HARVARD CLIMATE ACTION WEEK



Nourishing U.
HUDS

THURSDAY

REDUCE FOOD WASTE

A significant portion of food produced is lost or wasted. This wastes the resources used to produce, transport, and dispose of it. Reducing food waste in your daily meals is a powerful action you can take.

Ways you can make an impact:

- Don't eat more than you can
- Eat in "communal" areas to redistribute food and avoid overeating
- Ask for a "doggy bag" when you're done
- Donate extra food to the Harvard Food Bank
- Volunteer for a food bank

SEPTEMBER 18 - 21, 2025

HARVARD CLIMATE ACTION WEEK



Nourishing U.
HUDS

FRIDAY

AVOID SINGLE-USE DISHWARE, CUTLERY, DRINKING VESSELS

Ways you can make an impact:

- Dining in? Always use reusable when they are available
- Explore HUDS' new to-go container program
- Bring your own mug when you dine with us. In retail cafes we offer a discount and in residential locations we feature mug racks.

SEPTEMBER 19 - 21, 2025

HARVARD CLIMATE ACTION WEEK



Nourishing U.
HUDS

climate-Friendly Menu

CRIMSON JAM

- Fattoush Salad (v)
- Tabouleh (vgn)
- Hummus (vgn)
- Chickpea Salad (vgn)
- Warm Pita with choice of:
 - Lemon Garlic Halal Grilled Chicken
 - Falafel (vgn)
 - Baked Cherry Tomatoes with Feta, Kalamata Olives & EVOO (v)
- Lettuce
- Diced Tomato
- Diced Red Onion
- Tzatziki (v)
- Tahini Sauce (vgn)
- Iced Water
- Gluten-Free Brownies (v)
- Selection of Italian Ices (vgn)
- Fresh Fruit Salad with Honey Greek Yogurt (v)

Fri, Sep 5

Dinner will be served in the Old Yard at 5:15pm.
All locations closed except Currier, Dunster & Hillel.

Nourishing U.
HUDS

HOUSING DAY!

DINNER F, MAR 27

PUBNITE MENU!

- New England Clam Chowder
- Roasted Vegetable Soup - Vgn
- BBQ Burger with Cheese, Bacon & Secret Sauce
- Loaded Nachos - V
- Mozzarella Cheese Sticks - V
- Kimchi Jack Burger - Vgn
- Curly French Fries - Vgn
- Chef's Choice Vegetable
- Steamed Whole Green Beans - Vgn
- Black-Eyed Peas & Peppers - Vgn
- Maple & Apple Bread Pudding - V
- Whipped Topping - V
- Ice Cream Novelties - V



Nourishing U.
HUDS

Sourcing & Procurement

Harvard was named the Green Restaurant Association's Greenest University (the University or College with the most Certified Green Restaurants®), in part due to our local procurement practices.

Visit the [Green Restaurant Association](#) for more information.

[Read about HUDS' Catch of the Day Program in the Harvard Crimson](#)



How HUDS Gets Its Fish
BY THAMINI VIJAYASINGAM
MARCH 6, 2025
By Mae T. Weir

On Fridays, Harvard dining halls usually serve fish and chips: lightly battered, golden fried white fish with a side of tartar sauce. Among students, the staple has come to be known as "Fish Fridays." Officially, it's called "Catch of the Day."

The dish is the result of a larger collaboration between Harvard University Dining Services and a Boston-based fish wholesaler called "Fresh Catch." The program helps ensure that local fishermen can sell a full day's catch, and began in 2015 as part of the University's wider efforts to promote sustainability and and



HUDS SOURCES.. QUALITY INGREDIENTS

Proteins

- **4oz chicken breasts** from New York-area farms (also halal)
- **Beef products** graded "USDA choice" and above
- **Hot dogs, deli turkey & ham** = nitrate-free & low-sodium
- **Fish** = just caught from local waters by Greater Boston area fishermen in Wed & Fri recipes
- **Eggs** = cage-free & American Humane certified

Vegetables & Fruits

- **Produce** = US Grade 1 ("good quality"), the chief grade for most fruits and vegetables on the market
- **Local produce** from 250 farms in a 250-mile radius of Cambridge when vegetables are growing in New England.
- **Fresh vegetables** (not frozen) used exclusively, except for peas, corn and french fries
- **Local squash** (approx. 40,000 lbs.) grown for us at Ward's Berry Farm, Sharon, MA
- **Hand-fruits** (e.g., apples and pears) from local orchards for as long as the season allows (usually 9 months of the year).

Dairy

- **Milk** from Hood, a local distributor of New England dairy products who work with farmers pledging not to use artificial growth hormones and who hold humane animal care as a core value
- **Yogurt** from Chobani

Groceries

- **Soups** by Kettle Cuisine, a MA-based manufacturer, starting from scratch-made stocks
- **Teddy's Peanut Butter**, made in Everett, MA
- **Saratoga Salad Dressings** made for us in Canton, MA
- **Hummus, tabbouleh, baba ghanoush & falafel** from the Norwood, MA-based Saroufim family

STANDARDS

- **No MSG** ever
- **No trans fats** (as defined by the FDA)
- We use **olive oil** for all vegetable cooking, and canola oil for deep frying
- We use **Diamond Crystal kosher salt** for all cooking; iodized salt is available only for table application



Nourishing U.













NEW BOTTLE!

A HUDS favorite just got an upgrade!

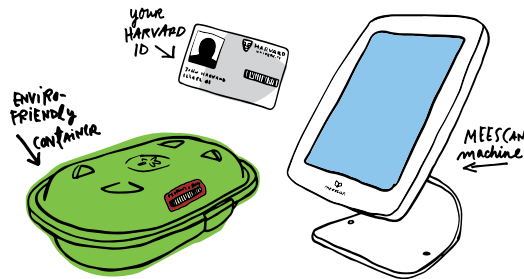
We partnered with local Saratoga Dressings to make our very own **HUDS Boom Sauce!** Now find your fav creamy mayo & sweet chili sauce with the salad dressings!

Technology

We employ technology to make us better listeners, better planetary citizens, and better operators. For example, HUDS reusable container program uses library lending technology to remove 600K+ compostables from the waste stream.

Easy steps for waste-free takeout.

REUSABLE
CONTAINER
PROGRAM



1. **Swipe** for your meal at the checker's station.
2. **Request** a green to-go container from the checker.
3. **Check out** the container at the **MeeScan** device.
4. **Return** container **within 3 days** to the **dish drop** when you are done with it.

We will clean and sanitize the container (required between every use per MA state Food Code), check it back in and put it back in circulation.

What happens if you don't return it? Unreturned containers incur a \$10 charge to your term bill.

Container lost its bar code? Return it in person with your name.



INTRODUCING WINNOW



Pilot for Fall 2025 at Annenberg, Adams & Currier

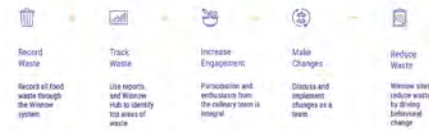
Harvard University has a strong ambition & target

To take an industry leading position on food waste prevention.



Reduce food waste by
15%
by December 20, 2025

How Winnow will help HUDS reduce food waste



Food waste is a global problem.



Read about HUDS x Winnow in the Harvard Crimson

The Harvard Crimson

HUDS Rolls Out New Artificial Intelligence System to Combat Food Waste



Annenberg Hall's dish return system is powered by artificial intelligence. By Courtesy of Shanvi Srikonda

By Ava H. Rem, Crimson Staff Writer
October 6, 2025

Harvard has a food waste problem. University administrators think that artificial intelligence can help.

Harvard University Dining Services is piloting a new AI-powered system, Winnow, at Adams House, Currier House, and Annenberg in an effort to reduce its food waste.

HEY, CURRIER! TEXT US!

To text us your feedback:

- + Send text to **55744**
- + Include location code **Currier** followed by your comments

EXAMPLE:
Currier lunch was great today!

We ♥ your Feedback!

HAVE FEEDBACK ON OUR KOSHER PROGRAM OR SERVICES? TEXT US!

To text us your feedback:

- + Send text to **55744**
- + Include location code **Kosher** followed by your comments

EXAMPLE:
Kosher lunch was great today!

We ♥ your Feedback!

HEY, ANNENBERG! TEXT US!

We want to hear from you!

+ Text **55744**

+ Start your message with code: **Berg**

+ Tell us how we did or ask a question!

We ♥ your Feedback!