Plan out your meals in each dining hall by looking at the daily menus! The MSUtrition link allows you to track the nutritional information from the meals you eat in the dining halls. Check for the nearest Sparty’s location! Learn how Culinary Services is sustainable!

Eatatstate.com offers an abundance of resources that are available! Check it out!

Sticking to New Years Resolutions

Every year, about 1 out of 3 Americans make the New Year’s resolution for a healthier lifestyle. As it turns out, 75% of these individuals stick to their resolution for one week, but within 6 months, only 50% will remain true to their word. Below are some goals from MSU Extension that you can set to help you keep your healthy New Year’s resolutions!

- Eat more fruits and veggies! Make them half of your plate at each meal.
- Read labels! Look for reduced sodium and less sugar.
- Eliminate or cut back on sugary drinks! Keep hydrated and healthy with water. Add lemon or lime for a twist.
- Try to grow some of your own fruits, vegetables, or herbs!
- Exercise! Start small by taking daily walks.

This weekend at the Breslin Center...

The MSU men’s basketball team will play Minnesota at 7 p.m. on Saturday! It will be televised on the Big Ten Network! If you are going to the game, be sure to recycle your waste at one of the arena’s 37 recycling stations!

Happy Birthday.

Randy Myers!

IS Daily Events

Kx On Site Training
8:30 – 5:00 p.m.
IS Training Room 115

Tips to Save Energy this January

- Always turn off lights when leaving a room.
- To avoid phantom power usage, unplug appliances or use a power strip.
- Shut down or use power management settings on electronics rather than screen savers.

Randy celebrates his birthday tomorrow, Saturday, January 11th! We hope he enjoys his day! Be sure to sign his card in the kitchen!