Healthy Eating Walking Tour

ITINERARY
- Lenoir Dining
- Market Place
- McCormick Café
- Union
- Einstein Bagels
- IPF / Grill @ 1810

P.O.D
- Monday-Friday 7am-7pm
- Saturday and Sunday Closed

Chick-fil-A
- Monday-Friday 7am-10pm
- Saturday 10am-9pm
- Sunday Closed

Einstein Bagels
- in Anderson Hall and Law School: Bagels, gourmet sandwiches and wraps, and hot coffee are available.

Indoor Practice Facility (IPF): Athletic facility kitchen

P.O.D @ Lamar Hall
- Monday - Friday 7:30am - 5:30pm
- Saturday and Sunday Closed

P.O.D @ Minor Hall / P.O.D & Grill @ Martin Stockard
- Monday - Friday 7am - 2am
- Saturday and Sunday 12pm - 2am

Other food options available on campus:
- POD Grab-n-Go items located in dormitories, Lamar Hall, Guyton Hall and Ridge West Towers Grille Between Stockard and Martin Papa John’s Ridge West Starbucks JC Williams Library Rebel Fairway Grill Ole Miss Golf Course

Is your food healthy?
ASK:
- What vegetables are being offered?
- Are any vegetables raw?
- Is there a portion of fat, sweets or meat larger than that of the vegetable, fruit or beans?