



Arizona Dining News

COLORFUL WAYS TO WELLNESS NUTRITION IN EVERY HUE

New year, new goals, and a whole lot of colorful food coming your way! Ever wonder why your plate needs more hues and what that means? Colorful Ways To Wellness has the answers. From brain boosts to heart love, check out the color categories below to choose healthy and balanced nutritional food items that suit your taste buds!

PURPLE

Fuel your brain, amp up your vision, and help prevent cancer.

Check out the **Blueberry Parfait** at Arizona Market, Global Market, and Highland.

TRY to include meals with blueberries, blackberries, red or purple cabbage, eggplant, and grapes.

RED

Show some love to your heart and take steps to prevent cancer.

Choose the **Sauteed Spinach & Tomatoes** at 85' North or **Chana Masala** at Saffron Bites to cover your reds!

TRY eating more beets, tomatoes, bell peppers, cranberries, cherries, raspberries, strawberries, and pomegranates.

GREEN

Fight inflammation like a superhero.

Find the **Kung Pao Broccoli** at Radicchio or **What's Up Doc Salad** at IQ Fresh for all your greens.

TRY more broccoli, spinach, kale, and kiwi for that extra punch.

ORANGE

Give your immunity a power-packed punch.

Can't get easier and more delicious than the **Square Root Juice** at Nrich or the delicious **Stir Fry Vegetable** at Cactus Grill.

TRY more orange, carrot, squash, cantaloupe, pumpkin, mango, apricot, and yam are all over the Unions restaurants and cafes.

WHITE/BROWN

Keep that cholesterol and blood pressure in check.

Have you tried the **Mushroom Tacos** at Más Tacos or the **Cauliflower Rice** at Radicchio?

TRY adding a little extra garlic, onion, cauliflower, mushroom, potato, and parsnip.

Never Hungry TIP

Limited Time Offers now at Sabor!

Brace your taste buds for whole flavors at Sabor with our Limited-Time Offers (LTO's) starting now through the end of the semester! Keep your eyes open for LTO's at other restaurants.

MONDAY

POSOLE

Try the traditional Mexican soup during this cold weather.

TUESDAY

TORTA

Take your pick from carne asada, chicken, or carnitas stuffed between buns.

WEDNESDAY

ENCHILADAS

Enjoy a delicious cheesy celebration, available in chicken or cheese options.

THURSDAY

CHIMIS

Dreams come true with the Chimi, starring carne asada, carnitas, or chicken – your call!

FRIDAY

GREEN CHILE TAMALES

Wrap up your week with our green chile tamale sensation.

Meal Plan Reminder

Monthly Swipe Expiration

Welcome back Wildcats! Just a friendly reminder that your **Swipes expire monthly** and January only has a few weeks left. Make sure to get the best bang for your buck by using your swipes at our All-You-Care-To eat locations or by buying groceries. Find these locations below.

Radicchio

Student Unions 3rd level on the south west side of the building.

Cactus Grill

Student Unions 3rd level on the south east side of the building.

85' North

Open to everyone and found inside the Honors Village ground level.

Highland Grocery

Corner of Highland and 6th St.

IYKYK IYKYK

ZERO WASTE

The Student Unions has become a beacon of sustainability on campus, with initiatives and eco-friendly practices driven by you!

Ordering from one of our dining locations in the Student Unions Food Court? Sort waste to build sustainable habits at the new Zero Waste station, located near IQ Fresh. Plastic containers can be rinsed and recycled, while food scraps, paper napkins, and wooden utensils can be composted to keep waste out of the landfills.

Fun Fact: Did you know the Student Unions Rooftop Garden, designed and run by students, supplies fresh produce all around campus? This includes Campus Pantry which uses this produce and more to tackle food insecurity in the Wildcat Community. #IYKYK

Living like a ROCK STAR

Happy Hour at Cork & Craft

Looking for a midweek pick-me-up? Look no further than Cork & Craft's Happy Hour, where the good times roll from Monday to Friday, 3 - 6 PM and enjoy discounted shareables!

Charred Brussels & Jam

\$4

Shoestring Fries

\$4

Oversized Pretzel & Smoky Eggplant

\$9

Cauliflower & Corn Fritters

\$3

Gather your friends and make your way to Cork & Craft to enjoy a Happy Hour that won't break the bank

Remember, you can use your swipes and dining dollars at Cork & Craft (just for alcohol).

#hellorockstar

Make sure to follow us @azunions for updates and giveaways.

This month's giveaways will include all new Coca-Cola bikes!

2023 TOUR DATES

'85 North
Arizona Market
Bánh Mì @ the Roadrunner
Cactus Grill
Catalyst Café
Chick-Fil-A
Core
Core+
Cork & Craft
Einstein Bros. Bagels
Global Market
Highland Grocery

Ike's Coffee & Marketplace
IQ Fresh
Más Tacos
Nrich Urban Market
Nrich Urban Market Express
On Deck Deli
Panda Express
Papa Johns Pizza
Radicchio
Red & Blue Market
Sabor Mexican Fare
Saffron Bites @ Global

Saffron Bites @ SUMC
Scented Leaf
Shake Smart @ Campus Rec
Shake Smart @ North Rec
Sichuan Kitchen
Slot Canyon Café
Starbucks Bookstore
Starbucks Global
Starbucks Library
Sushi with Gusto
The Den By Denny's

Over 30 Kitchens Cooking Just For You