



Arizona Dining News

It's The Tumeric Talkin'!

We know you're out and about this summer, and your joints are movin' 🧑🏻‍🦵 that's great! Keep those joints moving comfortably and try turmeric in your next meal or drink. Turmeric contains curcumin which has antioxidant and anti-inflammatory properties. This can be super helpful to consume after a long day of walking Disney World, climbing all those steps at the waterpark, or playing your favorite summer sport 🏈🏊. If you're on campus, get your turmeric drink fix at Nrich or have it in your meal at Saffron Bites!

Check out more [Arizona Dining news and locations on our In The News Page!](#)

Never Hungry

TIP

Tap In Some Tumeric - In Your Juice!

Now that we all know how amazing turmeric is, why not add it to a delicious, fresh-pressed juice? Try our simple, staff-fav next time you're at Nrich:

- Orange
- Pineapple
- Carrot
- ...and Tumeric (duh!)



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University of Arizona Best Food Allergy Innovation For Universities 🏆

Did you know that the University of Arizona was awarded the Best Food Allergy Innovation for Universities last month? Arizona Dining has been working hard to ensure that their team, menus, and locations can fuel your body and feed your appetite with allergen-friendly options.

Living like a ROCK STAR

Destination Dining

Free food and music and goodies? OH MY 🤯! After the Arizona Family Resource Fair, head over to the Student Unions for our Destination Dining event! On **August 18th** from **6-8PM**, live like a rockstar with this VIP treatment:

- 🎸 Try great food
- 🎸 Win awesome prizes
- 🎸 Grab FREE STUFF
- 🎸 Enter to win our grand prize!

2023 TOUR DATES

'85 North
 Arizona Market
 Bánh Mì @ the Roadrunner
 Cactus Grill
 Catalyst Café
 Chick-Fil-A
 Core
 Core+
 Cork and 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