

Meal Hall Tips

Plan Ahead - Check the menu ahead of time to see what is being offered that day. When you get to Morrison Hall, take some time to check out the various stations before making a decision. This will help you reduce food waste and ensure you aren't missing out on one of your favorite dishes.

Take a Break - Still hungry after your first helping of food? Wait 5-10 minutes before going for seconds to give your food time to digest and for our gut to signal that we are full. If you are still hungry, honour this hunger and go for seconds!

Check Out the Details -Utilize the Nutrition Calculator & allergy guide found on 'stfxcampusfood.sodexomyway.com' or the TV menus on display at Morrison to help you make informed choices about what your fuel source of choice!

Utilizing Grab & Go - Short on time and don't want to have a sit-down meal at Morrison Hall? Check out Grab & Go on the North side of the building and use a meal swipe to get fresh meals on-the-go for breakfast, lunch, or dinner.

Enjoy the Moment - Getting together with friends at mealtime is a great way to relieve stress and take a break from studying. Food is more than just something we put into our bodies - it has the power to bring us together. Believe it or not but some of your best university moments might even happen in meal hall surrounded by friends!

