

# NC State Dining

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**NC State Dining's** award-winning program offers food options that are convenient, fresh, wholesome and delicious. We have over 40 dining locations across campus, all of which accept some form of the meal plan. From traditional all-you-care-to-eat dining halls to a mix of restaurants, cafes and convenience stores, our program is designed to meet the unique needs and tastes of the campus community.

NC State Dining hosts a number of theme meals and monotony breakers during the year, including our famous All Carolinas Meal, which features items grown or produced in North Carolina. We also host a number of cultural meals, too. Check out the special events calendar (<http://www.ncsudinng.com/university-dining-events/>) for more details.

## Nutrition

We understand the diverse nutritional needs of our campus population, such as food allergies, intolerances, and special dietary preferences. Our website (<https://dining.ncsu.edu/locations/>) provides nutritional information for all of our restaurants and dining halls, and many locations have a nutrition kiosk where guests can check the daily menu for allergens and other key ingredients.

Our Well-Fed Wolfpack nutrition team and registered dietitian are nationally recognized for their efforts to make NC State one of the best campuses known for its nutrition and wellness programs (<http://www.ncsudinng.com/campus-dining/healthwellness/>). Our dietitian is available for a free consultation to discuss your nutrition goals and special dietary needs. We place a special emphasis on fresh foods and wellness while providing nutrition resources, education, and awareness across campus.

## Meal Plans

Our award-winning dining program offers a variety of food options that are convenient, fresh, diverse and delicious. Learn more about meal plans and how they work by watching this short video ([https://mx.technolutions.net/ss/c/sFxO3k7SpIyfc07nBNL8mUff-PwxfCuqJETpxFO5k\\_VL\\_gKw4-39HT0keN8lkBP2/40b/XvOMYvIHRJC7ughaDDMV8g/h6/Rys3iL-w1zjTvkbo5ci\\_ABLxi3hI77RTGIV2I2kP6lo/](https://mx.technolutions.net/ss/c/sFxO3k7SpIyfc07nBNL8mUff-PwxfCuqJETpxFO5k_VL_gKw4-39HT0keN8lkBP2/40b/XvOMYvIHRJC7ughaDDMV8g/h6/Rys3iL-w1zjTvkbo5ci_ABLxi3hI77RTGIV2I2kP6lo/)).

- If you **plan to live on campus and are a first-year student\***, you'll be automatically enrolled in the Flex 500 plan, but you can upgrade to the Flex 800 plan beginning July 10.
- If you are a **returning student or will not be living on campus** and would like to have a meal plan, review your options and sign up (<http://go.ncsu.edu/meal-plans/>) any time after July 10.

Detailed information and a full guide on selecting a plan are available on our website (<http://dining.ncsu.edu>).

Plans will be active on August 12 for the fall semester and January 2 for the spring semester. If you are a returning or off-campus student, be sure to register for a plan before arriving on campus to avoid a delay in accessing your plan.

Try out your plan and make any changes via our website before September 15. Be sure to re-evaluate for the spring semester to ensure your plan is the right one for you and make any changes by February 1.

*\* All first-year students (students entering college for the first time) living in on-campus housing are required to have a Flex 500 or Flex 800 meal plan their first year.*

## We're Here for You

We take pride in offering quality food and services designed specifically to meet the wants and needs of students. For more information, visit NC State Dining online (<http://dining.ncsu.edu/>) or call 919.515.3090. Follow us on Facebook (<https://www.facebook.com/ncstatediningpack/>), Twitter (<https://twitter.com/ncstatedining/>) and Instagram (<https://www.instagram.com/ncstatedining/>) for information on special events, featured menu items, cooking demos, and more.

Resources:

Meal plan options and details (<http://go.ncsu.edu/meal-plans/>)  
Special dietary needs (<https://dining.ncsu.edu/nutrition/special-dietary-needs/>)

Accommodations and special requests (<https://dining.ncsu.edu/meal-plans/meal-plan-accommodations/>)

Pack Essentials meal plan scholarships (<https://dasa.ncsu.edu/support-and-advocacy/pack-essentials/food-and-housing-resources/>)

Meal plan change portal (<https://get.cbord.com/ncsu/full/login.php>)