



PARESKY PRESS

dining & nutrition

IT'S SPRING!

RECLAIMING "YOU ARE WHAT YOU EAT" WITH COOKIE DECORATING

During Eating Disorder Awareness Week (2/24–3/2), we teamed up with Sykes Wellness Center to give this phrase a positive spin. Participants used edible markers to decorate cookies with empowering words and artistic designs.

If you or someone you know is struggling with food & nutrition, reach out to Sykes, encourage a friend to seek support, or connect with Ms. Corsi.



WHY CHOCOLATE MILK FOR RECOVERY?

Chocolate milk's ~3:1 carbohydrate-to-protein ratio makes it ideal for recovery. Carbs replenish glycogen and help transport protein to rebuild muscles. Other foods can work as well, but chocolate milk is a convenient option.

Read the entire newsletter and visit archives here →



<https://phillipsacademy.campusdish.com/Paresky-Press-Newsletter>

UP NEXT!

- 25-Mar National Nutrition Month Trivia
- 4-Apr National Ramen Day
- 5-Apr National Caramel Day
- 11-Apr Fan Favorites
- 12-Apr National Grilled Cheese Day
- 22-Apr Earth Day
- 23-Apr MYO Pickle Table
- 26-Apr Pretzel Day
- 5-May Cinco de Mayo
- 10-May National Shrimp Day
- 13-May National Hummus Day
- 14-May MYO Vinaigrette Kitchen 101
- 26-May You Got This! Study Snacks

WE HEARD YOU

Thanks to your feedback, we have implemented some changes to our menu and dining hall:

- Added jerk seasoning and malt vinegar to flavor stations
- Offering corn tortillas alongside flour tortillas
- Serving an allergen-friendly apple crisp
- Featuring Cleveland Kitchen Kimchi (probiotics, yay!)
- Increasing plant-based proteins like beans and lentils

BE HEARD

We love your feedback. Tell us about your experience.



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IT'S SPRING!

MAKE YOUR OWN DIP

February 21st was a fun day at Paresky! We turned the deli bar into a MYO (Make Your Own) dip station! Guests customized guacamole, yogurt dip, or salsa with mix-ins like buffalo sauce, blue cheese, and caramelized onions, paired with homemade pita chips, Ruffles, and tortillas. Dips also work as a sandwich spread, soup topper, or salad dressing!



ASK THE DIETITIAN

"WHAT IS A GOOD CARB?"

Carbohydrates are your body's main energy source and can be part of a balanced diet—no food is inherently "good" or "bad" unless you're allergic. They come from fruits, veggies, grains, dairy, and sweets. High-fiber carbs (fruits, veggies, grains) provide lasting energy, while refined or low-fiber carbs (sugar, candy, juice) offer quick fuel, especially before exercise. Active individuals need more carbs to fuel, sustain, and recover. Food not only fuels our bodies but also brings enjoyment, fosters connection, and enhances gatherings.



GOT FOOD OR NUTRITION QUESTIONS?

Ms. Ellie Perry has answered many at Andover! Email eperry@andover.edu for a chance to have yours featured— anonymously—on our Instagram [@paresky_dining](https://www.instagram.com/paresky_dining). Note: This is for general information only. Always seek the advice of your doctor or other qualified health provider regarding a medical condition.

DO YOU HAVE A SPECIFIC DIETARY CONCERN?

Please contact Paresky Dining Registered Dietitian, Ms. Ellie Perry, eperry@andover.edu to discuss your dietary needs and how Paresky can support you.

Question about dining? Please contact dining@andover.edu and one of our managers will get back to you quickly.

Contact Phillips Academy Registered Dietitian, Ms. Jenna Corsi at jcorsi@andover.edu for nutrition counseling.