



*Twisted Fork*

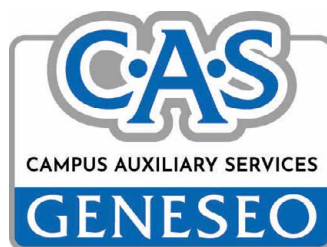
# PLANT-BASED POKE BOWL



GLUTEN-FRIENDLY, VEGAN, AND DAIRY FREE

COLORFUL • NUTRIENT-PACKED • PLANET-FRIENDLY

**2025 NACUFS NUTRITION AWARDS:**  
Special Diet Recipe of the Year





# TABLE OF CONTENTS

Health & Nutrition .....	3
Recipe (HACCP), Allergens, Process.....	5
Temperature Log.....	10
Menus (Online, Mobile, Print .....	11
Advertising & Promotion.....	12
Nutrition Blog.....	14
Email Communication .....	15
Engagement & Feedback .....	16
Photos .....	17

# HEALTH & NUTRITION

## PRINCIPLES OF HEALTHY SUSTAINABLE MENUS AND PLANT-BASED MENUS

Healthy, sustainable, or plant-based menus are designed to support human health while reducing environmental impact. A diet rich in fruits, vegetables, legumes, and whole grains decreases the risk of many cancers. A plant-based diet improves the health of your gut, which helps you absorb nutrients from food that support your immune system and reduce inflammation. Key principles used, include:

### Emphasize Whole Plant Foods

- Vegetables
- Fruits
- Whole grains
- Legumes (beans, lentils, peas)
- Nuts and seeds

These foods are rich in fiber, vitamins, minerals, and antioxidants, which help prevent chronic diseases like Heart Disease and Type 2 Diabetes.

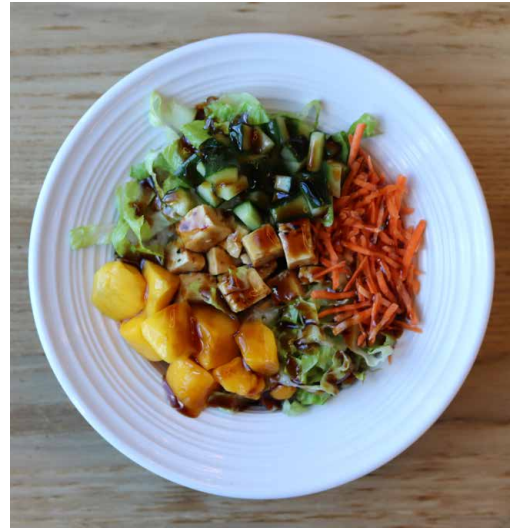
### Use Plant Proteins In Place of Animal Products

- Lentils
- Beans
- Tofu and tempeh

This reduces greenhouse gas emissions, land use, and water consumption.

### Prioritize Seasonal and Local Foods

Provides better freshness and flavor. Lower transportation emissions, and supports local farmers.





# HEALTH & NUTRITION

NUTRITIONIST-APPROVED

## Plant-Based Poke Bowl

GF VG DF

Rice, romaine lettuce, seasoned tofu, mango, cucumber, sliced carrots, poke sauce

### Allergen Key



Gluten-Friendly



Vegetarian



Vegan



Dairy-Free



Contains Coconut



May Contain Nuts

## Plant-Based Poke Bowl

### Nutrition Facts

1 serving per container  
**Serving size 1 Serving (0.0g)**

**Amount Per Serving**  
**Calories 490**

**% Daily Value\***

**Total Fat** 17g **22%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 830mg **36%**

**Total Carbohydrate** 61g **22%**

Dietary Fiber 7g **25%**

Total Sugars 11g

Includes <1g Added Sugars **1%**

**Protein** 24g

Vitamin D 0mcg 0%

Calcium 280mg 20%

Iron 4.5mg 25%

Potassium 470mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BROWN RICE, MARINATED TOFU (TOFU (TOFU (FILTERED WATER, ORGANICALLY-GROWN (NON-GMO) SOYBEANS, NATURAL COAGULANTS (CALCIUM CHLORIDE [NIGARI], CALCIUM SULPHATE)), SESAME SEEDS, OIL BLEND (CANOLA OIL, OLIVE OIL), SESAME OIL, SEA SALT), POKE SAUCE (TAMARI (WATER,SOYBEANS,SALT,SUGAR), WATER, SESAME OIL, DRIED CHILE FLAKES, SESAME SEEDS, GARLIC, XANTHAN GUM)), CARROTS, MANGOS, CUCUMBER, ROMAINE

CONTAINS: SOY, SESAME



# RECIPE

## NUTRITIONIST-APPROVED PLANT-BASED POKE BOWL

GF VG DF

Rice, romaine lettuce, seasoned tofu, mango, cucumber, sliced carrots, poke sauce

*Colorful, Nutrient-Packed, and Planet-Friendly*

**YIELD:** 25 **#OF SERVINGS:** 25 **SERVING Size:** 1 each

ITEM CODE	AMOUNT	INGREDIENT
52036	4.25 lb	Rice Medium Grain
A114	2 heads	Romain Lettuce
A105	2	English Cucumbers Seedless
A13	8 cups	Shredded Carrots
23002	8 cups	Diced Mango, Thawed
51887	6.5 lb	Tofu Organic Extra Firm
37243	1.5 oz	Olive Oil/Canola Oil Blend
9513	1.5 Tbsp	Sesame Oil
	1.5 Tbsp	Salt
33558	1/3 cup	Toasted Sesame Seeds
See Sub-Recipe	12.5 cups	Poke Sauce

# EQUIPMENT

- Chef Knife
- Cut Glove
- Cutting Board
- Rice Cooker
- Large Pot
- Salad Spinner
- Large Mixing Bowl
- Large Sheet Pan

# PROCESS

1. Gently rinse and drain rice 3 to 4 times (until water runs clear) to remove excess starch.
2. Add equal volumes of rice and water to rice cooker and start.
3. When rice is done cooking, allow it to rest in the pot for 15 to 30 minutes

## HACCP:

**Critical Control Point:** Hold rice at or above 140°F for service. Record temperature on log.

**Corrective Action:** If food falls below 140°F, reheat to 165°F. If food is between 40°F and 140°F for more than two hours, do not serve and discard.

4. Remove outer leaves of romaine. Slice in half vertically and remove the core. Place cut side down on cutting board and thinly slice. Submerge lettuce in clean water, then drain and spin in salad spinner. Hold cold for service

## HACCP:

**Critical Control Point:** Cut leafy greens must be held at or below 41°F. Record temperature on log.

**Corrective Action:** If food rises above 41°F, it must be reduced to below 41°F within 2 hours or discarded.

5. Thoroughly wash outside of cucumbers. Cut into quarters vertically. Remove seeds. Cut in half vertically again, then into small dice. Hold cold for service.

Continued...



Rinse rice



Drain rice to remove excess starch



Remove outer leaves. Slice in half vertically. Remove core.



Wash cucumbers. Cut into quarters vertically. Remove seeds.

# PROCESS

- Dice tofu into ¼" small dice.
- In a large mixing bowl, toss with remaining ingredients.
- Lay out on a greased sheet pan, then roast at 350° for 15 minutes.
- Allow to cool, then hold cold for service.

## HACCP:

**Critical Control Point:** Hold rice at or above 140°F for service. Record temperature on log.

**Corrective Action:** If food falls below 140°F, reheat to 165°F. If food is between 40F and 140F for more than two hours, do not serve and discard.

**Critical Control Point:** Food must be further cooled from 70°F to 41°F or below in the next four hours. Record temperature of food after four hours.

**Corrective Action:** If food has not cooled to below 41°F or below within the next four hours, it must be discarded.

- Place approximately 1 cup of rice in the bowl.
- Add 1/2 cup of romaine lettuce.
- Add 1/3 cup of marinated tofu.
- Top each bowl with ¼ cup each cucumbers, carrots, and mangos.
- Top with 1/2 cup of poke sauce.



Dice tofu into quarter-inch small dice



Season in large mixing bowl



Lay on a greased sheet pan



Roast for 15 minutes



# RECIPE

## POKE SAUCE

A SAVORY, UMAMI-RICH MARINADE

GF VG DF

**YIELD:** 12.5 cups **#OF SERVINGS:** 25 **SERVING Size:** 4 oz

ITEM CODE	AMOUNT	INGREDIENT
9513	1/3 cup	Sesame Oil
	¼ tsp	Xanthan Gum
	4 oz	Water
40725	6.5 oz	Tamari
33379	1 Tbsp	Chili Flakes
33558	1 Tbsp	Toasted Sesame Seeds
8215	1 Tbsp	Chopped Garlic

### Allergen Key

GF VT VG DF C N  
 Gluten-Friendly    Vegetarian    Vegan    Dairy-Free    Contains Coconut    May Contain Nuts

# EQUIPMENT

- Knife
- Cut Glove
- Large Sauce Pot
- Metal Spoon
- Measuring Cups
- Whisk
- Cooler
- Pour Bottles

# PROCESS

1. Evenly disperse xanthan gum in the sesame oil.
2. While mixing oil/xanthan gum in a blender or with a beurre mixer, slowly add water to emulsify.
3. Continue blending and slowly add tamari.
4. Remove sauce to a container and whisk in remaining ingredients.
7. Simmer for 10 minutes until sauce has thickened.
8. Add the salt and pepper last, adjusting to taste.
9. Place the finished sauce into two-inch hotel pans and place into the cooler to let cool.
10. The sauce must be below 41° F before placing it into pour bottles in the cold well for service.



Remove sauce from blender and whisk in ingredients



Add diced onion, minced garlic, and minced ginger



Place the finished sauce into hotel pans to cool in the cooler



Place sauce into pour bottles in cold well for service

# TEMP LOG

## Sushi Poke Bowl Holding Temps

Displayed: Thu Nov 6, 2025 @ 10:45 AM  
 Deadline: Thu Nov 6, 2025 @ 11:15 AM  
 Completed: Thu Nov 6, 2025 @ 10:49 AM  
 Submitted By: Chris Mejia



SUNY Geneseo - Red Jacket

Item Prompt	Item Result	Completed By	Completed On
Rice	193.82	Chris Mejia	11/6/25, 10:47 AM
Raw Tuna	33.98	Chris Mejia	11/6/25, 10:47 AM
Tofu	37.4	Chris Mejia	11/6/25, 10:47 AM
Lettuce	39.38	Chris Mejia	11/6/25, 10:48 AM
Cucumber	35.78	Chris Mejia	11/6/25, 10:48 AM
Shredded Carrot	37.58	Chris Mejia	11/6/25, 10:49 AM
Mango	30.92	Chris Mejia	11/6/25, 10:49 AM
Extra/Alternate Item	N/A	Chris Mejia	11/6/25, 10:49 AM



### HACCP:

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## TEMPERATURE MONITORING

CAS recently implemented a temperature monitoring system using Jolt, which utilizes advanced sensor technology to continuously monitor cold and hot holding equipment and provide real-time alerts to protect food inventory. This technology strengthens our food safety practices, supports regulatory compliance, and improves operational efficiency across our dining locations. By helping staff quickly identify and respond to temperature fluctuations, the system also helps reduce potential food waste and ensures a consistent, safe dining experience for our guests.

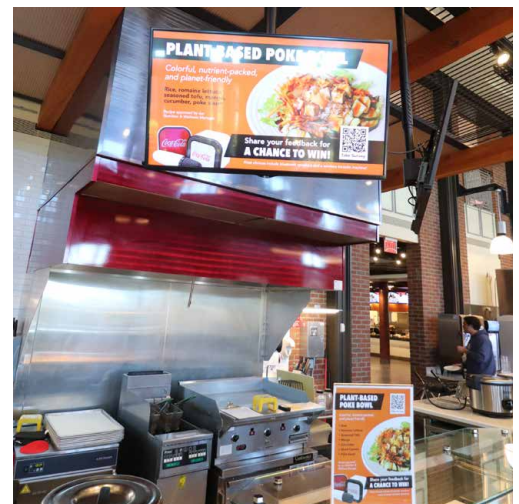


# MENUS

## ONLINE, MOBILE, KIOSK, AND PRINT

The Plant-Based Poke Bowl is a regularly featured item within our three-week rotating menu cycle and is prepared and served at the Twisted Fork station in our Red Jacket Dining Complex, a pay-one-price, all-you-care-to-eat residential dining location. All promotional materials clearly identify the dining location and station where the dish is available, making it easy for students to find and enjoy.

Daily menus are displayed directly at the station and are also accessible through our online menu, kiosk, and mobile ordering for customizability and convenience. Allergen information is listed alongside each menu item to support informed dining choices. In addition, every station includes a QR code that links to the online menu, where guests can access expanded menu descriptions and detailed allergen information.



# ADVERTISING & PROMOTION



## DIGITAL & PRINT

Twisted Fork

### PLANT-BASED POKE BOWL

Colorful, nutrient-packed, and planet-friendly

Rice, romaine lettuce, seasoned tofu, mango, cucumber, sliced carrots, poke sauce

Share your feedback for A CHANCE TO WIN!

PLANT-BASED POKE BOWL

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Rice, romaine lettuce, seasoned tofu, mango, cucumber, sliced carrots, poke sauce

Recipe approved by our Nutrition & Wellness Manager

Share your feedback for A CHANCE TO WIN!

Prize choices include bluetooth speakers and a wireless karaoke machine!

Twisted Fork

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Rice, romaine lettuce, seasoned tofu, mango, cucumber, sliced carrots, poke sauce

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Share your feedback for A CHANCE TO WIN!

Take Survey

Prize choices include bluetooth speakers and a wireless karaoke machine!

We actively promote our offerings across a diverse range of channels, including digital displays in our dining areas, social media, email communications, print signage, and our website and online menu.

# ADVERTISING & PROMOTION

To celebrate Vegetarian Month and World Vegan Month, we proudly spotlighted this vibrant, nutritionally inspired plant-based dish from our three-week rotating menu, inviting students to discover a flavorful and satisfying plant-forward option.





# NUTRITION BLOG

## Eats & Insights: Eating for the Planet and Your Mind

October invites reflection. As autumn deepens—with changing leaves and shorter days—our thoughts often turn inward toward our habits, health, and the impact we make on the world. With World Mental Health Day on October 10, this month is the perfect

time to consider how our food choices influence both our mental state and the planet. By making intentional choices, we can support mental health, nourish our bodies, and reduce our ecological footprint all at once.



OCTOBER 6, 2025 BY LTURNER

### Eating for the Planet and Your Mind

Written by Heather Carrera, Nutrition & Wellness Manager, Heather Carrera, DCN, MS, CNS, CDN

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### Plant-Based Eating for a Sustainable Future

The 2025–2030 Dietary Guidelines for Americans won't be published until the end of the year, but the 2024 scientific report already signals a shift: more plant-based proteins and fewer animal proteins. Nutrient-dense options like beans, peas, and lentils provide essential fiber, vitamins, and minerals while supporting sustainability.

The report also emphasizes variety, especially with locally grown produce. Eating a diverse mix of fruits and vegetables enhances nutrition, supports local farmers, and reduces environmental impact. Local produce usually travels a shorter distance, retaining more nutrients by the time it reaches your plate. Incorporating these foods boosts immunity, energy, and overall well-being.

Producing plant-based foods typically requires fewer natural resources and emits fewer greenhouse gases than animal-based foods. For example, beans and lentils use far less water and land than beef. By prioritizing vegetables, fruits, legumes, and grains, you can shrink your environmental footprint. Small swaps—like beans instead of beef in chili, tempeh in tacos, hummus in wraps, or veggie-forward entrées a few times a week—add up to meaningful change.

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### Recent Posts

[Eating for Heart Health](#)

[How to Do Your Own End-of-Year Personal Health & Wellness Audit](#)

[Diabetes Awareness Month: 7 Practical Tips for Steady Energy and Balanced Blood Sugar](#)

[Eating for the Planet and Your Mind](#)

[Slipping Smart This September: Coffee, Caffeine, and Your Stress Response](#)

### Recent Comments

**A WordPress Commenter on FUEL TO WIN: Smart Nutrition for a Strong Season**

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FULL ARTICLE

## PLANT-BASED POKE BOWL



Share your feedback for **A CHANCE TO WIN!**

### Last Day to Share & Win!

Submit your feedback on the Plant-Based Poke Bowl at Twisted Fork by the end of the day for a chance to win one of three prizes!

The plant-based poke bowl is one of many inclusive menu options on campus. Your feedback helps shape what we serve next. Your entry could win you a bluetooth speaker or karaoke machine!



Share Your Feedback



# EMAIL

We featured our Plant-Based Poke Bowl throughout the semester, with special emphasis during October–National Vegetarian and Campus Sustainability Month–and November, World Vegan Month. The promotion supported our efforts to encourage plant-forward dining choices and align with campus sustainability initiatives.

The dish was featured in our bi-weekly e-newsletter reaching students, faculty, and staff, and reinforced through coordinated social media posts and digital signage across our dining locations. Students were also invited to complete a short survey to share feedback on plant-based offerings, helping guide future menu development and better understand student interest in sustainable dining options.



## Campus Auxiliary Services Food for Thought

October 23, 2025

### PLANT-BASED POKE BOWL



Share your feedback for **A CHANCE TO WIN!**

### Try Our Plant-Based Poke Bowl Twisted Fork | Red Jacket

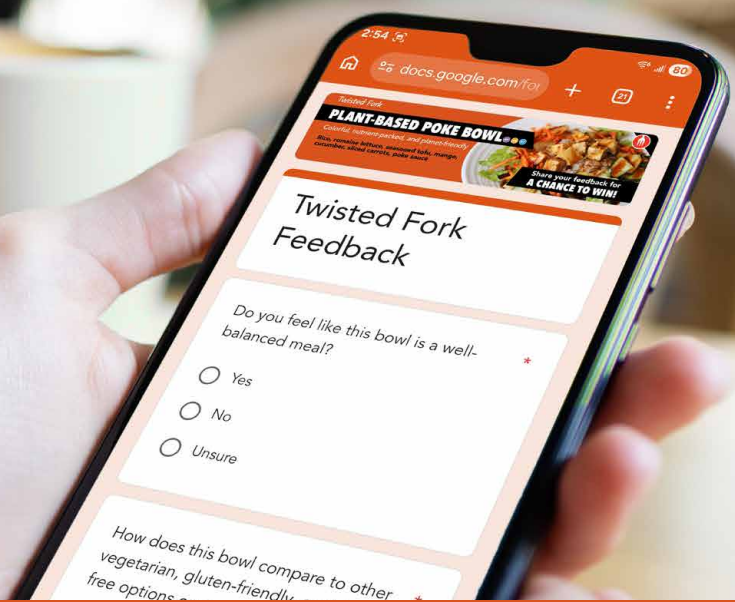
Fuel your body and support the planet with our Nutrition & Wellness Manager-approved Plant-Based Poke Bowl, available during lunch Tuesday–Thursday (Nov. 4 - 6) at Twisted Fork.

This colorful, vegan, gluten-friendly bowl features seasoned tofu, mango, cucumber, sliced carrots, and poke sauce over rice and romaine—a flavorful way to nourish your body and mind while caring for the planet.

Look for signage at the Twisted Fork station and in the Red Jacket.

*We'd love to hear your thoughts and feedback!*

Take the Survey



# ENGAGEMENT & FEEDBACK

## TESTIMONIALS

- "A favorite! "
- "I think the vegan options are lovely"
- "Probably the best food there is on campus"
- "I appreciate the staff"
- "More filling and nutritious. Very tasty"
- "Best vegan option"
- "They feel fresher and more complete as a meal"
- "Very Enjoyable"
- "One of the few things I'm willing to walk across campus for"
- "Super freaking delicious. Nothing else compares"
- "The seasoning on the tofu is so delicious"
- "Students are drawn to eat these nutritional, environmentally friendly meals"

## SURVEY RESULTS

- 78% first-/second-year students
- 21% third-/fourth-year students (meal plan optional)
- 15.5% customers with allergies
- 86% rated this bowl as a convenient meal
- 94% found it balance and satisfying
- 77% want to see more hand-selected, allergen-friendly dishes recommended by our Nutrition & Wellness Manager
- 93% said it was helpful knowing the health benefits of the dish when ordering

### Superior Quality and Taste:

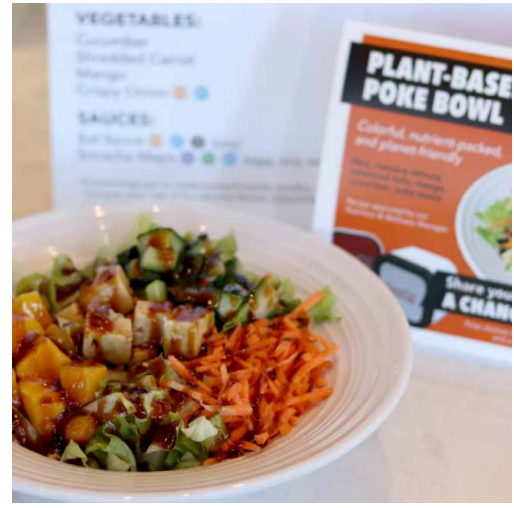
Many respondents considered these bowls to be "better" and "more flavorful and delicious" compared to other vegetarian/vegan options on campus. They noted the seasoning on the tofu and the fresh taste.

### Nutritional and Filling:

Many highlighted that the bowls are "more filling, nutritious, great for protein, and balanced" feeling like a "complete and healthy meal". They also decribed it as "fresh, vibrant, and satiating".

### Variety and Customization:

Respondents appreciated the variety of toppings and customization.



# PHOTOS

