

# HOW many calories are in that?!?!

The Commons has  
**many** choices...

But have you ever thought about  
the little things that can make a  
BIG impact on your meal?

**Look for the nutritional  
information signs posted around  
the Commons!**

Sponsored By:  
RWU Health and Wellness Educators  
"Helping Others Help Themselves"  
CSD Room 211 #401-254-3491



Bon Appétit  
Executive Chef Robert Lavoie  
Production Manager Andy Costanzo  
Upper Commons Manager Joshua Hennessy

