



COMFORT'S NEW ROOTS

Gen Z's comfort foods are different than those of older generations because when Gen Z thinks of "home" and "childhood," they aren't reminiscing on lasagna and meat loaf. Instead, younger people find comfort in the global flavors of their ethnically diverse households and places they've traveled.

When your students are feeling stressed or homesick, they might crave Asian, African, or Hispanic dishes that are just as warm and comforting as pizza and mac 'n cheese. Try the recipes below for Indian, Japanese, and Tex-Mex inspired meals.



CHICKEN PANANG CURRY

Combine shredded chicken with onions, peppers, carrots, and panang curry paste. Serve the hearty curry over rice for a satisfying meal.

[GET THE RECIPE](#)

CHICKEN RAMEN

For a satisfying take on instant ramen, serve ramen noodles in chicken stock, topped with sliced chicken breast, shiitake mushrooms, soft boiled eggs, and carrots.

[GET THE RECIPE](#)



CHICKEN TACO AVOCADOS

Top an avocado with diced chicken, taco seasoning, and other taco toppings of choice. Sell these chicken taco avocados as made-to-order snacks or entrees.

[GET THE RECIPE](#)





PRODUCTS TO PLEASE ANY GENERATION

Popular flavors may change, but chicken's good with everything. Add these sliced, diced, and shredded chicken products to all kinds of entrees.



SLICED CHICKEN



DICED CHICKEN



PULLED AND SHREDDED CHICKEN

SAVE ON SELECT ITEMS -->

REBATES



QUICK TIP: INDULGE IN STREET FOOD

Based on Technomic's College and University Trend report, 42% of Gen Z consumers want street food. Just like we crave comfort food when stressed, we also like to indulge in fun, flavorful foods as a treat. Consider adding street food stations or kiosks around campus to sell instagrammable, food truck-inspired meals.

INTERESTED IN OUR PRODUCTS,
RECIPES, OR NEED HELP?

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