



# WHAT TYPES OF EATERS ARE YOU SERVING?



**THE TRADITIONALIST**



**THE ADVENTUROUS**



**THE ON-THE-GO**



**THE TRENDY DIETER**

Between healthcare staff and visitors, your kitchens feed people from a variety of cultures, age groups, and locations. They all have different expectations and cravings. Luckily, it's easy to serve a little bit of what everyone wants.

Read on to learn about four common eater types and get tips and recipes to help best serve each type!



## **THE TRADITIONALIST**

Some patrons prefer to stick to the classics. If you have a lot of Traditionalist eaters in your cafeterias, try adding subtle changes to your tried-and-true sandwiches, salads, and soups.

This **Lemon Orzo Chicken Salad** is great for patrons who are looking for a simple, healthy meal. Click the button to get this recipe and other traditional meal ideas.



[Menu for Traditionalists](#)



## THE ADVENTUROUS

Your adventurous patrons will eat anything and are thrilled to try new things. They're eager to find their next favorite food and to talk about all the exciting meals they've tried. Keep their interest by occasionally serving something no one expects.

We made this **African Chicken Couscous Bowl** that's full of fun flavors and textures. Get this recipe and other adventurous meal ideas below.



[Amaze your Adventurous Eaters](#)



## THE ON-THE-GO

You probably have a few patrons that don't seem to have time to sit down for a meal. That's where on-the-go options come in handy. Offer some meals for patrons who have to sneak in a few bites between patients or while they're on their way out the door.

Get this **Quinoa To-Go Salad** recipe and other grab-and-go ideas below.

Serve Grab-and-Go Meals



## THE TRENDY DIETER

Food trends are changing constantly, and some patrons expect you to serve them the latest and healthiest meal crazes. Whether it's from a TikTok trend, a renewed interest in an ethnic cuisine, or new research into healthy ingredients, we've got a few ideas that will appease your trend-seeking patrons.

Get the recipe for this **Banh Mi Bowl** and other trendy favorites below!

What to Serve Trendy Dieters



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