



UMass partners with SPE to certify healthy dishes

SPE Certified nutritionists are reviewing up to 200 recipes to debut for Spring semester.

Jan. 10—UMass Amherst and SPE Certified, a unique restaurant and foodservice certification program designed to enhance the nutritional quality of meals, have announced they will be partnering to revamp a portion of the university's dining halls menus to offer students healthier options without compromising taste.

SPE stands for Sanitas Per Escam in Latin (or "Health Through Food"). SPE Certified's team of culinary nutritionists and executive chefs are reviewing up to 200 recipes and creating menus that follow SPE Certified's scientifically-grounded culinary philosophy—to premiere on January 21, 2013 as the Spring semester begins.

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