Healthy Dining Workgroup Meeting Minutes
October 4 2016 1:00 P.M. to 2:00 P.M.

Updates

- Farm Stand
  - Past Farm Stand has had largest profit margin to date enhancing long-term viability
  - Contributing to this viability is being able to reuse equipment and marketing pieces
  - Next Farm Stand will have the following items
    - Eggplant
    - Bok Choy
    - Small Watermelons
    - Squash: Butternut, Yellow, and Patty Pan
    - Mint
    - Zucchini
    - Okra
    - Sweet potatoes
    - Jalapenos
    - Green bell pepper
    - Bicolor corn
    - Pie pumpkins
    - Easy Tiger Bread
    - Hibiscus tea
    - Honey

- Grocery Store Delivery from HEB and Central Market
  - Shipt is offering a $49/yr membership to UT Austin students, and also a $10 grocery credit on their account when they sign up. Typical cost is $99/yr
  - To access a membership, students can go to shipt.com/signup and then click “Have a membership code?” Enter code 7K7PBH126E3
  - Delivery is free for all orders over $35. Customers pay about $5 more using Shipt than they would on a $35 order purchased in the store themselves.

- Cook’em Video Series
  - Professor Steinman and her students have added additional videos on meal prep and cooking techniques that can be linked and shared
  - https://he.utexas.edu/ntr/outreach/cook-em/category-items/7-cook-em/98-how-to

- Food Allergy
  - Presenting to Off Campus Dormitory Association in October

Model Healthy Campus
Dell Medical School is launching the Model Healthy Campus Initiative to award $1,000 to build and test ideas that transform the wellbeing at UT Austin. Initial proposal are due by October 20. One area of focus is nutrition and Dell’s prompt for this area is the following:
  - **Eat:** How might we think differently about what we eat? This includes everything from farmers markets, nutrition education and food habits to disordered eating and athletic performance.

In discussing participating in this effort, the Healthy Dining Workgroup thought of the following ideas

- Healthy Choices Logo
  - Establish consistent labeling throughout campus (e.g. DHFS, Pharmacy, O’s, Union
  - Would serve as decision prompt. Difficulty is that this effort has been tried before and it has been tough to get everyone on the same page

- Food Pantry
  - Would increase access to food among food insecure students
  - Difficulty is finding a space and acquiring the necessary equipment (e.g. refrigeration, shelves) to store food

- Nutrition Education
Explaining what healthy actually means without overcomplicating nutrition

Demonstrate how students successfully are able to find the nutrition that they need (e.g. batch cooking, what places do they go to, snacks they pack) [What is healthy and where do I find it?]

If a student is eating “Paleo” how are they navigating that and where do they go, navigating food allergies, etc.

Produce a series of videos on these topics

- Bringing food on campus throughout the day
  - Campus refrigeration and microwave banks can present a cost and space issue
  - Alternative is to provide students with tools: bento box, ice pack, thermos

- Combining Concepts
  - Get a tool for each video in series watched

Informing these thoughts

- Food Trends/Information from research and focus groups on barriers and assets to healthy eating
  - Student expectations of more types of options
  - Feeling challenged to find what foods they need/want (interesting combinations)
  - Identifying grab-n-go items
  - Emphasis on price and convenience
  - BEST Framework (Budget-Friendly, Energizing, Sensory satisfaction/taste, Time/Convenience)