Healthy Dining Workgroup Meeting Minutes
February 2, 2015 1:00 P.M. to 2:00 P.M.

Updates and Events

- Housing and Food Service and Recreational Sports are co-hosting the GoTX Health & Fitness Fair
  o Occurring on February 3rd at the San Jacinto Residence Hall Multipurpose Room from 5 PM to 7 PM
  o Event includes healthy snacks, games, photo booth, TeXercise Express class, and tables to help students learn about available wellness resources
- UT Nutrition Event: Screening of Perfectly Edible documentary and discussion on food waste
  o Wednesday, March 9th at GEA 105 from 6 PM to 9 PM
- Takeaways from Orientation Session Post-matriculation evaluation
  o 87% of students shared information with a friend
  o 69% of students found the information very helpful for their first semester and 31% found it helpful
  o 50% of students report consuming an average of 3-5+ servings of fruits and vegetables. While this percentage is equal to what was reported by these students pre-enrollment is double the 25% of first year students who report consuming an average of 3-5+ servings of fruits and vegetables in our annual National College Health Assessment survey
  o Students reported an increase in the number of days of physical activity
  o Information that students found most helpful: Shopping for cheap and healthy food, Sleep tips, Dining Hall Nutrition, and Resources
  o Mental Health/Stress was the area that was not covered that students thought would be helpful to know

Farm Stand

Logistics

- Date and Time of First Farm Stand
  o February 25th
  o 12:00 PM to 5:30 PM
  o East Mall
- Produce and Recipe Cards
  o Produce cards have been developed and DHFS team is working to cut down on some of the text
  o Recipe cards are being developed
- Dot Survey
  o Four Questions
    ▪ What change would you like to see?
    ▪ What additional products/items would you like to see offered?
    ▪ How did you hear about the Farm Stand
    ▪ What is your reason for attending
  o Suggestions from Committee
    ▪ Add question- What did you like most about the Farm Stand
    ▪ Suggestion: Make a sheet of paper and shoe box available in case someone wants to write an answer choice that is not on the dot

Volunteers

- Farm Stand is still accepting volunteers and we would like to create a signup sheet and schedule
- Volunteer form link that can be distributed to any students or staff interested
  https://docs.google.com/forms/d/1UUoj7nRz7AtV6tZ01-nuXt6izNQeRsYd_fclDLc4N4/viewform?c=0&w=1&usp=mail_form_link
• Marketing
  o Current efforts
    ▪ Education and Outreach promotion: FIG groups, GoTX Health and Fitness Fair
    ▪ Healthyhorns Text Tips
    ▪ Marketing pieces: Table tent cards, Menu boards, napkin ads
    ▪ UT events email
    ▪ UT New Employee Orientation
    ▪ Student Affairs and Wellness Network Newsletters
  o Suggestions from Committee
    ▪ Whole campus email to faculty and staff
    ▪ Reach out to UT App notification
    ▪ Reach out to Daily Texan
    ▪ Reach out to Cactus Yearbook
    ▪ Inquire about UT social media push
    ▪ Inquire about getting coverage in Dell Medical School’s social media presence
    ▪ Attract attention via having a farmer or some animals (e.g. therapy dogs) around
    ▪ Acquire Shopping Bags
      • Trader Joe’s
      • Food Bank
      • Sustainable Food Center
    ▪ Raise awareness that Farm Stand can take BEVO Bucks and Credit Cards if applicable

Other Topics
• Discuss National Nutrition Month at next meeting