Healthy Dining Workgroup Meeting Minutes
February Meeting

Updates

- Spring Farm Stand Dates
  - **February 23, 12:00-5:30; Gregory Plaza**
  - **March 23, 12:00-5:30; Gregory Plaza**
  - **April 27, 12:00-5:30; Gregory Plaza**

- Fitness Institute of Texas
  - Launching **Fit, Mind, and Body** program. The small group, six session program is for faculty and staff and addresses the connection between mental health and exercise. No referral is needed

- School of Nursing
  - Will be adding some programming around mindfulness and self-compassion for caregivers. Currently, the School of Nursing offers yoga (12 PM-12:30 PM for chair, 12:45 PM-1:45 PM for vinyasa) and twenty minute meditation (2:10 PM and 2:40 PM) sessions on Wednesdays

- Michael and Susan Dell Foundation
  - April 6th, **Lectureship in Child Health**. Dr. Simon Barquera, Director of Nutrition Policy Research Division at the National Institute of Public Health of Mexico, discusses Mexico’s efforts, results, and challenges in reducing obesity.

Model Healthy Campus

- Progress to Date
  - Submitted prototype video
  - Designed Point of Purchase prompts and logos

- Kickstarter Video Script Feedback
  - Alter student conversation around vending machines so it sounds more casual
  - Reduce formal nutrition language to reflect how a student without a nutrition background would talk about this information
  - Use language around empty calories
  - Add positive messaging about “should have chosen a Lite Bite” at the end of the video

- Recent Updates (After Meeting)
  - Video submitted on February 16th
  - Canteen has provided top selling vending machines to test

- Next Steps
  - Finalize qualitative survey
  - Select vending machine to go along with Jester to test