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

Updates and Events

- Presented “Top 10 Nutrition Tips” to over 250 students at the University Leadership Network class and working on having the topic being permanently added to their syllabus.
- Will be submitting application for UT Discover Orientation Sessions to be held this summer.
- Lite Bites logo used to highlight items at Jester City Market and Kin’s Market – special area dedicated to better-for-you snacks.
- Surgeon General: The US Surgeon General will be delivering multiple talks at UT Austin on March 3rd.
  - Path to Prevention: 10 AM at the Texas Union Auditorium
  - Dell Center for Healthy Living Lectureship in Child Health: 2 PM at the Blanton Museum
  - What’s Up, Doc: 5 PM at the SAC Ball Room

National Nutrition Month

- March 9th: DHFS is hosting the Delectable Vegetable Festival dinner event, where J2 and Kinsolving dining halls will feature both raw and grilled vegetables, built-to-order entrée salads, and samples of green smoothies. There will also be a “Guess the Greens” game and giveaways including the nutrition month owl t-shirts.
- March 9th: UT Nutrition Department is screening the documentary Perfectly Edible followed by a panel discussion. The event is at GEA 105 from 6 PM to 9 PM.
- March 30th: DHFS Festival of Fruit dinner event at J2 and Kinsolving dining halls, which will feature a fruit buffet with variety of fruits ranging from pineapple and passion fruit dragon fruit. The Nutrition Team will conduct trivia and giving away nutrition month owl t-shirts.
- Dine with a Dietitian: Throughout the month, students can get their nutrition questions answered onsite at the dining halls by the DHFS Registered Dietitian.
- My Healthy Plate Contest: Students can submit photos of a healthy plate from their favorite DHFS dining venue via social media using the hashtag #UTHealthTips.
- HealthPoint and the Dell Center for Healthy Living are doing the “VegOut 30 Ways in 30 Days” challenge, along with HealthPoint having a submit a balanced plate challenge.

Farm Stand

- First Event Recap
  - Event was very successful, with about $2,000 in sales, and was well attended by about 300 people. Nearly all produce purchased by 4 PM.
  - KXAN Story on the event
  - Produce cards featuring information on selection, benefits, and storage received very positive feedback along with the recipe cards. Additional pieces will be generated for future events.
- Dot Survey
  - How did you find about the Farm Stand?
    - Students: Word of Mouth/Stopped by was the most popular followed by social media and tabling events.
    - Faculty/Staff: Email was the most popular followed by Word of Mouth/Stopped by.
  - What additional products/items would you like to see offered?
    - Students: All answer options (honey, herbs, flowers, jams/fruit preserves) were popular, but honey came in first followed by jams/preserves.
    - Faculty/Staff: All answer options were popular, but honey came in first followed by jams/preserves and then herbs.
  - What is your reason for attending?
    - Students: Local produce, followed by fresh food, and then healthy food.
• Faculty Staff: Local produce, followed by support the local economy, and then fresh food.
  ▪ What one thing would you recommend changing?
• Students: Time, followed by location.
• Faculty/Staff: Time.

• **Considerations for the next Farm Stand on March 31**
  o Set-Up and Flow
    ▪ Position produce so it is visible to people looking at the Farm Stand from the outside.
    ▪ Looking into getting a second cash register.
    ▪ Stage the area so everyone moves through the dot survey after purchase.
    ▪ Put Farm Stand branded bags at entry.
  o Recipe and Produce Cards
    ▪ Add 4-6 more recipe cards for each additional event – student designer working on.
    ▪ Generate produce cards with list of anticipated products as there may be new items at the next stand.
  o Lindsay Wilson will attend meeting on 3/3 with the Farm Stand team to review feedback and changes.

• **Volunteers**
  o Volunteer form link that can be distributed to any students or staff interested: 
    https://docs.google.com/forms/d/1UUoy7nRz7AtV6tZ01-nuXt6lzNQeRsFYd_fc6LD4N4c/viewform?c=0&w=1&usp=mail_form_link

**Other Topics**
• Discuss presentations to student organizations.