Healthy Dining Workgroup Meeting Minutes
April 5 2016 1:00 P.M. to 2:00 P.M.

Updates and Events

• Orientation Sessions
  o Dietitian's Dish: Avoiding the "Freshman 15" - From portion control to how to navigate the dining halls with finesse, the tips and tricks in this session will help students stay fit while living on the 40 Acres.
  o The Secret Art of Cooking On Campus – DHFS chefs will host a session full of dormable recipe demos, tasty food samples, and helpful tips for cooking in the residence hall.
  o UHS and CMHC: Stress management and sleep tips.

• Student Health Guide
  o Nutrition section included in the Wellness Network guide. Document will be distributed to graduate students with plans to provide to undergraduates as well.

• Farm Stand
  o Updates from second event:
    ▪ Outward facing produce, chalkboard highlighting items, inclusion of more fruits, and adding a register were all changes made for the March 31st Farm Stand.
    ▪ Participation continued to be strong with the majority of items sold out by the end of the event.
  o Action Items:
    ▪ Working on compiling and formatting the recipes submitted from the nutrition class to put online – already have over 50 recipes made into recipe cards for use.
    ▪ DHFS will be printing several cards for each event that correlate to produce offered that day.
    ▪ Farm Stand is still seeking volunteers for future events.
  o Future Farm Stand Events
    ▪ Wednesday April 13th, 12:00 PM to 5:30 PM- West Mall
    ▪ Wednesday April 27, 12:00 PM to 5:30 PM- West Mall
    ▪ Wednesday May 5, 12:00 PM to 5:30 PM- East Mall

Healthy Vending

• Compliance:
  o Twelve machines on campus are stipulated as 100% healthy with all other machines being 50-50.

• Action Items:
  o Build spreadsheet tracking machine contents and identify the items in the machines.
    ▪ Interns and student employees will be auditing machines for compliance.
  o Identify suggestions for swapping out bottom 10 selling items in vending machines.
  o Identify which items from Canteen’s Choice Plus program meet/do not meet UT healthy item criteria.
  o Find final wording of contract governing the non 100% healthy machines.
  o Need to schedule a meeting with PTS to discuss all of the above.

• Custom Wrapping of Machines
  o Look into funding for customized wrapping of 100% healthy machines.
  o DHFS has a graphic designer contracted out to create the wrap using the preexisting Lite Bites branding.

Other Topics

• Healthy Lifestyle Expo
  o Thursday, July 21st from 10 AM to 3 PM at the Gregory Annex – focused on UT faculty and staff.

• Teaching Kitchen:
  o Various departments have expressed interest in building a teaching kitchen for cooking classes, instruction, and events.