Food Advisory Board

Nutrition Awareness

Sub-committee

Chelsea, Victor, Keira, Meagan
Agenda

- Our Trip to Western
- Tips and Tricks with Sandra Ace
- Future recommendations
- Take Aways
FRESH Program

- Several Components
  - Fresh Education
  - Fresh Approved
  - Fresh Facts
  - Frequent User Cards
  - Healthier 4U Program
  - The Healthy Plate
Sandra Ace
Registered Dietitian on Campus with Health Services

- Nutrition Resources on Campus
- Nutrition and Balance
- Check Mark System
- Best Bites Program
Next Steps

Future Recommendations

➔ Look into further developing the best bites program specifically for our campus
➔ Possible partnership with the Faculty of Applied Health Sciences
➔ Create open conversations about balance and living a healthy lifestyle
➔ Continue to research other institutions
Summary

- Western has some great ideas that we can take away and implement here at UW
- There are a ton of underused nutrition services already present at UW
- There is a need for nutrition awareness and creating a healthier environment for students

Questions?