

FOOD ADVISORY BOARD (FAB) MINUTES

February 26, 2020

1. **Quick Hello**
2. **Dinner – Village 1**
3. **Sustainability Presentation: Mat Thijssen**
 - a. **What is your priority in sustainability for the UWaterloo campus?**
 - b. **What feedback do you have on the initiatives Mat presented?**
 - c. **What would you like to see more of?**

Sustainability Feedback Roundtable (Different student feedback by number):

1. Main Issue: sorting garbage in residence (CMH)
 - a. Having an incentive for students, e.g. money for recycling an item could be a good way to incentivize it
2. Make sustainable actions more convenient e.g. compostable forks, not plastic
 - a. Provide more education
3. No compost bin available in residence (UWP) (There's only one available beside CMH)
4. More education- just found out there is a compost at REV and now have been using it
5. Have a bring your own container across campus
6. Organic bin not convenient at QNC
7. More convenient grab and go items that aren't in hard plastic (can't eat sandwiches because there isn't a dairy free option this student has found)
8. Ban single use plastics on campus
9. Create less food waste by staggering food production
10. Students purchase too many groceries and then it ends up in green bins (MKV)
11. Reduce food waste by taking smaller portions
12. Overconsumption because serving sizes are too big.
 - a. Should give away leftover food at the end of the day, students would love it
13. Change the plastic cutlery to compostable
14. Really likes St. Jerome's setup:
 - a. Small servings
 - b. Only reusable dishes and cutlery
 - c. All leftovers are put out for students to eat at night

15. Not enough microwaves on campus, can't find anywhere to heat up leftovers, therefore more waste
16. Using organics for research purposes

4. Sub-Committee Updates: What have you done so far? Are there any barriers that we can help with?

- a. **Social Media Ambassador Program Development: on track**
- b. **Travelling Tummies: on track**
- c. **Mystery Shopper: on track**

5. Round Table

- a. **What is a food trend you are seeing that interests you? Why does it interest you?**

Student responses (Different student feedback by number):

1. Beyond meat
2. More healthy options available, e.g. organic food (would be nice if it were available cheaper)
3. More dietary restrictions: more vegetarian and vegan options on campus. Would be nice to have exact substitutions available, e.g. meat lasagna and a vegan lasagna option
4. More healthy food, e.g. protein shakes and fruits and vegetables
5. More Vegetarian and vegan options
 - a. Good looking food is important
6. Beyond meat
7. Overnight oats
8. Gluten free foods
9. Nut sauces as substitute for dairy e.g. cashew alfredo
10. Asian theme in restaurants in DC- like to go there for a full Asian experience
11. 3 ingredient recipes
12. More vegetable options on campus have been good
13. More customizable options on campus, good for students, and sustainability
14. Beyond meat
15. Fun looking food e.g. French toast sticks

What is something you are NOT seeing in UW Food Services locations that would you like to see? (Different student feedback by number)

1. Indian food
2. Easier ways to provide feedback e.g. social media surveys about food
3. More vegan sauce options
4. Indian food/ Latin American food
5. Indian food
6. A lot of places close to early so students turn to Uber Eats or Skip the dishes
7. Food calendar including pop up events and food samples
8. Indian food/ Punjabi food
9. Nutritional facts page on the website
 - a. Review food services tablets
 - b. On one occasion this student had stir fry vegetables that were covered in soil
 - c. Rice at CMH is too dry
10. More variety in units (do not like the Asian theme at DC)
11. More promotions
12. Eateries open later
13. Photos of dishes and samples to try them to help students' make choices more easily
14. More beverage variety (only Coke products)

6. Next Meeting:

- a. **Sub-Committee Meeting: March 11- 4:30 – 5:30 pm – East Campus 3 (Food Services offices)**
- b. **March 25 – 4:30 – 6:30 pm: CMH Great Hall**