

Nutrition Initiatives in Food Services

4/02/2019

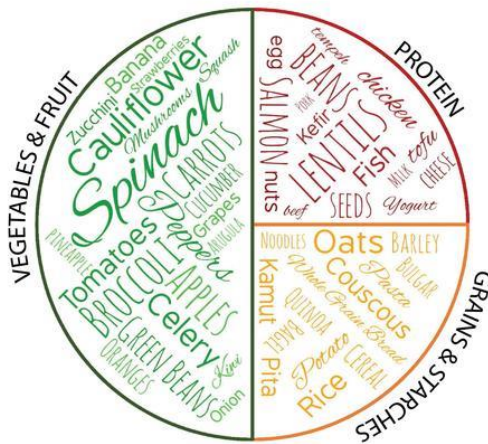
Nicole Pin, RD



Nutrition Goals



Support Students



Informed Choices



Build Community

Support Students

Enable all students to thrive and add value to the University experience through:

- ✓ Choices that meet student needs and preferences
- ✓ Promote credible, evidence based content
- ✓ Messaging & education around nutrition & balanced eating on campus



Informed Choices

- ✓ Clear and accurate nutrition & ingredient labelling
- ✓ Dietary accommodation
- ✓ Staff training & education on allergies and dietary accommodation



VEGAN



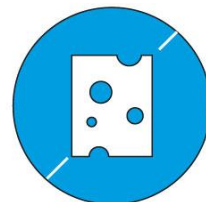
VEGETARIAN



HALAL



MADE WITHOUT
GLUTEN



MADE WITHOUT
DAIRY



Grilled Pesto Chicken

Ingredients:

Chicken breast, cream sauce, pesto, Italian seasoning, parsley, salt, black pepper



MADE WITHOUT
GLUTEN



HALAL

Contains milk

Did you know that over
2.6 M
Canadians report at least one food allergy?



If you have an allergy, please identify yourself
to one of our staff!

Nutrition Community

- ✓ Food Services is a leader in nutrition and wellness
- ✓ Alignment with departments who share our goals & vision for supporting student nutrition
- ✓ Supporting campus initiatives, and hosting community building events



doors open **5:00 pm**
19 | join us @ **FED HALL**
MARCH TUESDAY **FRESH, LOCAL FOOD**
 Register at <https://balancedplatecookingshow.eventbrite.ca>
LIVE COOKING DEMONSTRATION
 with executive chef, **Cord Cooledge!**
 UWaterloo students only, WATCARD required



Liked by rachael_scarlett and others
 uwaterloofood The UW Farm Market is making its come back! ... more

What's on your mind....

- ✓ What ideas do you have for how UW foodservices can support nutrition and wellness for students?
- ✓ What challenges do you have when it comes to eating well? (both on campus and off campus)
- ✓ What nutrition or wellness initiatives have you seen elsewhere that we could bring here?
- ✓ What questions do you have about balanced eating?
- ✓ How can we better promote some of the nutrition initiatives we are working on?



UNIVERSITY OF **WATERLOO**



QUESTIONS?