Nutrition Initiatives in Food Services

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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

Grilled Pesto Chicken

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

Contains milk

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