DINNER IN V1

- One Main
- Side
- Dessert
- Fountain Drink
Agenda

- Dinner in V1
- Presentation: Nutrition Initiatives in FS
- Sub-Committee Updates
- Food Services Updates
- Round Table
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
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?
Sub-Committee Work

- Travelling Tummies
- Mystery Shopper
- Social Media Ambassador Program
APP FEEDBACK?

Chef on call - APP

One TAP away from a BITE

Tap, Tap, EAT

Love at first TAP
VOLUNTEER!
FALL OPEN HOUSE
SATURDAY, NOV 2ND
UWATERLOO.CA/FUTURE/VOLUNTEER
HAPPY HALLOWEEN

OCTOBER 31
ALL DAY
CMH: THE MARKET

FEATURING AN EXTRA SPООOKY MENU
FREE FOOD
ZERO WASTE
Cooking Show

TUESDAY, NOVEMBER 12
JOIN US @ FED HALL
DOORS OPEN AT 5:30 PM

REGISTER AT:
waterloo.ca/foodservices/zerowaste