Food Committee Meeting #1

September 18, 2017
**Ask a Dietitian**

- Email dining@ualberta.ca with the subject “Ask a Dietitian”
- On social media @ualbertadining with the hashtag #askdsdietitian
- Bring your questions & topic suggestions to the food committee meetings

**University Health Centre**

- Free nutrition consultations to help you live a healthy lifestyle
- Common topics of a consultation: healthy eating, weight management, eating disorders, eating on a budget, meal planning, etc

**Book an appointment**

- In person or by phone at 780.492.2612
Freshman 15: Fact or Myth?

- Studies have shown that students gain an average of up to 5 pounds during the first year of college, followed by a moderate weight gain during and after college.
- You are not destined to gain weight, and ultimately- you are the captain of your own ship!
- So keep calm and let the following tips help you navigate through healthy eating, while keeping your weight in check.

EAT YOUR MEALS  STOCK SMART SNACKS  BE CAFETERIA-WISE  DRINK RIGHT DRINKS  MANAGE YOUR EMOTIONS
Eat well & be active!

- Eat at least one dark green & one orange vegetable each day
- Choose vegetables & fruit prepared with little or no added fat, sugar or salt
- Make at least half of your grain products whole grain each day
- Choose grain products that are lower in fat, sugar or salt
- Have meat alternatives such as beans, lentils & tofu often
- Eat at least two food guide servings of fish each week
- Select lean meat & alternatives prepared with little or no added fat or salt
Promotional Calendars

September

4 5 6 7 8 9 10
Week of Welcome: Milk & Cookies  Week of Welcome: Mini Tim's lattes  Week of Welcome: Nutrition booth  Week of Welcome: Mini Starbucks refreshers  East Campus Block PARTY

11 12 13 14 15 16 17
Week of Welcome: Popcorn  Week of Welcome: Mini Yogurt bowls  Week of Welcome: Spin to Win!  Week of Welcome: Mini Muffins  Week of Welcome: Ice Cream

Food Committee Meeting  Starbucks Sampling ECHA  Starbucks Sampling CCIS  PLH Themed Night  Smoke's POP UP!

25 26 27 28 29 30
FAIR TRADE CAMPUS WEEK
Let's Get Social! @UalbertaDining www.ualberta.campusdish.ca

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24
DS booth @transitions orientation

2017
Student Engagement

#AskDS Dietitian – Nutrition Booth

Live+ sign up events: once or twice a week – starting in October

Fair Trade Campus Week: September 25 - 29

Sampling Days in Lister: MOD & Retail product samples

Sustainability Awareness Week

Restaurant Rotation Concepts to eliminate menu fatigue:

Pop Up Nights: Zoca, Smokes Poutine, Panda, Filistix,

Theme Buffets, Value Meals

Monthly Giveaways, Spin to Win, Random Acts of Kindness

Milk & Cookies: Happy first day & last day of classes

UNIVERSITY OF ALBERTA DINING SERVICES
Student Feedback

- Did you enjoy your dining experience?
- What would you like to see in the future?
- How was the food today?
- How can we improve?
- Any suggestions?

Email us your questions:

dining@ualberta.ca
THANK YOU!

@UALBERTADINING
WWW.DINING.UALBERTA.CA