

Do You Know What You Are Eating In The Dining Hall? Alleviating Fear of the Freshman Fifteen

Chartwells

Eat · Learn · Live

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Problem Statement

College freshmen at WPI enter into a place where they have no idea what they are truly eating, after living at home where ingredients and nutritional facts are almost always accessible. Being ill-informed about the nutritional facts of what they are eating on a daily basis can result in unhealthy eating habits causing problems even greater than weight gain.

Background

- •Weight gain on college campuses is real, but the amount of weight gained varies.
- •Living on campus, students generally eat most of their meals in the dining facilities on campus.
- •At Worcester Polytechnic Institution, most of the students on the meal plan eat in the main dining hall which is run by Chartwell's and known as Morgan Commons Dining Hall.
- •Studies have been done regarding the posting of nutritional facts, and overall consumers would like to be informed of the nutritional values of the food they are eating.





Project Goals

- ■Poll WPI students to understand feelings about posting nutritional facts.
- ■Inform WPI students about healthy choices in Morgan Commons dining area.
- Post nutritional facts of common foods in the dining area of Morgan Commons.

Methods

- Contact Chartwells and ask permission to proceed with the project
- Create student surveys to determine desire for nutritional information
- •Collect rotational menus and list foods to use as an experimental group for posting nutritional information
- Research and collect nutritional facts from Morgan Commons pantry and the product websites
- ■Create an efficient nutritional card
- •Fill out nutritional cards
- ■Post cards in dining hall







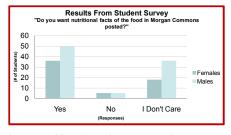






Results

150 students living in dorms were polled, and 57.3% of students said they would like nutritional facts posted in the dining hall. Only 6.7% did not want the information posted.



Forty-three nutritional cards were made to post around Morgan Commons dining facility. Most food items were those of breakfast and the sandwich station.

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Conclusions

It was concluded that a vast majority of WPI students wanted nutritional facts of the food served in Morgan Commons posted. A simple, easy to read nutritional card was devised and implemented for common foods served in the dining hall. If results from assessment of implementing the nutritional cards are positive, more nutritional information will be added to the Morgan Commons dining environment.

Acknowledgments

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