



SHCS Nutrition & Wellbeing Education Programming Summary 2024-25 + Plans for 2025-26

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Context, Vision & Goals

The **Nutrition Education Team (NET)** was created in September 2022 during the start of All Access Dining. Each year, a new cohort of **Nutrition Education Volunteers**, onboarded and guided by the **Manager of Nutrition & Wellbeing (Residence Dietitian)**, come together to run various nutrition and wellbeing events, booths and workshops, as well as write evidence-based articles for the UBC Foodie Blog, centered around set monthly themes.

Vision: To educate and inspire a lifetime of nutritious and balanced patterns.

Mission: Aligning with the Food Vision & Values, our mission is to educate and connect with students living in residence on key nutrition and wellbeing principles and resources in various interactive and engaging ways to improve their overall health, nutrition and wellbeing.

Goals:

- Increase the food literacy skills of students living in first- and upper-year residences.
- Encourage students to adopt sustainable, balanced patterns that focus on long-term health.
- Host engaging, interactive initiatives that promote higher reach, participation and involvement.
- Increase the visibility and use of key resources to help navigate the environments they thrive in.
- Create safe and non-judgmental spaces to connect with and support students with concerns.

Alignment with UBC Strategic Guidelines:

- UBC Strategic Plan core strategies of creating thriving communities for people and places, and inspiring transformative learning through strengthening student experiences.
- Okanagan Charter calls of actions for health promotion, specifically with its emphasis on opportunities to create thriving and supportive communities and a culture of wellbeing, with efforts to increase personal development.
- Wellbeing Strategic Framework food and nutrition target of increasing food security.
- UBC Food Services Food Vision and Values in sharing food and nutrition knowledge and skills to the community to improve health and wellbeing.

Opportunities: Present Limitations and Future Potential

The potential of nutrition & wellbeing programming within the SHCS, UBC residence environments, and beyond is immense. While we are currently pursuing several valuable opportunities, there are additional promising initiatives and key student and staff populations we are unable to reach at this time due to limited resources and capacity.

The current scope is mostly limited to first year residence environments, where upper year and staff support remains low. Although, we try to tweak some of our events to cater to both first and upper years, the needs and settings of both are very different.

There is potential to strengthen nutrition and wellbeing efforts by increasing current resources and capacity, or potentially by pursuing partnerships or shared service models.

Monthly Themes & Sub-Topics 2024-25

Term 1:	Term 2:
<p>September-October – Eating Well with AAD</p> <ul style="list-style-type: none"> ● Eating Safely and Successfully: <ul style="list-style-type: none"> ○ Allergies/intolerances/dietary restrictions ○ Eating Well with AAD Booklet ○ Nutrislice, menus, menu icons ● How to Eat in a Balanced Way: <ul style="list-style-type: none"> ○ Balanced meals – Canada's Food Guide ○ Variety – mixing and matching <p>October - Power of Plant-Based Eating</p> <ul style="list-style-type: none"> ● Defining Plant-Based <ul style="list-style-type: none"> ○ Benefits (health, climate, variety, taste) ● How to Eat More Plant-Based <p>November – Thrive Month: Stress Eating</p> <ul style="list-style-type: none"> ● What is Stress Eating? <ul style="list-style-type: none"> ○ Definition and why it occurs ● How to Respond to Stress Eating: <ul style="list-style-type: none"> ○ Gentle nutrition ○ Balanced meals as a foundation ○ Mindful and intuitive food decisions ● Coping with Stress in Other Ways <ul style="list-style-type: none"> ○ Movement, sleep and mental health 	<p>January – Intuitive Eating</p> <ul style="list-style-type: none"> ● Defining Intuitive Eating <ul style="list-style-type: none"> ○ 10 Principles of Intuitive Eating ○ What Does it Mean to be Truly Healthy? ● Healing Your Relationship with Food <p>February-March – Building Food Skills for Life</p> <ul style="list-style-type: none"> ● Build Your Pantry, Fridge, Freezer <ul style="list-style-type: none"> ○ Essential ingredients ○ Storage and food safety ● Preparing Simple & Affordable Meals <ul style="list-style-type: none"> ○ Balanced meals – Canada's Food Guide ○ Food preparation & meal prep ○ Quick & simple recipe ideas <p>April – Stress Eating</p> <ul style="list-style-type: none"> ● What is Stress Eating? <ul style="list-style-type: none"> ○ Definition and why it occurs ● How to Respond to Stress Eating: <ul style="list-style-type: none"> ○ Gentle nutrition ○ Balanced meals as a foundation ○ Mindful and intuitive food decisions ● Coping with Stress in Other Ways <ul style="list-style-type: none"> ○ Movement, sleep and mental health

Nutrition & Wellbeing Initiatives 2024-25

Eating Well with All Access Dining (AAD) Handout Series

This school year we launched the initial 8 versions of the Eating Well with AAD handout series:

- General
- Plant-Based
- Vegan
- Vegetarian
- Pescatarian
- Halal
- Gluten-Aware
- Allergies & Intolerances

The purpose of the handout series was to share key dining room hacks that were tailored to common dietary preferences and restrictions. Tips shared include building your own meal by mixing and matching options, utilizing Nutrislice to plan ahead and check ingredients/allergens, how to create a balanced meal with nutritious and climate friendly options, how to connect with us, and more.


The handouts were embedded in many aspects of programming and shared physically and digitally throughout term 1. The [Navigating All Access Dining Successfully](#) article was used to house the handouts digitally. In the future, the handout series will be accessible through the online Nutrition Resource Hub.

Eating Well with All Access Dining

A guide to help you feel confident in making nutritious choices within All Access Dining.

Focus on Nourishment

Satisfaction and enjoyment are key. Incorporate nutritious eating patterns, while incorporating the foods you love and enjoy eating.




Plan Ahead with Nutrislice

Always start with Nutrislice. Use the Nutrislice app or webpage to view menus, ingredient details, menu icons, and allergy information.

Filter menus to the menu icons below like vegetarian, vegan, made without gluten, Ocean Wise™. Hide protein, and/or the top 14 priority allergens and see what is left over.

I look for the "Can be made vegan" phrase for who can be asked to be removed from the dish to make it vegan.




Build Your Own Meal

Make the kitchen your own. Mix and match options from stations and side bars to create a balanced and enjoyable meal.


Ask for modifications within reason at stations, like less/more toppings, just one ingredient, or omitting your allergen(s).

Tap up to help a plate of veggies at the salad and/or sides bars and grab a fruit.



Explore Culturally-Inspired Cuisine

Explore diverse cuisines like Asian, Latin American, and Mediterranean with dishes like veggie curries, samosas, tacos, rajat, bibimbab, and tonjaki tofu for new flavors.




Make Climate Friendly Choices

We all play a role in contributing to a more sustainable future through the UBC Climate Action Plan (CAP) 2030.


Look for the climate-friendly food label below, which identifies the environmental impact created by the meal from greenhouse gas emissions (GHG), nitrogen fixation, water, and land use.

Green is for low impact, yellow for medium, and red for high.



Connect With Us

Don't hesitate to ask questions or share concerns with supervisors, managers, cooks, and chefs. For nutrition concerns, connect with our residence dietitian. Follow us on Instagram at @ubcfoods.



1 UBC Food Services

Eating Well with All Access Dining

A guide to help you feel confident in making nutritious choices within All Access Dining.

Focus on Variety and Balance

Aim to eat regular and balanced meals throughout the day that follow Canada's Food Guide plate model proportions:


- 50% Non-Starchy Veggies + Fruit
- 25% Whole Grains + Starchy Veggies
- 25% Protein

Adapt your plate to your personal preferences. Focus on long-term nutrition, and what you can add more often, rather than remove.

Protein


Add plant-based proteins more often to your meal for a nutritious and protein-dense option, variety, taste, and a healthier planet! Here are some protein examples:

Tofu, tempeh, lentils, chickpeas, quinoa, beans, hummus, edamame, nuts, hemp, chia, flax, pumpkin seeds, quinoa, chicken, fish, shellfish, eggs, cheese, yogurt, milk, soy, milk, nuts (limited), etc.



Hydrate Daily


Make water your main choice of beverage. Aim for at least 15-2 L of fluid per day. Here are some examples: spa water, milks, juices, and soups.



Whole Grains & Starchy Veggies

Whole grains and starchy veggie options are key components in providing fibre and energy to your meal. Here are some examples:


Brown rice, quinoa, whole grain pasta, bread, oats, apples, tortillas, oats, couscous, bulgur, millet, made without gluten bread, potatoes, sweet potatoes, squash, corn, peas, beans, etc.



Eat Intuitively & Mindfully

Letitive and mindful eating is a rewarding journey of strengthening our relationship with food, mind, and body.


Focus on nutrition in a gentle way that rejects dieting, makes peace with food, challenges the food police, listens to our body's hunger and fullness cues, and celebrates food for all it provides.



Non-Starchy Veggies & Fruit

For the rainbow and choose a variety of colours of fruits and veggies. Use green and orange to obtain adequate nutrition. Here are some examples:

Carrots, celery, onions, broccoli, cauliflower, spinach, mixed greens, bok choy, bell peppers, turnishes, artichokes, mushrooms, brussels sprouts, cucumbers, apples, oranges, bananas, pears, strawberries, etc.

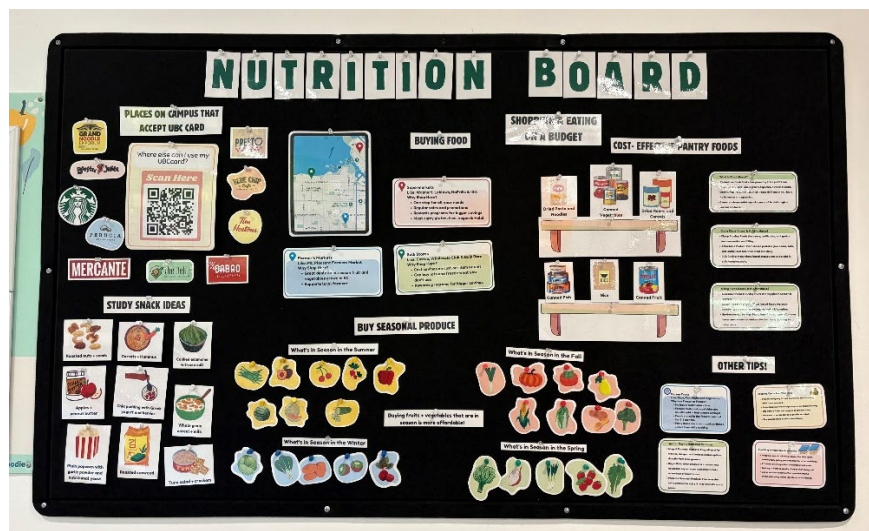


2 UBC Food Services

General version of the Eating Well with AAD handout series. Page 1 is focused on sharing general tips and hacks, and page 2 is focused on how to form a balanced meal, incorporating principles from the Canada's Food Guide.

Feast Nutrition Board at Feast Dining Hall

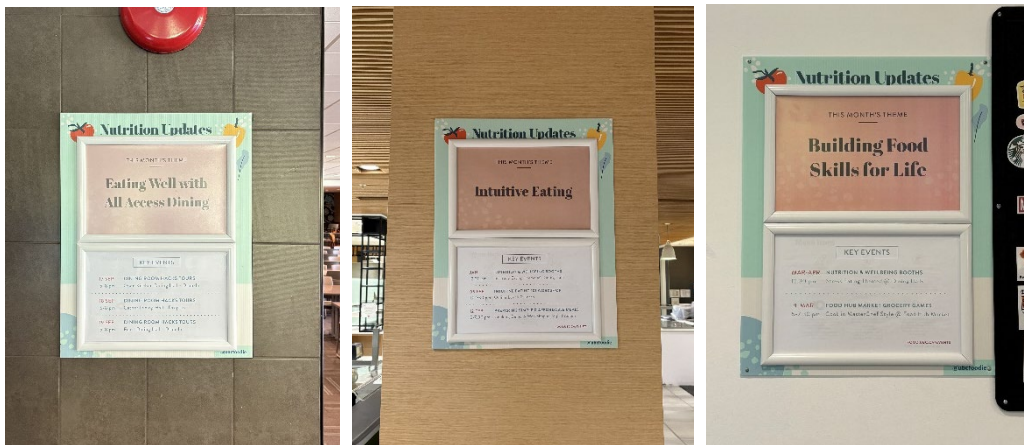
Have you seen the Feast Nutrition Board yet? The board can be found on the wall across from Green and Grains station at Feast dining hall. The purpose of the nutrition board is to share simple and practical nutrition and wellbeing tips that are based on the set monthly themes. Dietetics students, Matthew Riccardi and Bernice Hong, helped to make the content as student-friendly as possible. Starting from next year, the board will be updated at least once per term with themed content.



Feast Nutrition Board at Feast dining hall with Building Food Skills for Life themed content.

Nutrition Updates Board at Residence Dining Halls

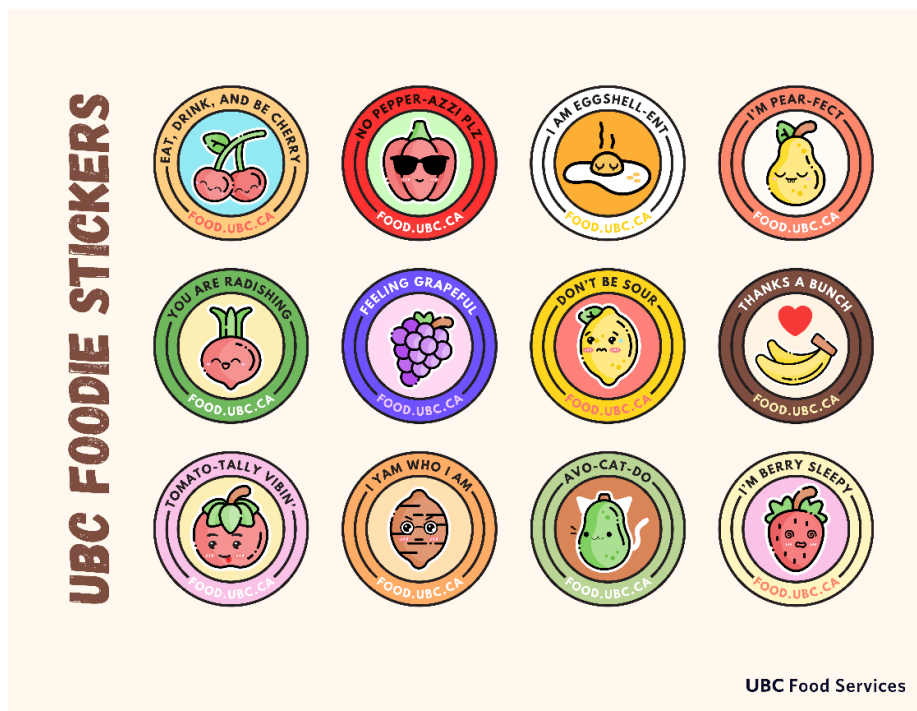
The Nutrition Updates Board, previously known as the Nutrition Sandwich Board, hangs in a visible location in each of the dining halls and serves as a physical location that notifies first year residents the current monthly theme and events up and coming that month. This information is also shared through Nutrislice, UBC Foodie events calendar, and socials.



Nutrition Updates Boards at Gather (left), Open Kitchen (middle), and Feast (right) dining halls.

UBC Foodie Stickers

In September, we introduced 12 punny foodie stickers, created by our dietetics student, Amy Xiao, during her practicum with us in term 1. These additions to our swag have been crowd pleasers for sure!



A snapshot of our colorful set of 12 UBC Foodie stickers. Which one is your favourite?

Nutrition & Wellbeing Booths at Residence Dining Halls 2024/25

A total of 20 Nutrition & Wellbeing Booths were hosted at Open Kitchen, Feast & Gather: Centered around set monthly themes, incorporating fun and interactive activities like matching, trivia, prize wheel, branded swag, resources, and more! We had one booth per week with weekly dates chosen based on the availability of the volunteers: **Term 1** – Wednesdays and **Term 2** – Mondays (Gather), Tuesdays (Feast), Wednesdays (Open Kitchen).

This year, we incorporated new interactive activities like our one-minute **Intuitive Moment** activity where we engaged students in a series of prompts to reflect and tune into their internal hunger and satiety cues and present emotions/feelings in the moment. We ended the activity with intuitive eating resources and positive questions like ‘What feels nourishing and satisfying to me?’, ‘What is the best thing I can do to honour my body in this moment?’, and ‘What can I add rather than remove?’.

We had a lower number of [post-booth survey](#) participants this year at 51, despite having a gift card raffle prize involved and a large number taking the time to scan the QR code to access it. The majority of participants (~80%) reported they had a great experience. Participants rated their experience as follows:

- 47% (n=24) rated 10/10
- 8% (n=4) rated 9/10
- 24% (n=12) rated 8/10
- 13% (n=7) rated 7/10
- 6% (n=3) rated 6/10
- 2% (n=1) rated 0/10



Nutrition & wellbeing booths at residence dining halls. Gather dining hall (top left), UBC Foodie stickers (top right), Feast dining hall (bottom left), and Open Kitchen dining hall (bottom right).

5 Nutrition & Wellbeing Events & Workshops 2024-25

Dining Room Hacks Tours

September 17-19th, 5-8 pm at residence dining halls

Hosted 5-10 minute personalized tours for first year students within the dining halls on how to eat well with AAD. The purpose of the tours was to address common dining hall, food, nutrition, allergy, dietary restriction related questions early in the year and to inform students of the event and resources available to them.

Tours started and ended from a booth, which was situated in a centralized and hard-to-miss area. There were 6 tour stops in total that were based upon the information found in the Eating Well with AAD handout series: *Nutrislice & Menu Icons*, *Climate Friendly Food Label*, *Build Your Own Meal*, *Nutrition Tips*, *Sampling*, and *Connect With Us*. Volunteers were encouraged to build rapport with the tour attendees and ask prompting questions to customize each stop of the tour to fit the group's needs. Thank you to dining hall managers, chefs, and supervisors for stopping by the booths and participating at the *Sampling* and *Connect With Us* stops of the tour. We hope to host the tours in future years.

We had a total of **210 tours**: 80 at Gather and 70 at Feast, and 60 at Open Kitchen. We had a total of 79 [post-event survey responses](#) (38% response rate):

- **44%** (n=35) participants strongly agreed, **38%** (n=30) participants agreed, **10%** (n=8) felt neutral, and **7%** (n=6) strongly disagreed that they felt more confident navigating the dining halls and making food choices that met their dietary needs and preferences.
- **38%** (n=30) strongly agreed, **35%** (n=28) agreed, **10%** (n=16) felt neutral, **3%** (n=1) disagreed, and **5%** (n=4) strongly disagreed that their knowledge of food and nutrition had increased as a result of the tour.

Check out our [article](#) up on the blog on a recap of the tours and some of the main teachings.



Dining Room Hacks Tours at Gather (top photo), Open Kitchen (bottom left), and Feast (bottom right) dining halls.

Am I Getting Enough Protein? - Cooking Demo & Workshop

October 23rd, 5-7:30 pm at Vij's Kitchen (FNH 130)

In this cooking workshop, in alignment with the Power of Plant-Based Eating monthly theme, students had the opportunity to learn how to cook with plant-based proteins in simple ways. The purpose of the workshop was to build food skills early in the term and increase the familiarity of cooking with plant-based proteins. In addition, learn key nutrition and protein tips to support cooking as a student living in residence and beyond.

Executive Sous Chef of Residence Dining, Darren Clay shared his tips and demoed recipes like walnut pesto, black bean brownies, dukkah, and edamame hummus. Key nutrition knowledge about protein adequacy and benefits of plant-based proteins were shared as well by the nutrition team. A student shared in the post-survey that they liked the *"hands-on cooking! I don't get to cook as a first year"*.

The students were divided into 6 cooking stations, put their learnings into practice and shared the food together at the end. A student shared that they liked that *"it was very hands on after the cooking demo, everyone was so helpful and collaborative, the information and advice was very insightful"*. Goodie bags filled with shelf-stable plant-based proteins, cooking tools, and gift card were also raffled off in the end.



Am I Getting Enough Protein Cooking Demo & Workshop featuring dukkah, edamame hummus, and black bean brownies



Online Lunch & Learn: Intuitive Eating 101 Workshop

February 5th, 12-1:30 pm, Zoom











This interactive online workshop deconstructed the 10 principles of intuitive eating into understandable terms. Students had the opportunity to reflect and learn how to heal their own relationship with food and a chance to win a gift card or yoga mat afterwards.

As intuitive eating can be complex to understand, we decided to host a workshop to allow students to dive deeper into the topic. Many students hear about it for the first time at nutrition and wellbeing booths, and this was an opportunity to solidify their learning.

A student shared through feedback that they *“liked the interactive components like the polls, guided reflection, and Kahoot”*, and another student felt *“warmly encouraged and welcomed to discover our own personal journey with food, and more importantly honour and nourish ourselves!”*.

 <p>Introducing...</p> <h3>A Healthy Relationship with Food</h3> <p>Let's understand the steps to a healthier relationship with food.</p>	<h3>Listen to Your Body</h3> <ul style="list-style-type: none"> • You were born with an ability to sense hunger • Listen to your body's internal fullness & satiety cues • Ask yourself how pleasurable/satisfying the meal was • Respond to your body's needs that change daily • Differentiate between the different types of hunger 
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Slides 26 (left) and 34 (right) from the Intuitive Eating 101 Workshop.

<h3>10 Principles of Intuitive Eating</h3> <ol style="list-style-type: none">  1. Reject diet culture. Let go of the unsustainable goal of weight loss and diets. The best diet you can follow is the one you can confidently maintain and enjoy in the long run.  2. Honour your hunger. Most are born with a natural ability to sense and feel hunger levels. Ignoring hunger cues can cause uncontrollable cravings & eating beyond comfort level.  3. Make peace with food. Give yourself unconditional permission to eat all foods minus the guilt and shame. All food provides us with nourishment. There are no "good" or "bad" foods.  4. Challenge the food police. Rather than judging your food choices and setting strict rules, confront the food police and ask if the thoughts are kind and true.  5. Feel your fullness. Trust your body and ask yourself how full you feel during meals and pay attention to signs that you are no longer hungry and are comfortably satisfied. <p>UBC Food Services</p>	<h3>10 Principles of Intuitive Eating</h3> <ol style="list-style-type: none">  6. Discover the satisfaction factor. Food is meant to be enjoyed. Focus on what is pleasurable and satisfying. Ask yourself, what foods seem pleasurable to me today?  7. Cope with your emotions with kindness. Eating based on our emotions is fine, but the issue is when we use food as the only way to cope. Try to care for yourself in other ways aside from just food.  8. Respect your body. Your worth has nothing to do with your body size and you are so much more than your body. Start by respecting your body for all that it does for you.  9. Movement - Feel the difference. Add in joyful movement that you enjoy. Try to not use exercise as a form of calorie-burning punishment, but focus on how it makes you feel.  10. Honour your health with gentle nutrition. Be kind and gentle to yourself. Learn to take small steps that will overtime make up bigger steps. Nourish your health and body in flexible and non-rigid ways. <p>UBC Food Services</p>
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The 10 Principles of Intuitive Eating handout shared with participants to follow along during the session.

Preparing Simple & Affordable Meals: Cooking Demo & Workshop

March 27th, 5-7 pm at Vij's Kitchen

For our second cooking workshop of the year, aligning with the Building Food Skills for Life monthly theme, we sought to equip students living in residence with foundational food skills on how to prepare and cook simple and budget-friendly meals, prior to when the term ends. Whether students were in first year on the AAD meal plan or living in a residence with a kitchen, the goal was for them to leave with new or sharpened food literacy and nutrition skills to prepare them for cooking independently.

Executive Sous Chef of Residence Dining, Darren Clay explained pantry staples, as well as demoed pasta sauce recipes: lentil-based tomato, simple tomato and walnut pesto. The students were divided into 6 cooking stations, put their learnings into practice and shared a meal together at the end. A student reported that they liked the *“knife skills that chef taught, tips about handling herbs, simple recipes he taught and the valuable recommendations from dieticians”*.



Preparing Simple & Affordable Meals Cooking Demo & Workshop featuring plant-based pasta sauces and garlic bread.

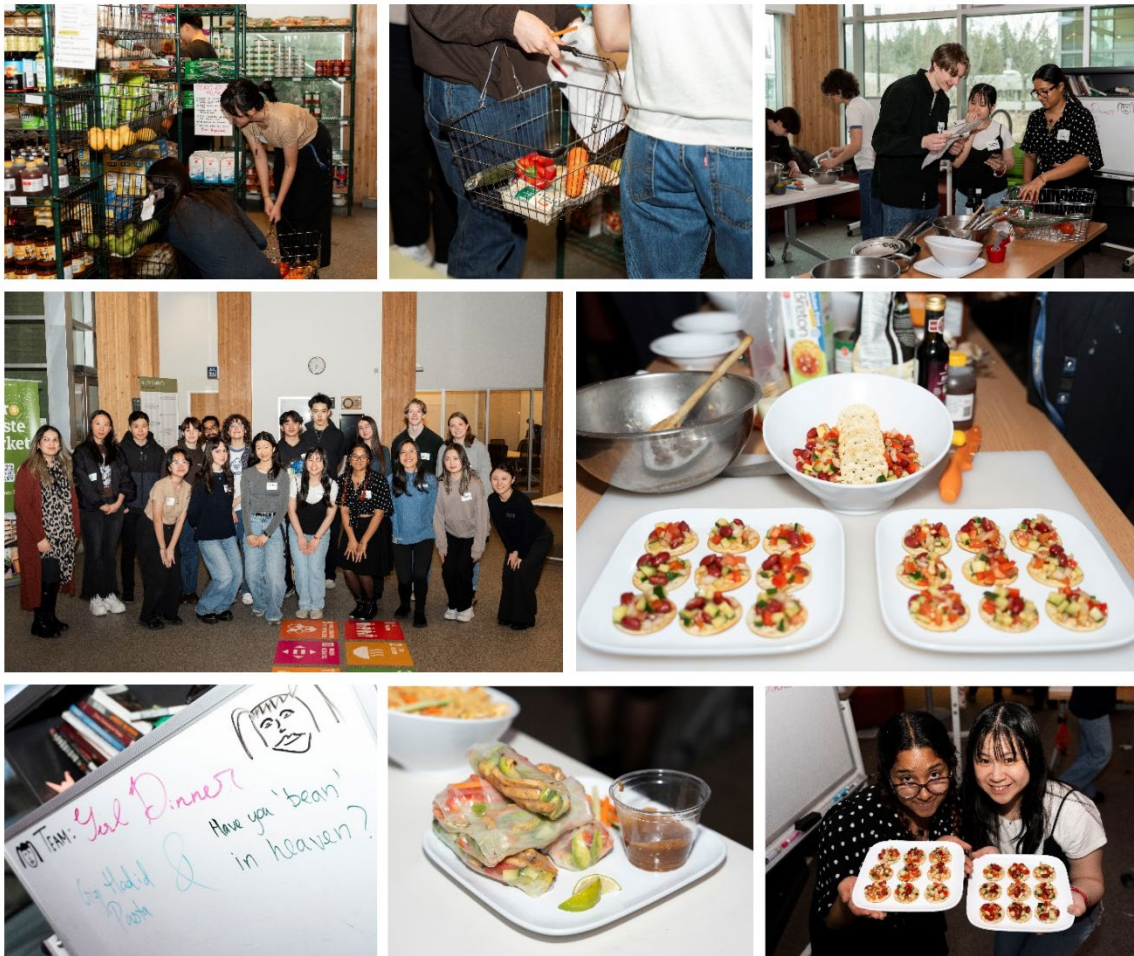
Food Hub Market Grocery Games Event

March 20th, 5-7 pm, Food Hub Market

For the third year in a row, in collaboration with UBC Health Equity, Promotion and Education (HEPE)'s Food Hub Market, we hosted our MasterChef style cooking competition, educating students on how to cook simple and affordable meals. Three teams of students cooked 2 dishes each with ingredients directly from the Food Hub Market and had the opportunity to taste test and rate each other's dishes based on presentation, creativity and taste, and compete for the grand prize.

Students reported that they overall enjoyed the experience. Here is some of the feedback received:

- *"I enjoyed getting to budget the various food items and going into the market as if it was a real life masterchef experience. It was fun to be able to make a dish come to life within a short amount of time."*
- *"It has increased my knowledge about various resources and has allowed me to be more creative with my cooking skills."*
- *"I loved the experience. I met so many cool people. I got to know the Food Hub Market. I had the chance to cook with peers."*



Photos taken by Mary Roujouleh from the 3rd annual Food Hub Market Grocery Games Event.

Posters for NET Events 2024/25

You may have seen our NET Events posters around dining halls and other locations throughout the school year. Based on feedback from students, the nutrition team focused design work on fun and colourful graphics to better relate to the vibrant student population we serve. See examples below:



NET Events posters for cooking demos, workshops, and event collaborations throughout the year.

UBC Foodie Blog Nutrition & Wellbeing Articles 2024-25

A total of 11 nutrition and wellbeing articles written by the NET team were shared this year on the UBC Foodie Blog. The articles were based on the monthly nutrition and wellbeing themes and were shared through UBC Foodie socials and Good Eats newsletters. Click the articles below to read more:

- [Navigating All Access Dining Successfully](#)
- [Navigating All Access Dining Safely with Dietary Restrictions](#)
- [Event Recap: Dining Room Hacks Tours](#)
- [5 Reasons Why Plant-Based Eating is For You](#)
- [Event Recap: Am I Getting Enough Protein](#)
- [5 Tips for Managing Holiday Cravings](#)
- [Intuitive Eating for Busy Times](#)
- [Building Food Skills for Life Part 1: Where to Start](#)
- [Building Food Skills for Life Part 2: Grocery Shopping Hacks](#)
- [Building Food Skills for Life Part 3: Meal Prep Like a Pro](#)
- [10 Nutritious Foods for a Healthy Brain](#)

Feedback from NET Volunteers on Volunteer Experience

How has your experience been volunteering with NET for the 2024-25 year?	Overall has this experience impacted your knowledge of nutrition and wellbeing?	Have you gained any new or strengthened any existing skills from this experience?
Perfect, love the team and all the fun activities!	Yes, love the stress eating part learned a lot.	Learned better ways to tell people nutrition suggestions.
Great experience and thanks for Gloria and all the team members' support!	Yes a lot, stress eating mostly	Yes knowing better ways to tell people nutrition suggestions
I think it's been a valuable experience to interact with first year and also other upper year housing residents about nutrition related topics.	I also learned about different diets and restrictions for food.	Improved presentation and communication skills
It's been great, the new activity is interesting and let me get to know more about the student profile in different dining halls.	It's helpful because I will forget the knowledge if I haven't used for a while but this program allows me to renew the knowledge and make me think when applying the knowledge in life.	The communication skills for sure, I can improve my skills or adjust my communication style to different students with different nutrition levels
Great! I think there was a very good balance of both volunteering / events to help out with	I would say yes, I have seen a lot of these booths before, but I am always learning!	It's made me more comfortable talking to strangers and communicating more complex topics into simpler words
It's been great! I gained skills that will help me in my career/life and had a great time teaching people about nutrition and talking with all the other people in the Nutrition Education Team.	The intuitive eating and stress eating topics taught me a lot about nutrition and how its tied to mental health, which is something I haven't learned a lot about yet.	This is the first experience I've had related to teaching people so I've gained education/interpersonal skills.
I have truly enjoyed my experience volunteering with NET. Everyone is super welcoming and it's super fun to educate first year students about nutrition!	After completing the year volunteering with NET I feel like I have a better understanding of intuitive eating, and how to listen to your body cues.	By volunteering I have strengthened my communication skills by participating in the booths.

New Staff-Focused Initiative

SHCS Nutrition Month Bingo

This year in collaboration with OWC, we launched our first staff-focused initiative. The intention behind this initiative was to host an overall low-barrier high impact activity that was enjoyable. We sincerely hope that the small but mighty activities can become longer-term nutrition and wellbeing habits! We hope to host this again the following year.

There were a total of 25 activities on the bingo card, including 2 create your own boxes. Check out some examples of the many creative activities participants created and added to their bingo cards:

- “Cook breakfast”
- “Go for coffee with a colleague”
- “Walk at least 10,000 steps for 3 consecutive days”
- “Sleep 8 hours”
- “Go for a walk in nature”
- “Spring cleaning”
- “Do a Zumba class”
- “Eat a high fibre meal”
- “Be kind to myself”
- “Spend time with family in outdoor spaces”
- “Pray and give thanks before meal”
- “Joy home from work”
- “Journal”
- “Have a Netflix free day”
- “Use stairs instead of elevator”
- “Do laundry”
- “Played pickup game of basketball”
- “Call a friend to say hi”
- “Don't yell at my husband”



SHCS NUTRITION MONTH BINGO

Welcome to Nutrition Month! This month isn't just about what you eat, but also how you take care of your body and wellbeing. There are 3 prizes up for grabs: complete 1 line to be entered for **Prize #1** (your choice of \$25 food service or bookstore gift card + 5 UBC foodie stickers), complete 2 lines or more for **Prize #2** (\$50 gift card + 8 UBC foodie stickers), and complete all tasks to be entered for the **Grand Prize** (\$100 gift card + 1 full set of 12 UBC foodie stickers). Simply cross out the task and add your initials to each box once it's completed. When you're all done, print your name, email and phone number at the bottom and either physically drop it off in Gloria Sun's mailbox (for Marine Drive main office folks) OR take a picture and email it to out.standing@ubc.ca by **April 3rd**.

 Drink 2 litres of water in a day	 Move your body for 30 minutes	 Eat a meal with half a plate of veggies	CREATE YOUR OWN:	 No screens or distractions during a meal
 Stretch for 15 minutes	 Cook a meal at home	 Social media detox for 1 day	 Eat a green coloured veggie	 List 5 things you are grateful for
 Eat a meal until you are 7/10 comfortably full	 Eat a fruit with a snack or meal	FREE SPACE	 Do a random act of kindness	 Reconnect with a childhood favourite food
 Eat an orange coloured veggie	 Chew one bite 20 times	 Read 15 pages of a new book	 No screens 1 h before bed	 Take 3 slow deep breaths outside
 Check-in with someone at work	CREATE YOUR OWN:	 Go to bed 30 min earlier	 Take a walk across campus	 Eat a plant-based (no meat) meal
NAME		EMAIL + NUMBER		

SHCS Nutrition Month Bingo card with a variety of low-barrier activities, including two 'create your own' boxes.



Reflections on Overall Programming

Lessons Learned

- There is an evident need for nutrition & wellbeing education programming within student residence environments to support students in developing fundamental nutrition and **food literacy knowledge and skills** to support their time living in residence and life overall.
- While we are currently engaged in several meaningful initiatives, our **limited resources and capacity** restrict our ability to explore additional promising opportunities and connect with certain key student and staff groups who would also benefit from support.
- **Simplified handouts**, like Eating Well with AAD materials, effectively supported Term 1 programming and complemented educational efforts.
- There is a need for a **mixture** of nutrition & wellbeing programming to target various audiences. Specifically, a mix of in-person events, online events, and digital campaigns are needed.
- Any effort to increase **interaction** at nutrition & wellbeing booths in a quick and effective way is key in engaging students. Activities and prizes like stickers, pins and gift cards help enormously.
- This year, nutrition & wellbeing booth **hours** shifted to 1–3 pm to align with afternoon dining hall traffic and encourage relaxed conversations. However, returning to the earlier 11 am–12:30 pm slot may be better next year due to higher overall student traffic.
- The **rotating volunteer schedule** for the booths should be continued, as it provides volunteers with additional time between their scheduled booths for them to pursue other NET opportunities, i.e. NET Events Committee and/or writing articles.
- Nutrition articles are valuable, and **repurposing the content** on social media could boost impact and engagement with monthly themed programming. As all programming, including articles, are connected to monthly themes, this strategy can also increase participation to other areas to further enhance learning.
- There is a need for an **online hub** to house accessible nutrition and food literacy knowledge, with topics like how to grocery shop, meal prep, cook affordable meals, make climate friendly food choices, eat intuitively, access disordered eating resources, and nutrition tools.
- Staff-focused nutrition and wellbeing initiatives like the **SHCS Nutrition Month Bingo** should be continued next year. Efforts to increase participation even further should be reviewed.
- Continue to focus on programming that not only shares valuable information, but also interests and engages with our audience, is sensitive to current trends, all while supporting our business.



Nutrition & Wellbeing Programming Plans 2025-26

Programming Focus

- Continue to focus on **AAD orientation-related programming** next year starting from the summer. Increase collaborations with initiatives within SHCS like Jump Start, etc.
- Continue to transform the [UBC Food Services nutrition page](#) to an accessible and easy to navigate online resource hub called the **Nutrition Resource Hub**.
- Trial more online events, and implement 1-2 **widespread nutrition and wellbeing initiatives** like campaigns or challenges to increase reach and impact.
- Change monthly themes to implement more **nutrition-focused topics** to inspire change.

Monthly Themes & Sub-Topics

Term 1:	Term 2:
<p>September-October – Eating Well with AAD</p> <ul style="list-style-type: none"> • Eating Safely and Successfully: <ul style="list-style-type: none"> ○ Allergies/intolerances/dietary restrictions ○ Eating Well with AAD Booklet ○ Nutrislice, menus, menu icons • How to Eat in a Balanced Way: <ul style="list-style-type: none"> ○ Balanced meals – Canada's Food Guide ○ Variety – mixing and matching <p>October – Eat More Plants</p> <ul style="list-style-type: none"> • Defining Plant-Based <ul style="list-style-type: none"> ○ Benefits (health, climate, variety, taste) • How to Eat More Plant-Based • Celebrate World Fruit & Veg Day Booth (Oct 17th) <p>November – <i>Thrive Month</i>: Stress Eating</p> <ul style="list-style-type: none"> • What is Stress Eating? <ul style="list-style-type: none"> ○ Definition and why it occurs • How to Respond to Stress Eating: <ul style="list-style-type: none"> ○ Gentle nutrition ○ Balanced meals as a foundation ○ Mindful and intuitive food decisions • Coping with Stress in Other Ways <ul style="list-style-type: none"> ○ Movement, sleep and mental health 	<p>January – Intuitive Eating</p> <ul style="list-style-type: none"> • Defining Intuitive Eating <ul style="list-style-type: none"> ○ 10 Principles of Intuitive Eating ○ What Does it Mean to be Truly Healthy? • Healing Your Relationship with Food <p>February-March – Building Food Skills for Life</p> <ul style="list-style-type: none"> • Build Your Pantry, Fridge, Freezer <ul style="list-style-type: none"> ○ Essential ingredients ○ Storage and food safety • Preparing Simple & Affordable Meals <ul style="list-style-type: none"> ○ Balanced meals – Canada's Food Guide ○ Food preparation & meal prep ○ Quick & simple recipe ideas <p>April – Boosting Your Gut-Brain Health</p> <ul style="list-style-type: none"> • What is the Gut-Brain Connection? <ul style="list-style-type: none"> ○ Definition and why it matters • Improving Your Microbiome through Food: <ul style="list-style-type: none"> ○ Balanced meals as a foundation ○ Eat more plants and fibre • Coping with Stress in Other Ways <ul style="list-style-type: none"> ○ Movement, sleep and mental health



Events, Workshop & Campaigns

Nutrition Articles: 1-2 articles/month for the [UBC Foodie blog](#) with topics set around monthly themes.

Nutrition & Wellbeing Booths at Residence Dining Halls: Dates TBD in August as based on volunteer availability. Aim for earlier time for the booths.

Nutrition & Wellbeing Events/Workshops/Campaigns:

Term 1:	Term 2:
<p>August & September – Eating Well with AAD</p> <ul style="list-style-type: none"> Eating Well with AAD – Residence Dietitian Q&A Webinars (<i>August</i>) Dining Room Hacks Tour (<i>Jump Start + 1st week of September, drop-in style with 10 min slots</i>) <p>October - Eat More Plants</p> <ul style="list-style-type: none"> Eat More Plants Challenge (<i>month-wide</i>) Online Nutrition Lunch & Learn: Eating Like a Pro Am I Getting Enough Protein? – Plant-Based Cooking Demo & Workshop <p>November – Stress Eating (Thrive Month)</p> <ul style="list-style-type: none"> Online Nutrition Lunch & Learn: Stress Eating SOS 	<p>January – Intuitive Eating</p> <ul style="list-style-type: none"> Online Nutrition Lunch & Learn: Intuitive Eating 101 Workshop <p>February – Building Food Skills for Life</p> <ul style="list-style-type: none"> Global Bites Series: Falafel & Tzatziki, Onigiri & Kimbap, Viet Salad Rolls, Tacos, Guac & Salsa, Pakora & Chutney, Swahili Coconut Curry Recipe Challenge <p>March – Building Food Skills for Life</p> <ul style="list-style-type: none"> Food Hub Market Grocery Games Event <p>April – Boosting Your Gut-Brain Health</p> <ul style="list-style-type: none"> Online Nutrition Lunch & Learn: Nourishing Your Gut & Mind

Target Group Legend: *First years, Upper Years, Both, Campus-Wide*