



UC Food Day 2012

2<sup>nd</sup> Annual System-wide Food Day

Food Day is a nationwide campaign for delicious, healthy, and affordable food produced in a sustainable, humane way. Food Day raises awareness of not only the importance of food as it relates to health, but is a nationwide celebration. For more information on Food Day, please visit <http://www.foodday.org>

On October 24, 2012, 11 UC locations participated in the 2<sup>nd</sup> annual system-wide UC Food Day event. The goal of the event was to:

1. *Participate and support the nationwide Food Day campaign*
2. *Promote healthy, affordable food produced in a sustainable, humane way at the UC locations*
3. *Track system wide Food Day participation through an on-line pledge and location specific data.*
4. *Create a UC system wide Food Day website to promote and communicate location activities*

### System wide UC Food Day Summary

UC Food Day included participation from staff, faculty, postdocs, retirees, and students. A total of **2218 Food Day pledges were received, which is 1264 pledges more than were received in 2011.** In addition, in 2011 a total of 8 locations participated in Food Day. In 2012, there were 11 locations participating!

### UC Location Summary

**Each location that participated in Food Day offered events unique to their locations, with the overall goal of promoting the message of wellness and healthy eating.**

**UC Berkley** The day's festivities included educational activities organized by 11 food-related student groups and samples from four sustainable food companies. Two cooking demonstrations were also held; the launch of HealthyOut, a healthy foods app; and a musical performance from the student a capella group, DeCadence.

**UC Davis** The following series of events were held during the week: A Countywide Farm to Fork Summit event. A "Real Food" Cooking Class and a "Real Food" breakfast for students at the Student Health and Wellness Center. Dr. Maring from Kaiser presented a food demo at the Campus Farmers Market. Linda Adams, RD, Director of Sustainability and Nutrition presented "Change the Way you Think About Food", a WorkLife and Wellness Brown Bag Seminar. A UC Davis Farm-to-College Dinner event was also held.

**UC Davis Health System** Provided a special-one-hour presentation from UCDMC Food and Nutrition Services centered around healthy food and gardening.

**UC Irvine** The following series of events were held: Monday, October 22<sup>nd</sup> was Meatless Monday encouraging individuals to eat meatless on and around campus with logos for Vegan and Vegetarian meal options on campus. Wednesday, October 24<sup>th</sup> was Food Day which included a "UCI Eats Real: Sustainable Eating and Cooking" Workshop. Friday, October 26<sup>th</sup> was Get Fit Friday that included a Health and Fitness Friday Workshop, "My Grandmother Never Took Dietary Supplements". Saturday, October 27<sup>th</sup> was Sustainable Saturday promoting the weekly Farmers Market across the street from UC Irvine.

**UC Irvine Medical Center** During the UC Food Day a Farmer's Market was hosted by the dietary department and dining services. Campus recreation was onsite to sign up employees for the Step-Up program. Peter the Anteater was also there to support the UC Food Day.

**UCLA** Had handouts and materials at different tabling events, and recruited people to pledge on the laptop computers stationed at those tables on Food Day.

**UCLA Medical Center** Educational information was given out in the cafeteria and a special Food Day menu was presented.

**UC Merced:** Did not participate

**UC Riverside** The theme was My Sustainable Plate and included an education seminar. The session focused on how to eat healthy sustainable foods using the My Plate method, where our food comes from, and the many community resources in Riverside. Dining Services launched an educational campaign promoting the USDA Choose MyPlate campaign and highlighted sustainable food choices in the residential and campus restaurants. Dining Services employees wore buttons advertising “Food Day” items and messaging. The WELL Peers focused on the environmental wellness aspect of food responsibility

**UC San Diego** Offered a variety of events during the week including Meatless Monday, Temptation Free Tuesday, Wild Wednesday, Try Organic Thursday and Fearless Friday.

**UCSD Health System:** Did not participate

**UC San Francisco** Handed out healthy snacks and pledge cards to the hospital inpatient unit staff during the Open Enrollment hospital rounds in October/November. There was also a lunch n' Learn (lunchtime) lecture with Kristin Doyle, RN & Nutritionist (handed out pledge cards here too). Their cafeteria featured healthy items and guest chefs as well as advertisements about Food day. Pledges were stapled to snack bags distributed as part of the Employee Wellness kits.

**UC Santa Barbara** H&RS sponsored the 2012 Food Day lunch time event with our campus HR department. They had a successful canned food drive at this event to support the UCSB Student Food Bank. Everyone who brought either canned goods or unused toiletries for needy students earned a chance to win a free box of local, fresh organic vegetables from the farm that supplies our CSA subscriptions. Speakers included representatives from the campus CSA and the local Food Coop. Food Day coincided with UCSB Sustainability Week with multiple events each day at all dining commons.

**UC Santa Cruz** – Distributed Food Day materials to campus.

#### **Data Collection Method**

- A process for data collection was created by the Metrics/Data Committee.
- Pledges were collected system-wide via an online survey through Zoomerang.
- Key metrics identified and captured by each location included: participation numbers, total number of pledges, population (staff, faculty, etc.), and brief description of event.

#### **In 2013, UC Food Day will be held on October 24, 2013.**

In an effort to continue the momentum generated from the UC Food Day, each location will continue to offer healthy nutrition programs and provide support and motivation to begin or maintain a healthy lifestyle.

UC Food Day and other programs will continue to be offered system-wide and at the locations in order to improve health behaviors and productivity and contribute to a healthy campus culture and work environment.

For more information, contact your Wellness Program Coordinator listed on the [UC Living Well website](#).