



UC Food Day 2013

3<sup>rd</sup> Annual System-wide Food Day

UNIVERSITY  
OF  
CALIFORNIA

Living  
Well

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, 2013, **13** UC locations participated in the **3<sup>rd</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 **2506 Food Day pledges were received, which is 288 more pledges than were received in 2012.** In addition, in 2012 a total of 11 locations participated in Food Day. In 2013, there were **13 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:** Celebrated Food Day with a campus-wide event featuring: cooking demonstrations; musical performances; tastings and samples from local food vendors; student and campus organization booths; and prizes and giveaways.

**UC Davis:** The following series of events were held during the week: food preservation class and a UC Davis Farm-to-College Dinner event that celebrates UC Davis' commitment to locally sourced food and sustainability. This was held in all three dining commons.

**UC Davis Health System:** Offered a one-hour class centered around healthy eating and quick/easy healthy recipes to all of its employees, faculty, staff, and students. Healthy hors d'oeuvres and snacks were also provided to the participants.

**UC Irvine and UC Irvine Medical Center:** The following series of events were held: Monday, October 21<sup>st</sup> was Meatless Monday encouraging individuals to eat meatless on and around campus with logos for vegan and vegetarian meal options on campus. October 24<sup>th</sup> was Food Day with the Medical Center hosting a Farmer's Market and presentation about organic farming and cooking healthier. Friday, October 25<sup>th</sup> was Health and Fitness Friday. UCI also hosted "Clean Eating" workshop from 12pm-1pm at the Anteater Recreation Center to promote sustainable dining. Saturday, October 26<sup>th</sup> was Sustainable Saturday promoting the weekly Farmers Market across the street from UC Irvine.

**UCLA:** Had a panel discussion with the following presenters: Stephanie Leonard, Graduate Student Research Assistant for Eat Well under the Healthy Campus Initiative; Ian Hunter, horticulturist and designer for the organic garden at Sunset Canyon Recreation Center; Dolores Hernandez, MA, RD, will introduce and overview the new healthy dining hall called “Bruin Plate”; and Monique King, executive head chef for ASUCLA,.

**UCLA Medical Center:** Had nutrition experts at both hospital cafeterias to answer questions, and had a Chef exhibit where staff got to see their specialty salad being made to order and were provided with the healthy/sustainable recipe.

**UC Merced:** Dining showcased healthy items and a local Farmer (Shasky Farms) gave away fresh-picked peaches. Dining served a “Healthy-themed meal” at the Blue Plate station during lunch. Drawings were held for anyone taking the Food Day pledge.

**UCOP:** UCOP sponsored a food drive Oct. 24 to 28, to benefit the local food bank which serves 49,000 East Bay residents every week.

**UC Riverside:** Teamed up with a variety of campus groups and presented “How to Navigate a Farmer’s Market” and “Making Healthy Food Fun.” Various food items were given away, including: fresh squeezed UCR orange juice, vegetable tacos made from locally sourced ingredients, samples of kale smoothies, and kale salads and a kale and butternut squash salad with toasted almonds. Those that took the Food Day Pledge at various campus locations were given a free orange.

**UC San Diego:** Collaborated with Housing, Dining & Hospitality and challenged the campus community: to try different healthy, fresh meals and snacks at various campus eateries; to attend the Famer’s Market; and to find nutrition information about a campus meal using the campus app or web page.

**UC San Francisco:** Held a nutrition lecture/cooking demo, geared toward families (in partnership with UCSF Family Services dept); the Pub restaurant featured a new menu special under Living Well 'guidelines'. Retail Vendors offered a 10% discount special on their Smart Choice items. The hospital cafeteria also offered a number of healthy menu items in the café and on their catering menu. Living Well also passed out 350+ bags of healthy snacks to night shift nurses during open enrollment.

**UC Santa Barbara:** Also celebrated Sustainability week every day in the 4 dining commons the week of October 21. October 23 saw the grand opening of the weekly UCSB Farmer’s Market. H&RS hosted a Learn at Lunch on Food Day which included presentations from representatives from the Farmer’s Market, the campus CSA and the local IV Food Coop. A canned food & toiletries drive was also held at this event to support the UCSB Student Food Bank. Everyone who contributed earned a chance to win a free box of local, fresh organic vegetables from the campus CSA program.

### 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 Survey Monkey.
- 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 2014, UC Food Day will be held on October 24, 2014.

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](#).