



## UC Food Day October 24<sup>th</sup> 2015 / 5<sup>th</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://ucnet.universityofcalifornia.edu/working-at-uc/livingwell/food-day.html>.

The goal of the UC Food Day 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. In 2015, **738 Food Day pledges** to “Eat Real,” healthy and sustainable foods were received.

### 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 UC Berkeley Food Day Fair was organized by the Cal Dining sustainability team and included local vendors such as Imperfect Produce, Farm Fresh to You, Kevita, and Brown’s, who sampled and sold their products, as well as student groups and other community groups involved in food, nutrition, and sustainability. Other campus partners involved in planning included the Student Environmental Resource Center, University Health Services, and Berkeley Food Institute. The fair included “I am a green bear because...” photo booth. Those that completed the stamp card by visiting all vendors at the fair received a free t-shirt. The Food Day pledge was promoted through various email newsletters and pledges were collected on iPads at the fair. Over 200 students, faculty and staff signed the Eat Real Pledge, with about 40% being faculty and staff.

**UC Davis:** Davis observed Food Day by promoting numerous events offered throughout the month of the October. The WorkLife and Wellness unit sponsored one of the Brown Bag workshops, “Healthy Eating on the Go” which discussed how to make easy healthy lunches. Kaiser provided both the presenter and food for this event. Twelve other campus events were promoted, including a wildly popular event hosted at the Entomology museum. This event featured cricket

samples and a discussion regarding benefits of eating crickets, a viewing of the film “Just Eat It” and the Grand Opening of the Horticulture Innovation Lab Demonstration Center.

**UC Davis Medical Center:** The WorkLife and Wellness office of UC Davis Medical Center in collaboration with its Food and Nutrition Services Dept. provided a wellness nutrition workshop centered around healthy eating and healthy beverages. In addition, 200 coupons from Sacramento Natural Foods Co-op (value of \$5 off of \$20 for grocery shopping) were distributed to the employees.

**UC Irvine and Medical Center:** UCI campus and medical center held a series of events, including a month long food drive “Anteaters Fight Hunger.” The food drive helped fight food insecurity in Orange County by donating foods to the OC Food Bank. An “Eat Real Food” workshop was held at the Anteater Recreation Center’s test kitchen. The Eat Real, was part of the Health & Fitness Friday workshop series whereby faculty and staff learned what “real food” is and how to know if what they are eating is real. A registered dietitian also presented at the Student Center Ring to help educate students on what to include or not include in their diet.

**UCLA:** An evening discussion and demonstration sponsored by the UC Global Food Initiative, the UCLA Healthy Campus Initiative, UCLA’s Science and Food organization and UCLA Division of Life Sciences was held on Wednesday, October 21<sup>st</sup> to highlight the 1.3 billion tons of edible food discarded globally each year and the impact this has on communities and ways to reduce such waste. Bill Yosses, former White House executive pastry chef and founder of the Kitchen Garden Laboratory, showed the audience how to make broccoli stem salad, citrus pound cake and a cacao husk chocolate cake. Chef Ernest Miller, a food historian, educator, master preserver and gardener and co-leader of Slow Food Los Angeles, demonstrated how to make homemade applesauce.

**UC Riverside:** UCR’s Food Week was in collaboration with multiple partners including the UCR Faculty/Staff Wellness Program, Dining Services, Sustainability, the WELL, and the Global Food Initiative Committee. Activities included the following: Grass-Fed burgers in the Residence Halls, Cooking Demo, specialty meals and cooking demonstrations featuring delicious, sustainable, socially responsible and healthy entrées throughout campus, healthy vending machine sampling, a “Green Your Diet, Save Your Green” educational workshop, demonstrations at the UCR FarmShare, Spa Water competition, and movie night at the R’Garden. The pledge was promoted through various communication methods during the month of October.

**UCSB:** This year’s emphasis at UCSB for Food Day was to promote contributions to the UCSB Student Food Pantry, to encourage people to embrace a plant-based diet, and sign the UC Eats Real Pledge. UCSB Students had 7 days of different food-related activities culminating with a walk to encourage pantry donations and a celebration on October 24.

**UCSF:** UCSF campus retail locations offered a 10% discount on Thursday, October 22 on Smart Choice items in order to highlight healthy options. On the same day, the Shorenstein Family Café, the Moffit Café and the Mount Zion Café introduced new recipes featuring local, sustainable, and/or organic ingredients. The Farmers’ Market at Mission Bay also held a Food Day photo contest.

**UC San Diego:** UC San Diego collaborated with Housing, Dining and Hospitalities and campus sustainability. Events included a Food Expo, Colleges Rock Hunger campaign, fundraising for Triton Food Pantry and dining halls served entrées made with local ingredients.

**UCOP/UC Agriculture and Natural Resources:** UCOP and UCANR employees in Oakland donated a total of \$3,808 and 283 cans and packages of food to the Alameda County Community Food Bank. The cash donations translated into nearly \$23,000 worth of fresh fruits, vegetables and other healthy food items for the 49,000 local families the food bank serves each week. UCANR also organized a showing of the documentary “A Place at the Table” to raise awareness about food insecurity.

#### 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.



Food Day Pledges

#### **In 2016, UC Food Day will be held in October.**

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