



## EatWell Food and Nutrition

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Integrative Biology and Physiology

**GSR: Hannah Malan, M.S.**

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### Mission

The mission of the EatWell pod is to make fresh and whole foods accessible to the entire UCLA community while promoting knowledge about the foods we eat and where they come from.

### Objectives:

1. Promote food literacy
2. Support short- and long-term solutions for campus food security
3. Support learning in the broader community
4. Expand campus food offerings, including gardens and edible landscapes

In the 2016 - 2017 academic year, EatWell made strong progress towards these objectives by supporting both new and continued collaborations with a range of campus and external partners. Our efforts focused largely on responding to priorities identified through rigorous research and diverse stakeholder engagement. We promoted food knowledge and skills, emphasizing environmental awareness and practical skills; supported food security as a campuswide priority; expanded connections with community partners; and helped create new opportunities for the campus to eat, grow, and share healthy, sustainable food.

### Objective 1: Promote food literacy

EatWell is a champion on campus for academic, experiential, and programmatic efforts that encourage deeper engagement with food. Our goals are to improve nutrition knowledge and skills, and to highlight the complex and interdisciplinary role of food in our lives. We employ strategies that support practical skills and resources to enhance personal wellbeing as well as opportunities for intellectual development.

### Food Day 2016

In celebration of national Food Day on October 24, 2016, EatWell hosted, supported, and promoted a variety of events and activities throughout the week (Table 1). Most notably, EatWell collaborated with partners on campus and across the UC system to execute a campaign focused on educating students,



EatWell GSR Hannah Malan and UCLA Dining Chefs set up a “flexitarian” meal at a Food Day event.

faculty, staff, and community members about the carbon footprint – or “foodprint” – of what we eat. A focus group study conducted by EatWell members in Spring 2016 revealed that students appreciate and pay attention to food information delivered in simple and visually attractive ways on campus. The campaign featured an innovative infographic (Figure 1); a complementary panel discussion; promotional and follow-up blog posts; and a custom webpage with additional information about food and sustainability efforts on campus. A .jpg version of the infographic is available for download at: <http://bit.ly/2wFiwTd>.

<b>Table 1. Food Week Calendar of Events</b>			
#FoodDay2016 #UCFoodForAll #healthyUCLA			
<b>Monday, 10/24</b>	<b>Tuesday, 10/25</b>	<b>Wednesday, 10/26</b>	<b>Sunday, 10/30</b>
<b>Food Day Panel: Understanding the ‘Foodprint’ of What We Eat</b>  <i>“Flexitarian” lunch provided by UCLA Dining + cricket tasting!</i>  <i>Panel discussion with Dana Hunnes, Ph.D., R.D.; Jenny Jay, Ph.D.; and Elliot Mermel, Coalo Valley Farm</i>	<b>Emeran Mayer ‘Mind-Gut Connection’ Talk + Film Screening</b>  <i>Mediterranean lunch provided by UCLA Dining</i>  <i>Film screening of seven student short films about food</i>	<b>Talking Trash: Oral Histories of Food In/Security from the Margins of a Dumpster</b>  <i>Talk by Rachel Vaughn + Fighting Hunger Fair (EatWell table)</i>	<b>CookWell Demo at University Village</b>  <i>Food demonstration by Eve Lahijani and students from the Public Health Nutrition Club</i>  <i>Dannon yogurt giveaway</i>
	<b>Hidden In Plain Bite: The Surprising Impact of Our Food Choices</b>  <i>Talk by Nora Kramer, Factory Farm Awareness Coalition</i>	<b>CookWell Demonstration at the Campus Farmers’ Market</b>  <i>Food demonstration by students from the Public Health Nutrition Club</i>  <i>Dannon yogurt giveaway</i>	

Highlights include the following:

- Pod leader Amy Rowat and GSR Hannah Malan collaborated with Professor Jennifer Jay to develop an infographic illustrating an ingredient-level carbon footprint analysis of two burritos: one made with animal proteins, including beef and cheese, and the other made with vegetables.
- EatWell partnered with UCLA Dining, UCLA Library, and Ronald Reagan (RR) Medical Center to disseminate over 400 infographic table tents in dining halls, libraries, and the RR cafeteria.

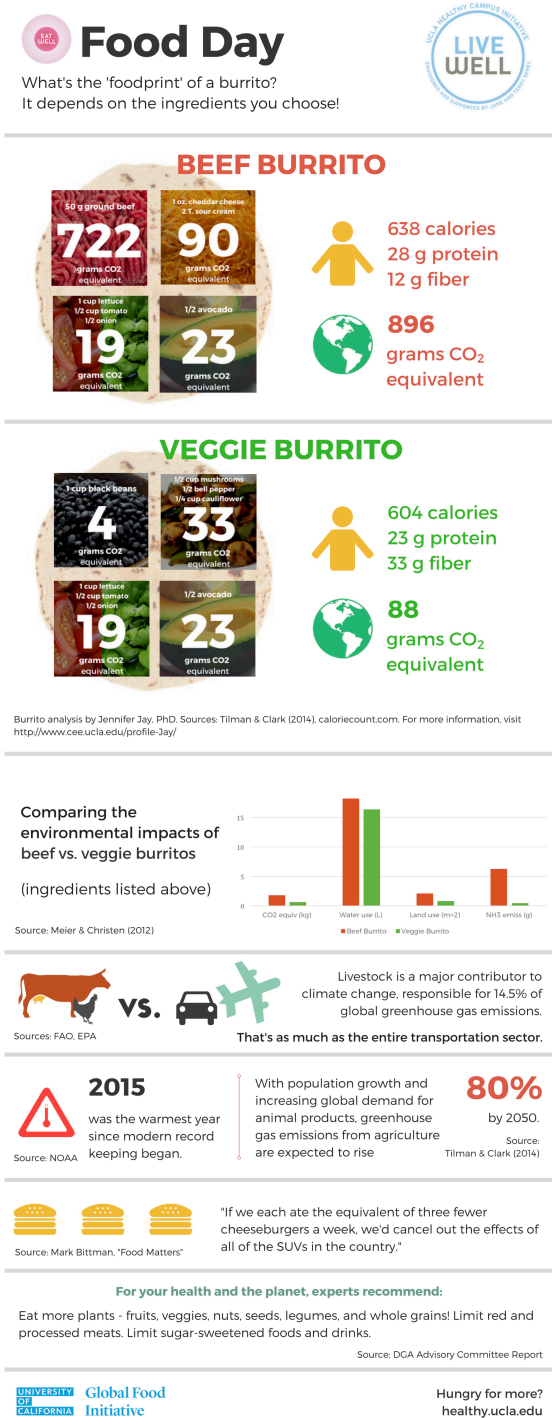


Figure 1. Food Day Infographic

- The panel discussion expanded upon the concepts presented in the infographic, featuring Professor Jennifer Jay, Adjunct Professor and Senior Dietitian Dana Hunnes, and Coalo Valley (Cricket) Farm CEO and Co-Founder Elliot Mermel.

- UCLA Dining provided a "flexitarian" lunch at the event, offering attendees a sneak peek of the plant-forward recipes featured in the new Flex Bar at De Neve dining hall that was launched in Winter 2017 (additional details below in the Flex Bar section).

- Coalo Valley Farms hosted a cricket tasting along with information about the environmental benefits of bugs as a source of dietary protein.

- GSR Hannah Malan shared the infographic with all ten UC campuses through the Global Food Initiative network; the campaign was featured in the *UC Food Observer*

[\(ucfoodobserver.com/2016/10/20/uclas-hannah-malan-is-teaching-students-about-their-foodprint/\)](http://ucfoodobserver.com/2016/10/20/uclas-hannah-malan-is-teaching-students-about-their-foodprint/).

- A follow-up Q+A blog with the panelists was published on our *Huffington Post* corner  
[www.huffingtonpost.com/entry/answers-to-your-questions-on-food-health-and-climate-us\\_58a0fdd5e4b0e172783a9e20](http://www.huffingtonpost.com/entry/answers-to-your-questions-on-food-health-and-climate-us_58a0fdd5e4b0e172783a9e20)).

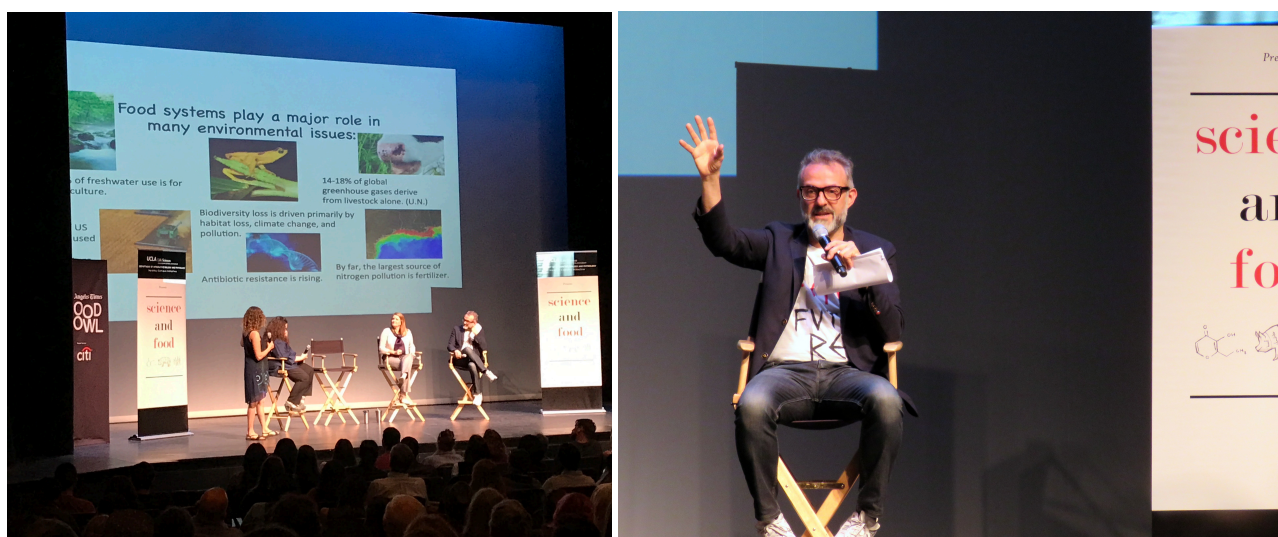
- The Food Day webpage ([healthy.ucla.edu/foodday](http://healthy.ucla.edu/foodday)) highlighted events throughout the week and provided links to resources spanning food security, food films, food courses, and sustainable dining efforts at UCLA.

Attendance at the Food Day panel discussion was excellent, with ~100 participants including students (54%), staff (29%), faculty (9%), and others (8%). Over 90% of survey respondents (n=35) at the panel indicated they gained knowledge/skills, would attend a similar event in the future, and were likely to apply the knowledge/skills gained. In open-ended responses, respondents said they would take specific actions following the event, such as Meatless Mondays, tofu tacos, becoming more involved in campus food organizations,

and sharing information with friends and family. Overall, respondents liked the diversity of speakers and perspectives, the “flexitarian” food provided, the infographic, and the discussion of food efforts/groups on campus.

### **Science & Food Public Event**

Produced in collaboration with Science & Food and the UC Global Food Initiative, this popular series of interactive events explores topics in food through the lens of science. Over the past five years, lectures have featured world-renowned chefs and scientists and attracted thousands of participants from throughout Southern California and beyond. This year, the event was billed in conjunction with the month-long *LA Times Food Bowl*. Esteemed chef and food waste visionary Massimo Bottura was among the panelists at the May 2nd event. Chef Bottura’s Osteria Francescana in Modena, Italy, has been named one of the world’s best restaurants, and he recently founded a nonprofit, Food for Soul ([www.foodforsoul.it](http://www.foodforsoul.it)), to promote social awareness about food wastage and hunger.



Left: Professor Jenny Jay discusses the environmental impacts of food waste during the Science & Food public event.  
Right: Chef and food waste visionary Massimo Bottura speaks during the Science & Food public event.

The panel discussion, entitled “Food Waste: Solutions Informed by Science (And What to Do With Your Leftovers),” attracted approximately 325 attendees from campus and beyond. Evan Kleiman, KCRW host of *Good Food* and HCI-funded lecturer of the undergraduate course “We are all stardust: the moral ecology of food,” moderated the panel, with panelists including UCLA Professor Jennifer Jay and City of Burbank Recycling Expert Amy Hammes, in addition to Chef Bottura. The discussion focused on measuring the environmental effects of food waste, how policy influences food waste, and its relationship to hunger and the environment. Pod leader Amy Rowat hosted the event and GSR Hannah Malan created an infographic with food waste facts and tips for reducing waste at home (Figure 2). A .jpg version of the infographic is available for download at: <http://bit.ly/2vFezkg>.

The large majority of survey respondents (n=65) indicated they gained knowledge/skills, would attend a similar event in the future, and were likely to apply the knowledge/skills gained. In open-ended responses, respondents said they would take specific actions following the event, such as being more conscious of food purchases to reduce waste, making an effort to use purchased produce, using green bins, and sharing information with colleagues and friends. Overall, participants liked the opportunity to hear from the celebrity chef and enjoyed the diversity of



information/perspectives provided by the panelists. Suggestions for improvement included providing more scientific information and ensuring equal speaking time for the panelists.

## FOOD WASTE: BACK TO BASICS

### Reduce



**Shop the fridge first:** Eat what you have before buying more. Plan your meals, and make a shopping list -- you'll save food and money. Avoid buying perishable items in bulk unless you know you'll need them.



**Think about timing:** Use your fresh stuff first, and look up simple strategies for preserving freshness ([savethefood.com](http://savethefood.com)). Don't be afraid to fill in your week with frozen veggies -- they are generally just as nutritious as fresh.



**Get creative:** Search online to find recipes that incorporate ingredients you need to use up!

best by:  
sell by:

**Know the limits of product dating labels:** These are suggestions about quality and do not indicate a product's safety (except infant formula). Use your judgment (look, smell) to determine spoilage.

### Reuse



**The fridge and freezer are your friends:** Prep and freeze surplus food, and get smart about saving leftovers. Safety tip: Refrigerate leftovers within 2 hours. They can be kept safely in the fridge for 3-4 days or in the freezer indefinitely (limit to 3-4 months for optimal flavor).



**Give:** Donate nutritious, safe, untouched food to local food banks.

### Recycle



**Avoid the landfill:** Find out if your city provides curbside compost pick-up -- or start your own!



Learn more tips at  
[SAVETHEFOOD.COM](http://SAVETHEFOOD.COM)

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If global food waste were a country,  
it would be the **third largest**  
emitter of greenhouse gasses,  
after China and the U.S.

Source: FAO

The average 2-person  
household spends  
**\$68** per month  
on food that  
**never gets eaten**

Source: [savethefood.com](http://savethefood.com)



Approximately  
**30-40%**  
of America's  
food supply is  
**wasted**

Source: USDA



Source:  
USDA,  
WWI Era  
Poster



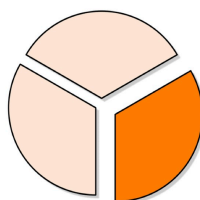
Food waste is the  
**number one** contributor  
to America's  
landfills

Source: USDA



Wasting  
**half a gallon of milk**  
has the same carbon  
footprint as consuming  
**a third of a gallon**  
of gasoline

Source: Jennifer Jay, PhD



Redistributing just **one third**  
of wasted food could  
**eliminate food insecurity**  
in the U.S.

Source: Harvard Food Law Policy Clinic, NRDC

Figure 2. Food Waste Infographic

### **Public Health Nutrition Club at UCLA**

The Public Health Nutrition Club (PHNC), funded by the MCH Nutrition Leadership Training Program of the Maternal and Child Health Bureau, was a key partner this year as their work aligned with EatWell's efforts to promote food literacy and reduce food insecurity on campus. Under the leadership of public health graduate and doctoral students Jasmine Mercado, Meghan O'Connell, and Miranda Westfall, the club received an HCI grant to host a series of "CookWell" food demonstrations tailored to our UCLA community that aimed to promote sustainable behavior and a healthy environment by increasing the purchasing and consumption of local produce and by providing students with the skills and knowledge to incorporate the local produce into their diets. The

demonstrations addressed both food literacy and food security on campus by teaching students healthy, simple, and inexpensive recipes, and by connecting them with local purveyors of fresh and affordable produce. At these demonstrations, PHNC aimed to make participants aware of what produce is seasonal; educate participants on the nutritional benefits of this produce; introduce participants to simple and creative recipes that utilize the produce; teach practical cooking skills, like chopping and preparing fruits and vegetables; and provide incentives for buying local produce and making the recipes at home, including recipe cards, reusable shopping bags, and ingredients to get started on each recipe.

From the campus farmers' market to family housing, PHNC reached hundreds of students, faculty, and family members. PHNC partnered with campus groups working to increase access to fresh, organic, and sustainable produce on UCLA's campus, including: UCLA's Fielding School of Public Health (FSPH), who supports PHNC's partnership with South Central Farmers to deliver weekly Community Supported Agriculture Farm Boxes to the Center for the Health Sciences (CHS); University Village Graduate Housing, who partners with the local nonprofit Food Forward and the UCLA student group Swipe Out Hunger, to coordinate weekly deliveries of gleaned produce from LA farmers' markets that is distributed, free of cost, to residents (see the Food Security section below for more information); and the student group Ecology, Economy, & Equity (E3), who coordinate the biweekly farmers' market on Bruin Walk. As a result, other graduate housing organizations have asked the club to conduct similar demonstrations in the 2017 - 2018 academic year. See Appendix VII for the group's poster that won HCI's Annual Student Poster Competition among graduate student organizations.

#### *CookWell Food Demonstrations:*

1. October 26- UCLA Farmers' Market: 100+ attendees (students, faculty, and staff)
2. October 30- University Village: 30+ attendees (graduate students, faculty, and family)
3. November 2- Fielding School of Public Health: 26 attendees (graduate students and faculty)
4. January 29 - University Village: 10 attendees (graduate students and family of faculty and students)
5. February 15- UCLA Farmers' Market: 80+ attendees (undergraduate and graduate students)



The Public Health Nutrition Club leads a cooking demonstration at the campus farmers' market for Food Day.

6. February 22 - Fielding School of Public Health: 15 attendees (graduate students and faculty)
7. May 24 - Fielding School of Public Health: 15 attendees (graduate students and faculty)
8. May 24 - UCLA Farmers' Market: 50+ attendees (undergraduate and graduate students)

Another priority of the club includes hosting local and national Public Health Nutrition leaders in a quarterly colloquia series, sponsored by UCLA Partners in Excellence for Leadership in Maternal and Child Health Nutrition. These colloquia are meant to emphasize the fundamental importance of maternal and child health nutrition and to inform and educate the UCLA community on critical food and nutrition issues and areas of innovation.

*Maternal Child Health and Nutrition Colloquia:*

1. Fall 2016: Helen O'Connor from Choose Health LA- 9 attendees
2. Winter 2017: Clare Fox from LA Food Policy Council- 23 attendees
3. Spring 2017: Robert Egger from L.A. Kitchen- 16 attendees

**Teaching Kitchens**

In the 2016 – 2017 academic year, EatWell members were instrumental in the establishment of a Teaching Kitchen program at UCLA. See the Food Initiative section for more details.

**EatWell Guide**

To address the demand among students for a trusted, go-to guide for eating well-- as we identified through our focus groups (Watson et al., 2017) -- EatWell is developing a holistic guide to eating. Resources such as the USDA MyPlate and the Harvard Healthy Eating Plate provide nutritional information; however, food choices involve multiple factors ranging from nutrition to environmental impact to enjoyment, and there is currently no guide to eating that reflects these rich and varied facets of food. EatWell identified this as an opportunity to create a more holistic guide that reflects the diverse food-related expertise, interests, and values among our group members. In Spring 2017, we established a working group to develop the holistic guide as a starting point for additional resources that could address specific aspects of food literacy, such as grocery shopping, building a healthy plate in the dining hall, reading nutrition labels, and/or learning about sustainable seafood. The working group has already completed multiple rounds of input and revisions, and aims to complete the guide for dissemination in early 2018.

**Professional Presentations and Publications**

In effort to share findings and lessons learned with the broader community, EatWell members have produced the following presentations and manuscripts for professional audiences and peer-reviewed journals:

1. Malan, H., Slusser, W., Rowat, A., Watson, T., Roth, S., & Wang, M. "Creating a Culture of Eating Well: UCLA's Collaborative Approach." Panel presentation at AFHVS/ASFS Annual Meeting and Conference (June 14-17, 2017).
2. Watson, T., Malan, H. "The Student Food Struggle: Understanding Food Insecurity and Food Literacy Among University Students." Panel presentation at the Southern California Public Health Association Annual Conference (December 14, 2016).
3. Watson, T., Malan, H., Glik, D., & Martinez, S. "College students identify university support for basic needs and life skills as key ingredient in addressing student food insecurity." (*Accepted for publication, California Agriculture, special edition on the UC Global Food Initiative*)
4. Soh, M., Rowat, A., Malan, H., & Slusser, W. Redefining food literacy: from theory to practice. (*Manuscript in preparation*)

## **Objective 2: Support short- and long-term solutions for campus food security**

Food insecurity, the uncertain or limited ability to get adequate food due to lack of financial resources, is a critical student issue that may negatively affect student health and academic outcomes. According to the 2016 UC GFI Student Food Access and Security Study, about 40% of surveyed UCLA students reported experiencing food insecurity in the last 12 months. Of those students experiencing food insecurity, about 23% reported low food security (reduced quality, variety, or desirability of diet) and 16% reported very low food security (disrupted eating patterns and reduced food intake). Food insecurity was higher among undergraduate students compared to graduate students and substantially higher among minority students. The prevalence of food insecurity among UCLA students is similar to UC students systemwide.

### **GFI Food Security Working Group**

The Food Security Working Group functions as part of the UC Global Food Initiative (GFI) Basic Needs Committee which has working groups on each UC campus. This past year, the GFI Basic Needs Committee has expanded beyond the 10 UC campuses 238,000 students to reach an additional 460,000 socioeconomically diverse students attending California's 23 state university campuses and 2.4 million students attending California's 114 community colleges.

The UCLA working group has been fully functioning for two years and continues to be chaired by Community Programs Office (CPO) Director Antonio Sandoval with support from multiple CPO staff including Emilio Hernandez, Chidera Izuchukwu, Russell Castro, and others. Additional support and program evaluation was provided by public health doctoral candidate, Tyler Watson. Several members of EatWell are also part of the food security working group to help coordinate and support efforts. This year the working group received \$151,000 from the UC Office of the President to address student food insecurity, double the funding of the previous year (see Appendix XVII for a breakdown of how these funds were spent). HCI provided additional support for programs and student staff. The membership continued to increase and added stakeholders from across campus, as well as the broader community, including West Los Angeles College and Santa Monica College. We hosted working group lunch meetings at the Student Activities Center about twice per quarter. The meetings provided a space for updates and networking as well as discussion of new efforts.

Additionally, the Graduate Student Association (GSA) has hired a Basic Needs Director who will be joining the Food Security Working Group. An effort was initiated this year to launch a basic needs website resource for students.

### **CPO Food Closet**

The CPO Food Closet (<http://www.cpo.ucla.edu/cpo/foodcloset/>) was created in 2009 as a direct response to the economic downturn to provide a designated campus space to provide free food for students in need. The food closet changed leadership this year and is now managed by Chidera Izuchukwu and a team of CPO staff. The closet underwent a renovation in Fall 2016 to add refrigeration and additional storage capacity for perishable items and now regularly distributes fruit, vegetables, eggs, dairy, and other high nutrient foods. The food closet remains heavily utilized by students, as well as some staff, and is restocked several times per day. The food closet also started a grocery bundle program to help students who have an ongoing need for food assistance. The program accepted applications and enrolled 24 students in Fall 2016 and 28 students in Winter 2017. Students received a week's worth of groceries throughout the quarter. The food closet also explored a satellite food pantry idea, but the project is currently on hold pending the participation of other campus partners. In 2017 - 18, the CPO student lounge will undergo renovations to



increase its capacity for food preparation and storage space for students in close proximity to the CPO Food Closet.

### **CPO Food Security Coordinators**

Food security coordinators help with the daily operations of the CPO Food Closet and other food distribution efforts, and also pick up extra food from campus events. CPO can be contacted by members of the campus and surrounding community to arrange a pick-up between 10am-3pm within a 10-mile radius of UCLA. To meet the constant need for food deliveries, six food security coordinators were hired, including five undergraduates and one graduate student, which is an increase from two coordinators in 2015 - 16. The coordinators have allowed for expanded food pickups and deliveries, and have helped with food recovery on campus.

### **CPO Grocery Shuttle**

A pilot grocery shuttle van was launched in Spring 2017 to provide transportation for students to low cost grocery stores in the San Fernando Valley. The program is a response to students who prefer more affordable and culturally appropriate grocery options than what is offered in Westwood, but who lack reliable transportation. The shuttle also gives participants the option to receive a ride home within a certain radius of campus on the return trip. The shuttle currently runs in the evening on Monday through Thursday, and a morning trip on Friday. The program expanded its trips and enrollment after its launch and had 73 registered users for the eight weeks of the pilot. The program is aiming for full implementation in Fall 2017. More details on the evaluation of this pilot can be read in our End of Year Report, available at <http://bit.ly/2vjox8s>.

### **ECRT Meal Voucher Program**

The meal voucher program, managed by Serifa Dela Cruz and several other partners with the Economic Crisis Response Team (ECRT), distributes free meals to students in need each quarter, but has a demand that exceeds its budget most quarters. Most meal vouchers are donated by student swipes through the student group Swipe Out Hunger (SOH), a national student organization started by UCLA students in 2009 that aims to utilize leftover student meal plans to food and meals for students and community members in need ([www.swipehunger.org/ucla](http://www.swipehunger.org/ucla)). Despite thousands of student meal swipe donations, additional meal vouchers typically must be purchased to meet the need. SOH received a large number of donations (~13,000) in Fall 2016, which supported the meal voucher program for the remainder of the academic year. As of June 2017, the program had distributed 5,774 meal vouchers to 629 students for an average of 9.2 vouchers per student, a higher utilization per student compared to last year. A big change to the program this year was that donated meal swipes are converted to meal vouchers as a 1:1 conversion, rather than the previous 2:1 conversion-- essentially doubling the impact of donated swipes. In addition, nearly all of the vouchers are for Covell Commons and to-go options on the Hill rather than ASUCLA food outlets.

### **580 Café Infrastructure**

580 Café (operated by Wesley Foundation Serving UCLA) has become a key community partner in the Working Group and is an important community and food resource for students at its location on the grounds of St. Alban's Episcopal Church, adjacent to the northeastern side of campus. Jeanne Roe Smith, the campus minister who operates the café, provides a friendly environment for students to come get snacks and meals, study, and talk. GFI funding helped 580 Café purchase: furniture, including tables, chairs, and blinds; kitchen equipment, including a microwave and coffeemaker; cleaning equipment and supplies, including a vacuum, broom, and mop; biodegradable paper goods; trash and recycling bins; and support for a new satellite food closet ([www.wfsucla.org/](http://www.wfsucla.org/)).

### **CalFresh Outreach**

CalFresh (federally known as the Supplemental Nutrition Assistance Program or SNAP) is a government entitlement program that provides monthly food benefits to assist low-income households in purchasing the food they need to maintain adequate nutritional levels. This year CalFresh became a priority of the Food Security Working Group because it is an underutilized resource that can provide up to \$194 for food purchases per month to students in need who qualify for the program. College students are eligible if they meet one of several criteria ([mycalfresh.org/students/](http://mycalfresh.org/students/)) including if they are approved for state or federal work-study money. Three undergraduate interns were hired to work on outreach efforts, and a Master of Social Work student assisted the effort through her work with 580 Café. Several consultations occurred with students utilizing 580 Café. The interns met with campus stakeholders from the Bruin Resource Center to align outreach efforts, particularly from the Students with Dependents program. The interns also did outreach through “lecture storming” to announce the resource at the start of classes. The interns held a campuswide outreach day on May 31, 2017.

### **Farmers’ Market Gleaning and Distribution Program**

The Farmers’ Market Gleaning and Distribution Program was launched in Fall 2015 by GFI Fellows Savannah Gardner and Tyler Watson and continues to serve students on a weekly basis. Working with the nonprofit partner Food Forward ([foodforward.org](http://foodforward.org)), UCLA students (primarily from Swipe Out Hunger) volunteer at a farmers’ market gleaning in West Los Angeles each Sunday afternoon. A



The weekly produce distribution at University Village graduate housing.

majority of the produce is delivered to University Village graduate student housing, and a smaller portion, consisting of grab-and-go fruit, is delivered to 580 Café and the CPO Food Closet. University Apartments South Resident Association (UASRA) coordinates the distribution at University Village and tracks attendance, while Food Forward tracks pounds of food delivered. This year, Ms. Gardner received HCI support to continue coordinating this program and Mr. Watson assisted with data collection and reporting. The program averages about 430 pounds of produce each week and to date has delivered over 26,000 pounds since starting in October 2015. On average, about 34 graduate and professional students (or their spouses) pick up at University Village each week. The Public Health Nutrition Club (PHNC) now hosts quarterly food demonstrations for graduate students waiting in line at University Village to show simple, healthy snacks and meals using fresh, seasonal produce.

### **Food Recovery**

Campus food recovery efforts continued through 2016 - 17 with a focus on moving towards formalizing food recovery options. USAC Facilities Commission was regularly picking up unsold baked goods from ASUCLA cafes, and this effort has now been transferred to the Food Security Coordinators. The Fielding School of Public Health (FSPH) is piloting a schoolwide recovery program that includes a new refrigerator, an administrative point person to deliver food after campus events and track deliveries, a student group to maintain the refrigerator, and an email notification system. Additionally, UCLA Dining is currently exploring options for residential restaurant food recovery. Different options for campus catering are also being explored, including adding information about food donations and including to-go containers in catering contracts.

### **Mobile Teaching Kitchen**

The Food Security Working Group coordinated with the newly implemented HCI Teaching Kitchen Collaborative to plan for a mobile teaching kitchen that could be utilized at different campus locations. Several meetings occurred in addition to the regular working group to solicit input for a custom-built cart. CPO also explored the idea of a teaching kitchen van or food truck concept that would have a range beyond the campus.

### **Food for Finals**

USAC Facilities Commission distributes healthy snacks to students during the 10th week (finals week) of each quarter to help nourish studying students at libraries on campus. Several hundred students receive snacks each quarter and the program has expanded this year with additional support. A separate but related effort is the Bruin Resource Center's De-Stress Study Fest, which distributes fruit and granola bars to hundreds of students during finals.

### **Holiday Food Boxes**

In Fall 2016, CPO formally implemented a holiday food box distribution to help students who have a need during the Thanksgiving and Winter Breaks. Each box contained food items for a full holiday meal, plus additional food items for the duration of the holiday break. Boxes were distributed for Thanksgiving (300 boxes) and for Winter Break (350 boxes).

### **Student Grocery Cooperative**

The Student Food Collective (SFC) aims to provide fresh, delicious, sustainable food for the UCLA community, celebrate the artistic and cultural vibrancy of our campus, and bring people together ([studentfoodcollectiveat UCLA.weebly.com](http://studentfoodcollectiveat UCLA.weebly.com)). This year, one student intern was hired through GFI funding and another was supported by HCI to work with SFC towards the goal of starting a student-owned, co-operatively run market and café. The market/café will operate with the goals of educating students about food systems, training students to manage a sustainable business, and provide a warm, welcoming space where people can come to learn and be part of a community. Last year, the student interns were successful in securing a 5th floor space in Kerckhoff Hall. This year, the interns and SFC worked with campus Environmental Health & Safety to identify needed renovations to make the space food safe, and renovations for the floor were scheduled. SFC has expanded its membership and continues biweekly organic bulk produce orders for students, and also tables with the UCLA Farmers' Market.

See the Food Security Working Group's full end of year report here: <http://bit.ly/2vjox8s>.



### Objective 3: Support learning in the broader community

#### **K-12 Curriculum: John R. Wooden Continuation High School and Kindred Spirits Care Farm**

Undergraduate students working with EatWell Pod Leader Amy Rowat developed lesson plans focused on science concepts that are aligned with Next Generation Science Standards. Lesson plans are designed around food-based topics with the aim of engaging students in experiential learning. After review by John R. Wooden partners, the lesson plans will be piloted with students. Marc Levis-Fitzgerald, UCLA Office of Instructional Development, will conduct an assessment of the lesson plans, which include the following topics:

- *Peppers* – Capsaicin and its role in natural selection. This lesson covers concepts of molecules, polarity, solubility, in the context of capsaicin, the molecule that imparts peppers with ‘spiciness.’ The lesson also covers natural selection and evolution in the context of how birds do not have taste receptors that sense capsaicin, and therefore help to disseminate seeds and promote the growth and expansion of pepper plants.
- *Chia Seeds* – The role of water in germination. In this lesson, students are introduced to the concept of hydrogels, and the physical advantages mucilage provides in maintaining hydration for seeds and in food and cooking. Health benefits of chia seeds are also discussed.

The team of UCLA undergraduates is currently developing additional lesson plans that will continue to be implemented through 2017 - 18.

### Objective 4: Expand campus food offerings, including gardens and edible landscapes

#### **The Flex Bar at De Neve Dining Hall**

In January 2017, UCLA Dining launched a state-of-the-art “Flex Bar” at the De Neve dining hall. The Flex Bar integrates optimal nutrition, environmental stewardship, and social responsibility within the campus foodservice sector by re-framing the role of plant-based ingredients so they become the primary source of protein, and animal-based proteins become “condiments” and “flavoring agents.” This strategy has been referred to as the “protein flip” approach and is being used at other institutions in an attempt to serve students healthier and more



Prepared salads at the new plant-forward Flex Bar at De Neve dining hall.

environmentally sustainable food. This project also highlights collaboration across campus as a research team of UCLA faculty, staff, and students are conducting a rigorous evaluation of the Flex Bar’s impact on undergraduate student consumption of plant- and animal-based protein. The research project was initiated by Pete Angelis, Assistant Vice Chancellor of Housing and Hospitality Services, who asked HCI to conduct the evaluation. The research team, led by Professor May Wang, doctoral student Shelley Jung, and Assistant Adjunct Professor Burt Cowgill, completed a baseline survey in Spring 2016 and administered a post-implementation survey in Spring 2017. In addition, the team is analyzing purchase-level data across all residential dining halls during the 2015 - 16 (baseline) and 2016 - 17 (Flex Bar implementation) academic years to assess aggregate changes in plant-based and animal-based proteins. More details on the Flex Bar project are available at:

<http://bit.ly/2vOy8GH>.



### **Vertical Tower Garden**

Thanks to the leadership of Mr. Angelis; Al Ferrone, Senior Director, UCLA Dining; Emma Sorrell, Sustainability Manager for Housing and Hospitality Services; and the rest of the UCLA Dining team, UCLA is now home to the Bruin Plate Tower Garden, a vertical garden installation with 50 aeroponic towers that supply leafy greens and herbs for the Bruin Plate residential restaurant. The goal of the garden is to connect students to the source of their food and to educate them on innovative ways to grow food.

Each of the towers can accommodate 44 plants, allowing 2,200 plants to grow simultaneously. After installation in April 2017, the first harvest yielded a remarkable 164 pounds of produce that supplied one lunch at the Bruin Plate salad bar. Most leafy greens and herbs can be harvested within three-four weeks (up to four times faster than conventional soil farming), and one quarter of the towers are harvested each week, providing a consistent supply of greens. Due to the recirculation system, produce grown on the towers consumes only 5% of the water needed for conventional farming and requires only 10% of the land area of conventional farming. Produce is 100% organically grown without pesticides or herbicides, contributing to Bruin Plate's portfolio of locally grown, organic, and vegan meals. The garden is located 112 steps away from the LEED Gold Certified Bruin Plate Dining Hall – that's about as local as you can get. The tower structures themselves are designed to last decades, facilitating sustainable food production for years to come.



EatWell members tour the new vertical tower garden.

### **Blended Burger Patties**

Aligned with efforts to prioritize plant-based protein over red meat, UCLA Dining Senior Director Al Ferrone has been experimenting with burger patty recipes containing various combinations of beef and plant (mushrooms and lentils) proportions. Dining purchased the blending machine, tested the first blend at 80% beef/20% plant, and is currently working on getting the ratio down to 75% beef. Ronald Reagan Medical Center's dining leadership has also expressed interest in adopting the blended burgers when the recipe is finalized.

### **Participation in HCI's Annual Celebration**

As part of the 2017 HCI Annual Celebration: #Dream Revolution, EatWell hosted a Dream Revolution-themed "flavor trip" experience. The mindful eating exercise featured Miracle Berry tablets made from miracle fruit, which contain a protein that changes how the sweet and sour



EatWell volunteers engage participants in a "flavor trip" exercise at HCI's Annual Celebration.

receptors in our mouths respond to acids and sweets. EatWell volunteers instructed participants to taste lemon or lime wedges before and after dissolving the tablets in their mouths. The result was a fun and mind-boggling exercise that excited the senses and made for thoughtful conversations about flavor and food science.

In addition, GSR Hannah Malan conducted an interview with celebrity chef and co-founder of Kogi BBQ Truck and LocoL restaurant, Roy Choi, who provided food for the event. The interview, which featured Choi's commentary on food justice and how to eat well on a budget, was featured in a blog on *Huffington Post* ([www.huffingtonpost.com/entry/roy-choi-serves-up-locol-at-ucla-and-tells-us-how\\_us\\_5907ef31e4b03b105b44bb9b](http://www.huffingtonpost.com/entry/roy-choi-serves-up-locol-at-ucla-and-tells-us-how_us_5907ef31e4b03b105b44bb9b)).

## Goals for the 2017 - 2018 Academic Year

- **Continue to support and evaluate food literacy and food security strategies**
  - Complete the teaching kitchen pilot program evaluation
  - Expand teaching kitchen programming and infrastructure on campus
  - Complete content and graphic design development of EatWell's holistic eating guide
  - Continue partnership with the Food Security Working Group
- **Expand collaboration, service, and information-sharing with the broader community**
  - Continue to support the UCLA Law School Food Policy Clinic
  - Complete the pilot of the food-based curriculum at John R. Wooden Continuation High School
  - Share lessons learned with Healthy Campus Network partners
  - Publish and present our work
- **Expand and evaluate healthy, plant-based, affordable food options on campus**
  - Complete analysis of Flex Bar surveys and food purchase data
  - Explore opportunities to implement evidence-based pricing and procurement strategies
  - Further develop campus garden infrastructure