

Resolution #12-S25



Cafeteria Calorie Count Inclusion Advocacy Resolution

1. **Whereas** many students are mindful of their nutritional intake and wish to make informed choices regarding their meals in the cafeteria, but currently, no calorie or macronutrient information is provided, making it difficult for students to track their diets effectively and,
2. **Whereas**, including calorie and macronutrient information for cafeteria meals would empower students to make healthier choices, align with personal dietary goals, and help prevent unhealthy eating habits; and,
3. **Whereas**, the absence of nutritional transparency contributes to challenges such as unintended weight gain, commonly referred to as the "Freshman 15," which could be mitigated through increased awareness of meal composition and,
4. **Whereas**, multiple students have approached me requesting that the cafeteria provide calorie and macronutrient information for all meals served, indicating a strong desire for this change among the student body, and Michael Shihinian has stated that "preventing the Freshman 15 would be so much easier if the caf had the macros from all the meals"; and,
5. **Whereas**, this issue can be effectively resolved by requiring the cafeteria to display calorie and macronutrient counts on meal descriptions at serving stations and making this information available online through the university dining website or app; therefore,
6. **Be it hereby resolved that**, the cafeteria begin providing calorie and macronutrient information for all regularly served meals in both physical and digital formats to enhance student awareness and promote healthier eating habits; and,
7. **Be it further resolved that**, the Student Government Association (SGA) formally requests that the university dining services implement this change, collaborating with campus nutritionists and food service providers to ensure accurate and accessible nutritional labeling.

***Authors:** Freshman Class President Owen Braniff
Sophomore Senator Christian Cantada
Seconded by: Freshman Class Senator Emily Espinosa
Freshman Class Senator Jack Quigg
Executive Vice President Michael Sugimoto*

Resolution #12-S25



Background & Research Findings

Throughout the semester, I have been approached by tens of students, particularly those who regularly go to the gym, expressing concerns about the lack of nutritional transparency in our cafeteria. Many students have emphasized how difficult it is to track their diets effectively without access to calorie and macronutrient information.

In gathering support for this initiative, I conducted informal interviews and discussions with students, particularly those invested in fitness and maintaining a balanced diet. A common theme emerged: students feel forced to estimate their intake, leading to frustration and inconsistency in their dietary goals.

Additionally, a strong testimonial from student Michael Shihinian encapsulates the general student sentiment: *"Preventing the Freshman 15 would be much easier if the caf had the macros from all the meals."*

Other students echoed this concern, explaining that:

- They often avoid eating at the cafeteria because of the uncertainty about the food's nutritional content.
- They struggle to make informed choices due to a lack of transparency.
- They believe that other universities provide nutritional information and that implementing this would align our campus dining services with best practices.

Key Trends & Insights:

- **Primary concern:** Students want to track calories and macronutrients but cannot do so.
- **High demand:** Many gym-goers and health-conscious students expressed a strong interest in having this data available.
- **Potential health benefits:** Better nutritional transparency could help students avoid unintentional weight gain, under-eating, or other dietary imbalances.

A formal survey could be conducted to substantiate these findings further to quantify student demand, but the overwhelming number of individual student requests already demonstrates an urgent need for action.

Key Stakeholders Consulted

To develop this resolution, I consulted:

- SGA Executive VP Michael Sugimoto provided feedback on the feasibility of advocating for this change.
- After the passing of this resolution, I will consult with members of the dining services.

When talking to EVP Sugimoto, I emphasized the student demand for this change and explored potential implementation strategies. Dining services acknowledged that while the current system does not display calorie counts, the nutritional data likely exists from food suppliers or internal meal planning processes, meaning the main challenge is how to present this information effectively rather than generating it from scratch.

Proposed Action Plan & Implementation Strategy

Step 1: Data Collection (Weeks 1-3)

- Work with Dining Services to gather existing nutritional information from food vendors and meal preparation guidelines.
- Identify gaps in available data and determine if any additional analysis is needed.

Resolution #12-S25



Step 2: Presentation of Information (Weeks 4-6)

- Develop physical signage at food stations displaying calorie and macronutrient counts.
- Update the university dining website and/or app to include a nutrition section where students can view meal information.

Step 3: Implementation & Testing (Weeks 7-9)

- Begin a pilot program by rolling out calorie counts for several meals and gathering student feedback.
- Adjust signage and digital formatting based on initial feedback to improve accessibility.

Step 4: Full Implementation (Weeks 10-12)

- Expand the nutrition labeling program to cover all cafeteria meals.
- Work with Student Health & Wellness Services to promote awareness and educate students on using the information effectively.

Step 5: Follow-Up & Adjustments (End of Semester)

- Conduct a student survey to measure satisfaction and assess whether additional improvements are needed.
- Evaluate cafeteria meal choices to ensure consistency and accuracy in labeling.

Budget/Resource Considerations

- Estimated Costs: The costs would be minimal, as the university already has access to most nutritional information. They would primarily involve printing signage and minor digital updates.
- Potential Funding Sources:
 - SGA Budget: To cover printing and minor digital costs.
 - Dining Services Budget: As part of ongoing cafeteria improvements.

Evaluation and Follow-up

To measure the success of this resolution:

- A student survey will be conducted two months after implementation to assess usage and satisfaction.
- Feedback from Dining Services will be collected to ensure the feasibility and continued accuracy of nutritional labeling.
- Engagement metrics from the university dining website/app will be reviewed to track how frequently students access nutritional information online.
- Future adjustments will be made based on feedback, such as enhancing visibility or making data more accessible.

By implementing these steps, this resolution will provide a lasting, positive impact on student health and promote a culture of informed eating on campus.