

Council of Nova Scotia University Presidents (CONSUP)



Better Health Outcomes for Post-Secondary Institutions

Environmental Scan:

- understand student, staff, and faculty experiences, and perspectives on food and beverage environments
- understand the current context of the food and beverage environments in Nova Scotia's universities and colleges including:
 - 1) location and type of foods and beverages served and sold
 - 2) demand for healthy foods and beverages
 - 3) food and beverage pricing
 - 4) hours of operation/availability of foods and beverages
 - 5) placement of healthy foods in cafeterias, canteens, vending, shops
 - 6) availability of nutrition information at point-of-purchase
 - 7) portion sizes
 - 8) food security/ access to food and beverages, including food bank usage
 - 9) student employment within food environments
 - 10) use of food and beverages in fundraising and at special events
 - 11) marketing of food and beverages on campuses including use of social media
 - 12) food safety training
 - 13) use of Nova Scotia and Maritime produce and products
 - 14) use of third party certifications
 - 15) use of green products in dining and kitchen services and facilities
 - 16) energy and water efficiency programs for food services
 - 17) consumer and food waste-recycling and composting including review of pre-compost, packaging, reduced production and reuse of excess food
 - 18) access to clean drinking water
 - 19) support for breastfeeding
 - 20) nutrition education needs for students, staff, and faculty
 - 21) on-campus initiatives by students, staff, and/or faculty to increase access to healthy foods and beverages
 - 22) role of dietitians in food and beverage environment

Literature Review:

- understand the importance of nutrition during the post-secondary school years
- understand the role and responsibility of post-secondary institutions in promoting health, including healthy eating
- explore individual and collaborative opportunities for creating supportive environments for healthy eating in university and college settings

Institutional Survey

- food policies
- meal / food service operations
- food maps
- use of social media
- healthy food placement
- portion sizes
- nutritional information
- role of dietitians
- food safety
- student employment
- campus housing and meal plans
- vending options
- promoting health options
- cost
- input opportunities
- sustainability
- role of Community Supported Agriculture and Campus Farms
- food security and food bank usage

Acadia University, Atlantic School of Theology, Cape Breton University, Dalhousie University, University of King's College, Mount Saint Vincent University, Nova Scotia Agricultural College, NSCAD University, Université Sainte-Anne, St. Francis Xavier University, Saint Mary's University, and the Nova Scotia Community College (NSCC) are members of the Working Group.