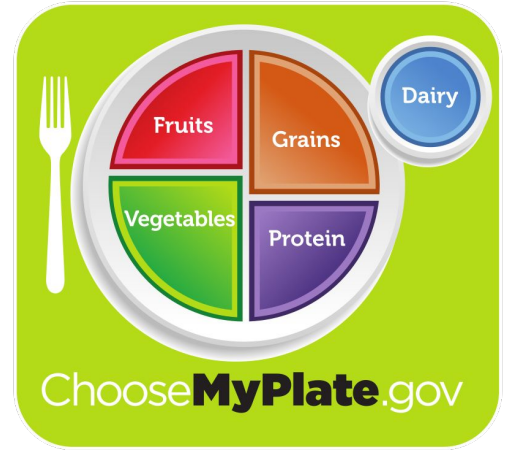




# Food on Campus



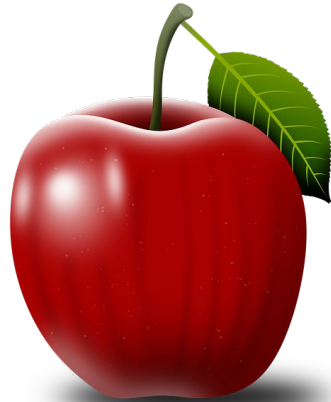
Sabrina Cosgrove



# Stressor

***HEALTHY and AVAILABLE***

**dining on campus impacted by COVID-19**



# Impact of COVID-19 on Dining Schedule

- **Interruptions in schedule due to cleaning**
  - Closed for an hour after breakfast and lunch waves
  - Conflicts with many students' schedules
- **Library cafe completely closed for semester**
- **Daily Grind on Westside closes early at 9 PM**
  - Poor timing for student athletes
  - Delivery is available, but requires payment that many students do not have

# Dining Options Slim



- **Salad and fruit stations limited due to COVID-19**
  - Less healthy options
  - Prepackaged salads not consistent with students' preferences
- **Stations including pasta, fries, and burgers are frequently the only ones open**
  - Students must eat food from these
- **Vending machines on campus are limited to candy, chips, and soda**
  - No healthy to-go options

# Coping Styles

Thoughts, behaviors, and emotions that help people deal with stress

**Healthy:** Addresses a problem in a *productive* and *positive* way

**Unhealthy:** Does not resolve the problem long-term and may increase stress

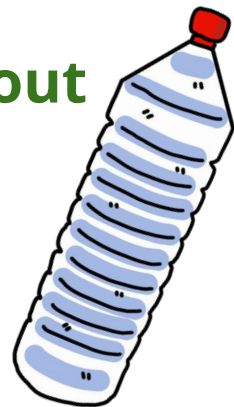
# Unhealthy Coping With Food on Campus

- **Go to places of convenience when dining halls are closed**
  - Fast food, gas stations, vending machines
  - Often leads to poor choices: soda, candy, chips, etc.
- **Choosing from whatever is available**
  - Eating salty, greasy, fatty foods
- **Not eating at all**



# Healthy Coping With Food on Campus

- **Bringing available food from home to eat throughout day**
  - Granola bars, apples, water
- **Saving leftovers to eat for later**
  - Food will be available when dining halls are closed
- **Trying to make the food available as healthy as possible**
  - Ex. getting a pizza with half the cheese



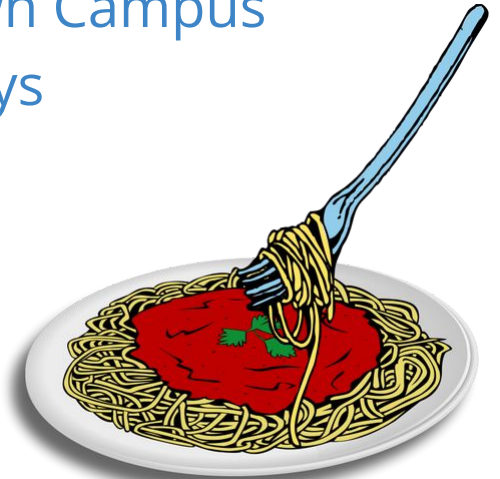
# Community Resources-**Newman Center**





# Newman Center Dinners

- **Completely free!**
  - funded through WCSU SGA
- **Open to ALL Westconn students**
- Located across from Litchfield Hall on Midtown Campus
- Dinner each week from 5-7 PM on Wednesdays
- **Home-cooked meals**
  - Salad, bread, water, juice, lasagna, pot roast, etc.
  - Changes every week



# Newman Center Pantry



## FOOD PANTRY

Every Thursday from 3:30-5:30, come by the Newman Center to pick up some free non-perishables! Have student ID number ready. Mask required.

---

Located behind Litchfield and Newbury hall  
7 Eighth Ave

# Newman Center Pantry Package

- *Free to all WCSU students!*
- Contains **nonperishable** items including:
  - Microwavable meals
  - Granola
  - Oatmeal
  - Snacks
  - Juice Boxes
- Students can keep these packages in their dorm room so they can use them when they're hungry!



# MicroMarket on Midtown Campus

- Unknown to many WCSU students
- Located beneath the cafeteria
- **Hours: 9AM to 8PM**
- Includes beverages and food such as:
  - Bagels
  - Sandwiches
  - Salads
  - Granola and protein bars
  - Gatorade
  - Water
  - Yogurt
  - Fresh fruit



# Strategy to Manage Stress

**Help students with the *availability* and *choices* of food to avoid skipping or eating unhealthy meals!**

# Advertising Available Resources

- Many students are unaware of the campus and community resources available
- Create posters and send email notifications to students listing location and hours of:
  - MicroMarket
  - Newman Dinners
  - Newman Food Pantry
- ***Awareness is key to helping students find healthy food that is at convenient times***
- ***This will help prevent students from eating fast food or skipping meals!***

# Save your food!

- Promoting the idea of saving leftovers or sides from meals for future use can help students eat when the caf is not open
- Each meal swipe allows the student: 1 entree, 1 side, 1 drink
- **Students should be encouraged to:**
  - ***Take a side*** with an entree even if they are not extremely hungry so it can be saved for later
  - **Go to the cafeteria** even when not hungry during available times and ***get food to-go***
    - **Keep it for later** when the dining halls close
  - ***Save leftover food instead of throwing it away***

# Making Options Healthier

- Fresh meal choices such as fruit and vegetables are less available due to COVID-19 precautions
- Minimizing the salt and fat in the foods served can promote a better diet
- **Make use of substitutions**
  - *Black bean burger instead of beef*
  - *Less cheese on pizza and add veggies*
  - *Get water for a drink instead of soda*
  - *Get whole grain bread instead of white*





# Developing Future Resilience

- COVID-19 is unpredictable, so healthy coping strategies should be promoted now
- Incoming students should receive resources describing places to get meals on campus and areas including the Newman Center
- Utilizing healthy coping strategies such as saving leftovers instead of going hungry will promote successful stress management!