

SUSTAINABILITY SCHOLARS PROGRAM

Summer 2020

The UBC Sustainability Initiative (USI) is pleased to offer current UBC graduate students the opportunity to work on funded sustainability internship projects. Successful candidates work under the mentorship of a partner organization, and are immersed in real world learning where they can apply their research skills and contribute to advancing sustainability across the region.

- Visit the [Sustainability Scholars Program website](#) to learn [how the program works](#) and to [apply](#).
- Be sure to review the [application guide](#) to confirm your eligibility before applying.
- **Applications close at midnight on Sunday February 2, 2020.**

Research project title: Healthy Beverage Designation Program at UBC: Environmental Scan and Implementation Plan

Goal or Operations Plan objective

Healthy Beverage Consumption

Objective: Help support the achievement of the Wellbeing Strategic Framework target around Healthy Beverage consumption: 50% reduction in sugar-sweetened beverage consumption on our campuses by 2025.

Please specify the strategic area(s) this project supports:

Okanagan Charter

Call to Action 1: Embed health into all aspects of campus culture, across the administration, operations and academic mandates.

1.3 Generate thriving communities and a culture of wellbeing

20 Year Sustainability Strategy

UBC Community:

Strategic goal 2. Integration of social sustainability demonstrates improvements in health, productivity and quality of life of the UBC community.

Strategic goal 5. UBC models a sustainable and integrated food systems that equally values environmental, social, and economic outcomes and assesses impacts of food production, transformation, and consumption on environmental, personal, and community health.

UBC Wellbeing Strategic Framework Priority Area:

Food & Nutrition: 50% reduction in sugar sweetened beverage consumption on our campuses.

UBC People and Place

Strategy 3: Thriving Communities

Project description

The University of British Columbia's Healthy Beverage Initiative is an ambitious way of exemplifying our commitment to wellbeing at UBC and engaging our community in a discussion about our collective health and wellbeing. Our students, staff, and faculty work and learn in a demanding, high-performance academic

environment; having access to healthy food and beverage products on campus, along with the information necessary to make healthy dietary choices, will help our community members thrive. Knowing this, and considering the alarming health and economic burden caused by sugar-sweetened beverage consumption, UBC Wellbeing and the Food and Nutrition Working Group are working with students, staff, and faculty to explore how to best promote water consumption and reduce sugar-sweetened beverage consumption at UBC. Sugar-sweetened beverages are defined as pre-packaged beverages that include any form of sugar added during the manufacturing process. These beverages include soft drinks, energy drinks, lemonade, sweetened iced teas, sports drinks, sweetened fortified water, and fruit drinks with less than 100% fruit juice. Sugar-sweetened beverages are the single-largest contributor of added sugar in the diet. Phasing out the sale of sugar-sweetened beverages as part of an overall healthy food environment strategy is a sensible and impactful initiative that has proven effective on campuses and in institutions worldwide. All major food-provider stakeholders at UBC— Student Housing and Hospitality Services, Athletics & Recreation, UBC Okanagan Food Services, and AMS — have informed and championed this initiative.

In order to support the forward momentum of the Healthy Beverage Initiative, a project exploring the development, implementation and evaluation plan for a “Healthy Beverage Initiative Designation Program” is proposed. A Healthy Beverage Initiative designation program would function similarly to programs such as Ocean Wise, Fair Trade or Eat Smart! (in Ontario), where the Healthy Beverage Initiative logo would have a pre-determined criterion for use and signify a commitment to a healthy beverage environment and support of the overall Healthy Beverage Initiative. This program will be relevant to a diverse group of stakeholders and settings anywhere beverages are offered at UBC Vancouver and UBC Okanagan, including food and beverage outlets, student clubs, staff and faculty offices and at events. The purpose of the program would be to increase campus community exposure to the Healthy Beverage Initiative and promote healthy beverage offerings in all settings across both campuses. The work of the scholar will inform a future toolkit to support the implementation and evaluation of the Healthy Beverage Initiative designation program

Scope of Work:

- Conduct an environmental scan focussing on a literature and best practices review of existing programs that leverage a designation identifier and that effectively classify initiatives that comply with a particular set of criteria. For example, the Ocean Wise logo to signify sustainable seafood, Fair Trade logo to signify choices that comply with Fair Trade requirements, and the Eat Smart! Program which promotes excellent and recognition of Ontario food premises that meet nutrition and food safety criteria.
- Based on the environmental scan findings develop research-informed recommendations for implementation and evaluation of a Healthy Beverage Initiative designation program. This plan is to include the criteria that the target audience, including but not limited to food and beverage vendors, student clubs, events (such as the annual staff BBQ) and staff offices must comply with in order to receive the designation. Additionally, the proposal should include ideas for suggested tools or resources that would aid in the implementation of the designation program, likely in the form of a toolkit in the future (e.g., communication and evaluation tools).
- In consultation with project mentors, identify and engage pertinent UBC Vancouver and Okanagan stakeholders (e.g., UBC student club leaders, staff office managers) in the draft designation implementation plan, specifically regarding need for tools and resources to support implementation. The number of stakeholders consulted will be determined by the scholar and project mentors, however, if time permits approximately five consultations should occur. Project mentors may also assist in the consultation process, especially on the Okanagan campus.



- Present evidence-informed draft designation criteria and an implementation plan to the HBI Stakeholder Committee and/or the Food and Nutrition Working Group for feedback and update plan as needed.
- If time permits, begin work on identified tools/resources necessary for the designation program.

Deliverables

Note that a final deliverable (either a full report or, if the report contains confidential information, an executive summary) is required by the end of the program (March 14, 2020). The deliverable will be archived in the online public-facing Scholars Project Library.

- A presentation on the project background, methods and draft designation criteria and implementation and evaluation plan to the Food and Nutrition Working Group for feedback and finalizing of report.
- A final report, containing a summary of the environmental scan and stakeholder informed recommendation on program implementation and evaluation (including supportive tools and resources required) for UBC Vancouver and Okanagan.
- A final report [or Executive Summary] for the UBC Sustainability Scholars online project library (including literature and best practices review and summary report of engagement with stakeholders).

Time Commitment

- This project will take **250** hours to complete.
- This project must be completed between May 4 and August 14, 2020
- The Scholar is to complete hours between 9 am and 5pm weekdays

Required/preferred Skills and Background

- Excellent research and writing skills
- Experience conducting stakeholder engagement events, including facilitation skills, is an asset
- Familiarity with research methodologies and survey techniques
- Excellent public speaking and presentation skills
- Community engagement experience
- Ability to work independently
- Deadline oriented
- Project management and organizational skills

Applications close **midnight Sunday February 2, 2020.**

Apply here: <http://sustain.ubc.ca/scholarsapply>

Contact Karen Taylor at sustainability.scholars@ubc.ca if you have questions



Useful Resources

Below are some links to useful resources to help you with your resume and cover letter (there are many more online). Some of these resources also provide information on preparing for your interview.

<https://students.ubc.ca/career/career-resources/resumes-cover-letters-curricula-vitae>

<https://www.grad.ubc.ca/current-students/graduate-pathways-success>

<https://www.grad.ubc.ca/cover-letter-cv-resume-templates-ubc-career-services>

The Centre for Student Involvement & Careers will host a resume & cover letter webinar tailored for graduate students on Tuesday, January 21, 2020 from 12:00-1:30. Registration will open approximately two weeks before the webinar, and can be accessed at Careers Online.

