UBC Food Services: Food Vision and Values

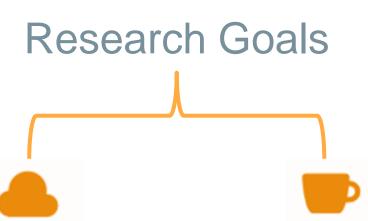
LFS 450 Group 2 Brook Foster, Michelle Wu, Alfred Ke

BC Action Framework Ø **Food Vision** & Values $\widehat{}$ 2017

BC Action Framework Ø **Food Vision** Vegan & $\widehat{}$ & Values **Vegetarian** \equiv 2017 **Free Drinking Water**







"Vegan and vegetarian are options readily available to reduce our impact on our air, land, water and climate." --UBC Food Services

"Drinking water is available free at all food service locations as a sustainable and economic alternative to bottled and sweetened beverages." -- UBC Food Services



| Food Vision & Values SHHS FOOD SERVICES 2017 | | | | | | | | | | | |
|--|--------------------------|---|--|--|---|---|---|---|--|--|---|
| | | | | | | | | | | | |
| | MEASURABLE METRIC METRIC | | | | | | | | | | |
| | MEASONABLE | Total number of menu offerings at specified location | Are high protein vegetarian and vegan options available at each dining facility during each meal? (MEG) | Are high protein vegetarian and/or vegan options available at all dining stations of all dining facilities during each meal? | Number of menu items that are vegetarian (including vegan) | Number of menu items that are vegan | Total number of types of plant proteins provided, and list | % OF TOTAL EXPENDITURE ON ANIMAL PRODUCTS (as of 2017) | % OF TOTAL EXPENDITURE ON MEAT ALTERNATIVE PRODUCTS (as of 2017) | % OF TOTAL EXPENDITURE ON CONVENTIONALLY DERIVED ANIMAL PRODUCTS (as of 2017) | % OF MENU ITEMS WITH COMPLETE PROTEIN PROFILE |
| RESIDENCE DINING | Y/N | | | | | | | | | | |
| RETAIL & MOBILE (EXCLUDING FRANCHISES) | Y/N | | | | | | | | | | |
| RESTAURANTS & CATERING | Y/N | | | | | | | | | | |
| OTHER | Y/N | | | | | | | | | | |
| AVERAGE | | | | | | | | | | | |
| | | | | | | | | | | | |



Methods

Vegan and vegetarian are options readily available to reduce our impact on our air, land, water and climate.

| ORTABELLO MUSHROOM | Nutrition Facts Per burger (250g) | | |
|---|---|------------|--|
| | Calories | 475 | |
| | Amount % Da | ily Value* | |
| ALLERGENS: EGG, GLUTEN, MILK, WHEAT | Total Fat 31.5g | 42% | |
| | Carbohydrate 27.6g | 9% | |
| | Fibre 4.5g | 16% | |
| Ingredients: whole wheat brioche bun, portabello mushroom, | Sugars 6.1g | 6% | |
| sundried tomato mayonnaise, feta cheese, arugula | Protein 14.6g | | |
| lettuce, provolone cheese, canola oil, salt & | Sodium 1392 mg | 61% | |
| pepper | *5% or less is a little 15% or more is a lot | | |

TODAY'S Menu

BULGOGI BEEF house marinated beef, house gochujang, kimchi, spicy korean bbg sauce, stir fried vegetables, jasmine rice \$6.50

> SPAGHETTI AND MEATBALLS beef meatballs, tomato sauce, parmesan cheese \$7.99

\$8.50

CHICKEN DUMPLING SOUP

house made chicken broth, chicken and vegetable dumpling, rice noodles, green onion, baby bok choy, bean sprouts, garlic chili oil

\$8.99

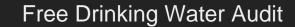
Left: Vegetarian Kitchen, Open Kitchen Top: Global Bowl, Open kitchen



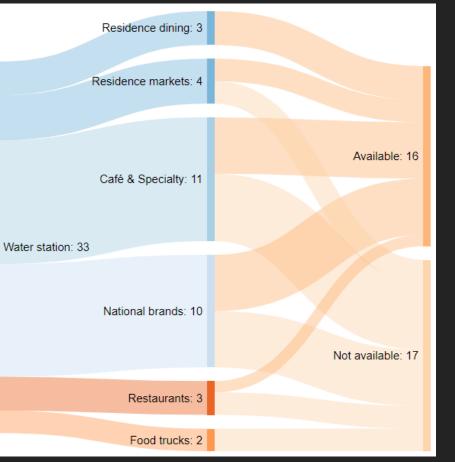


Drinking water is available free at all food service locations as a sustainable and economic alternative to bottled and sweetened beverages.

Results













Results - Free Drinking Water

| | Residence dining | Residence markets | Restaurants | Café & specialty | National brands | Food trucks |
|-----------------------|---------------------|----------------------|-------------|------------------|-----------------|-------------|
| Station signage | | | • | | | |
| Easy to find | | | • | | 6666 | |
| Cleanliness | | | | | | |
| Water upon request | | •• | | | \$\$\$\$ | |





Results-Vegetarian & Vegan Options Audit

Vegan & Vegetarian Options at Open Kitchen



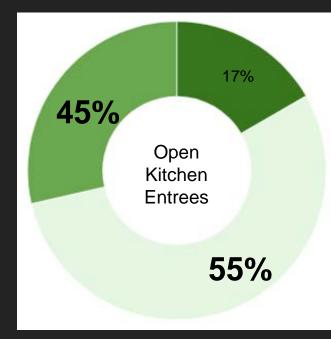
13%

Results

Vegetarian & Vegan Options at Open Kitchen

<u>17%</u>

| | Entrees by Station at Open Kitchen | | | | | | | |
|---------------------|------------------------------------|------------------|--------|-----------------------------|--|--|--|--|
| Station | n | Vegetarian Vegan | | Containing Plant Protein | | | | |
| Vegetarian Kitchen | 5 | 5 | 2 | 3 | | | | |
| Square Meal Kitchen | 2 | 1 | 0 | 1 | | | | |
| Al Forno Kitchen | 7 | 5 | 0 | 0 | | | | |
| Sandwich Kitchen | 11 | 5 | 4 | 2 | | | | |
| Grill Kitchen | 8 | 1 | 0 | 0 | | | | |
| Global Bowl Kitchen | 4 | 1 | 0 | 0 | | | | |
| Custom Kitchen | 5 | 1 | 1 | 1 | | | | |
| OPEN KITCHEN | 42 | 19 | 7 | 7 | | | | |
| TOTAL | 100.00% | 45.24% | 16.67% | 16.67% | | | | |





Strengths



Water is easily accessible at most UBC FS locations



Vegetarian options available at all stations at O.K.



Presence of menu icons on labels



Target to have 50% of entrees being plant base at all residence dining locations by 2020



Explanation poster of menu icons at Open Kitchen



Menu display from Vegetarian Station, Open Kitchen

GRILLED PANEER A marinated paneer, kachumber salad, naan

\$8.95

CURRIED CHICKPEA SALAD BOWL

chickpea salad, kale, spinach, crispy chickpea, papadum cracker, mango chutney choice of quinoa or brown rice

\$6.40

GRILLED PORTOBELLO MUSHROOM

BURGER 40 feta and provolone cheese, arugula, sundried tomato mayo

\$6.95

SOUTH WEST BOWL

black beans, roasted corn, avocado, pico de gallo, jalapeno crispy tortilla strips, cumin lime dressing, tomatillo salsa choice of quinoa or brown rice \$6.99

TABBOULEH BOWL

sorghum tabbouleh, hummus, tomato, lemon tahini dressing, grilled pita \$7.99



Opportunities



Lack of self accessible water stations



Lack of uniform signage for water stations



Labelling of vegetarian / vegan offerings



Number of vegetarian / vegan offerings present at stations



Presence of high quality plant based proteins at each station





Grab n' Go, O.K.

Water fountain, IRC

NEW! QUICHE OF THE DAY

MONDAY Asparagus and Asiago Cheese

TUESDAY Red Pepper and Goat Cheese

WEDNESDAY Ham and Cheddar Cheese

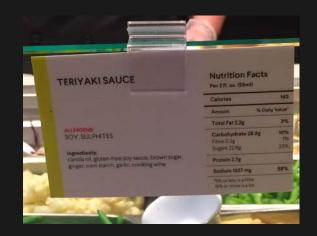
THURSDAY Caramelized Onion and Gruyere Cheese

> FRIDAY Broccoli and Cheddar Cheese SATURDAY

Mushroom and Jarlsberg Cheese

SUNDAY Tourtiere Pie





Left: Al Forno Kitchen, O.K. Top right: Square Meal Kitchen, O.K. Bottom right: Custom Kitchen, O.K.



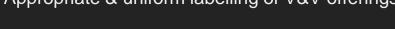
Recommendations





Install clear, uniform signage for water stations <u>Appropriate & uniform labelling of V&V offerings</u>

Provide mapping of locations of water stations





Incorporate more V&V offerings in other stations



Increase the number of offerings containing high quality plant based proteins (and amount in each)



Curried chickpea salad from Vegetarian Station, Open Kitchen

Recommendations



Creamy cashew pasta with beans and peas



Vegan Chili

https://bojongourmet.com/2016/04/cashew-miso-vegan-alfredo-pasta-with-peas-and-fava-beans-gluten-free/ http://eathealthyeathappy.com/killer-vegan-chili/



Conclusion

A set of metrics constructed from the Food Visions & Values to evaluate UBC FS's performance.

Conducted audits on plant based menu items and free drinking water, and compiled a set of baseline data

Identified strengths, opportunities and recommendations for UBC FS to help improve operations



Salad station featuring chickpeas and tofu, O.K.

Thank you! Any questions?

References

Alanna. "Creamy Cashew-Miso Pasta with Peas and Fava Beans {Gluten-Free, Vegan Option} • The Bojon Gourmet." The Bojon Gourmet, 21 Apr. 2016, bojongourmet.com/2016/04/cashew-miso-vegan-alfredo-pasta-with-peas-and-fava-beans-gluten-free/.

Bridgette, et al. "Killer Vegan Chili." Eat Healthy, Eat Happy, 20 Nov. 2017, eathealthyeathappy.com/killer-vegan-chili/.

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Acknowledgements

We would like to thank the LFS 450 teaching team, David Speight, executive chef, Victoria Wakefield, purchasing manager, and David Gill, SEEDS program and policy planner, for their feedback and contribution to this project.