

UBC Social Ecological Economic Development Studies (SEEDS) Sustainability Program
Student Research Report

Mapping the Cold Beverage Landscape of the UBC Vancouver Campus

Phebe Ferrer

University of British Columbia

Urban Ethnographic Field School / SOCI 480B

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Executive Summary

In January 2017, UBC Wellbeing published the *UBC Action Framework for a Nutritionally Sound Campus*, outlining what it identified as priorities in reshaping the food and drink landscape of UBC into a healthy one for its community members. One of the priorities it identified was to encourage a healthier diet for the UBC community, wherein one of the major issues is the consumption of sugary beverages. The Framework notes that “47% of young men aged 19–30 years in Canada drink sugar-sweetened soft drinks on any given day,” and that the average amount consumed is about 650 mL (2.5 cups) – an amount that contains 72–84 g (18–21 teaspoons) of sugar.”

Having identified this issue, organizations such as Wellbeing, UBC Food Services, and UBC SEEDS have started to research what the beverage landscape of UBC looks like, in order to better understand this issue.

The purpose of mapping project is to visually present the cold beverage landscape of UBC, and to provide a resource to UBC Wellbeing, UBC Food Services, and SEEDS on what, where and how cold drinks are sold on the UBC Vancouver Campus. This information will be used to inform projects of these organizations in increasing healthy drink options for the UBC campus community.

In terms of method, over the course of two weeks, I compiled photos of where cold beverages are sold in campus, in vending machines, displayed on cafe/restaurant menus, and on drink displays on food trucks and cafes. I then mapped the locations I visited onto a google map, including these photos onto this resource.

This report outlines the findings of this mapping project, along with recommendations for next steps that UBC Food Services, UBC Wellbeing, SEEDS and other organizations concerned with health and wellbeing can take towards understanding and tackling this issue of high rates of sugary beverage consumption on campus.

Key Terms:

Sugar-Sweetened Beverages (SSB):

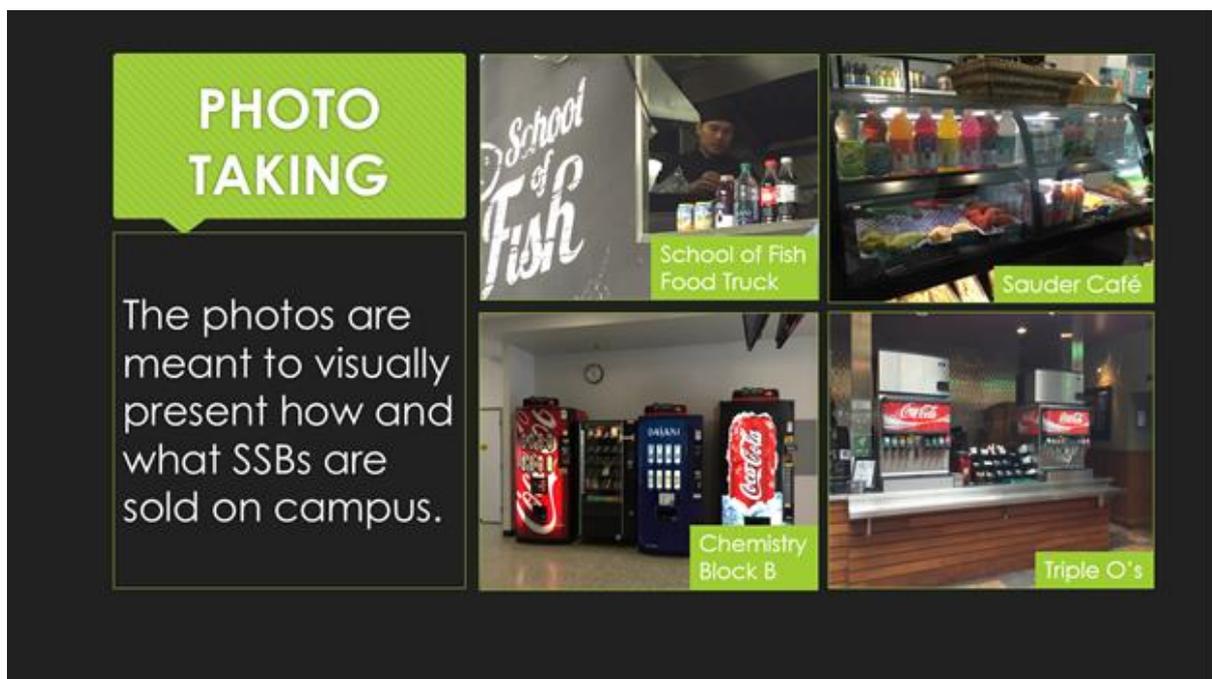
Defined by the Centre for Disease Control and Prevention, sugar sweetened beverages are “any liquids that are sweetened with various forms of added sugars ... examples of SSBs include, but are not limited to regular soda (not sugar-free), fruit drinks, sports drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars.”¹

¹ <https://www.cdc.gov/nutrition/data-statistics/sugar-sweetened-beverages-intake.html>

Methods:

- Food outlets that were visited and covered in the scope of this project were chosen through the following methods:
 - Places noted as open on the Spring Campus Eats guide
 - Places noted on UBC Food Services website
 - Suggestions from Melissa Baker (UBC Food Services), Matt Dolf (UBC Wellbeing), and David Gill (UBC SEEDS), as well as others in the working group and friends' recommendations of which outlets to finish
- Data collection was conducted through:
 - Photo taking of vending machines, cafe menus, coolers, and drink displays
 - Mapping these photos onto a Google Map

Example of Photos:



(taken from the presentation powerpoint for stakeholders)

All of the photos can be found in the google map link attached to this document.

Locations Visited: 65 in total

The data in this report represents the vast majority of food outlet on the UBC Vancouver campus.

Food Outlets (Restaurants, Cafés, and Grocery Stores): 39

- AMS Nest
 - Ins Market
 - Soup Market
 - The Delly
 - Flip Up
 - Grand Noodle Emporium
 - Pie R Squared
 - Grocery
 - Qoola
 - Honour Roll
 - Vegan Life
 - PH Tea
 - Uppercase
 - Gallery 2.0
- Buchanan Building
 - Stir it up Café
- Centre for Brain Health
 - Ami Café
- CIRS Building
 - Loop Café
- Computer Science Building
 - Reboot Café
- David Lam Building
 - Triple O's
 - Tim Hortons
 - Bento Sushi
- David Strangway Building
 - Shopper's Drug Mart
 - Mahony and Sons Bar
 - Boulevard Café
- Doug Mitchell Thunderbird Sports Center
- Forestry Building
 - Tim Hortons
- Harvest, Ponderosa Residence
- Henry Angus (Sauder) Building
 - Café
- Irving K. Barber Learning Center
 - Ike's Café
- Kaiser Building
 - Starbucks
- Life Sciences Center
 - Perugia Café
- Macmillan (LFS) Building
 - Agora Café
- Mercante
- Museum of Anthropology Café
- Orchard Commons
 - Open Kitchen
- TEF Building
 - Starbucks
 - Ins Market
 - Fit For Life
- UBC Bookstore
 - Starbucks
- War Memorial Gym

Vending Machines (including Drink Displays): 26

- AMS Nest
- Anthropology and Sociology Building
- Aquatic Centre
- Beaty Museum
- Brock Hall
- Buchanan Buildings
- Chemistry Building, Block B
- Computer Science Building
- English Language Institute
- Forestry Building
- Geography Building
 - Student Lounge
- Henry Angus (Sauder) Building

- Irving K. Barber Learning Center
- Kaiser Building
- Koerner Library
- Life Sciences Center
- L.S. Klinck Building
- Macmillan (LFS) Building
- Museum of Anthropology
- Student Recreation Center (SRC)
- UBC Bookstore
 - Cornerstore
- UBC Hospital
- War Memorial Gym
- Wesbrook Building
- Woodward Building and Library

Locations Not Visited

These locations are not covered in this report due to their being closed during the summer term, or my lack of access as an undergraduate Arts student.

- Café (Woodward Library)
- Collegia
- Daily Dose (Pharmaceutical Sciences Building)
- Gage Residence Minimart
- Hubbards Minimart in Place Vanier
- Ideas Lunch + Wine Bar (University Center)
- Law Café (Allard Hall)
- Macdonald Building (UBC Dentistry Faculty)
- Magda's Minimart (Totem Residence)
- Magma Café (Earth Sciences Building)
- Neville's Café (Scarfe Building)
- Sauder Building Gift Shop
- Qoola, David Lam Building
- Stir it up Café (Buchanan A)
- St John's College

Findings

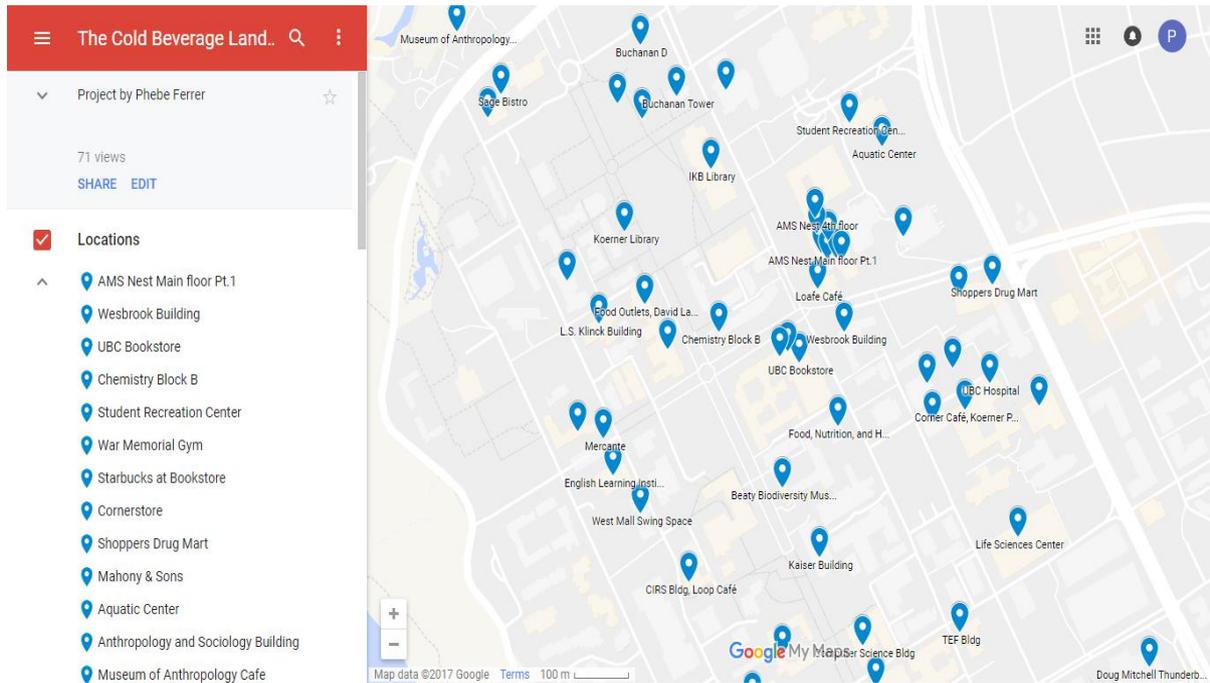
- The majority of drinks sold at food outlets offering cold beverages are SSBs.
 - A major component of this are drinks under the first category (please see the beverage classification in Appendix 1).
 - Exceptions:
 - Places focused on selling one type of drink, ex: coffee shops
 - Places that have taken the initiative to restrict the sale of SSBs, ex: Agora Café
 - UBC Hospital, which is in compliance with BC MOH guidelines for vending machines in public buildings
- SSBs are sold in bulk at grocery or minimart food outlets
 - Ex: Ins Market (AMS Nest and TEF Bldg)
Harvest (Ponderosa Residence)
- Food trucks offer mostly SSBs in their drink selection, with usually only one option for water
- Water is available at all food outlets and vending machines, and with some exceptions is not usually the dominant product sold.
- Academic buildings typically have water fountains available
- Stand-alone restaurants typically have tap water available
- Most student-targeted restaurants (ex: AMS Nest and David Lam food outlets) have combos available with soft drinks

Recommendations

- The next step from this project is to measure the actual consumption of different types of sugary drinks by campus community members. This could be done by an online survey, with some sort of incentive for students/faculty/staff/others to fill it out. The research questions for this can be the following:
 - What food outlets are most frequented
 - What types of drinks are bought most, taken from sales figures
 - What types of drinks students like to buy
 - What kinds of drink options students want more of
- It would also be interesting to investigate how commonly soft drinks are sold through combos as in student-targeted restaurants, with the low price offered to students and other UBC community members
- It is also important to consider how the AMS Nest, Bookstore, and other public buildings (so excluding academic buildings) are also frequented by non-UBC members, with their consumption adding to the university's sale of SSBs.

Final Product: Google Map

Preview:



Link:

https://drive.google.com/open?id=1AmU_NsQgsDRC7OAUPEHG2fw35U0&usp=sharing

APPENDIX 1: BEVERAGE CLASSIFICATION

RECOMMENDED BEVERAGE

- Tap Water

HEALTHY BEVERAGES

— *No added sugars or artificial sweeteners*

- Still water
- Flavored water
- Sparkling water
- Unsweetened iced tea
- Unflavored milk
- Hot coffee and tea (unsweetened, made-to-order)

ALTERNATIVE CHOICES

— *May contain artificial sweeteners or added sugar*

- 100% fruit juice (no added sugar, but this is a concentrated source of naturally occurring sugar)
- Diet/zero-calorie soda
- Diet iced tea
- Diet sports and vitamin drinks
- Sweetened milks and milk alternatives

BEVERAGES NO LONGER SOLD UNDER HBI

— *Added sugars and limited to no nutritional benefit*

- Soft drinks / sodas
- Lemonade / Fruit punch
- Fruit and/or vegetable based drinks of less than 100% juice with added sweeteners (including sparkling drinks and smoothies)
- Energy drinks or sports drinks with added sugar (e.g., Gatorade or Red Bull)
- Water with added sugar (i.e. Vitamin water)
- Sweetened coffee / tea drinks

* Note: Alcoholic beverages are excluded from this initiative and beverage classification.

APPENDIX 2: TYPES OF DRINKS SOLD

Academic Buildings

Anthropology and Sociology Building

- Two vending machines, sponsored by coke:
 - One with:
 - two thirds coke products, regular, diet, and no sugar
 - one sixth nestea products
 - one sixth water options
 - One with nine drink options:
 - Four coke options, two regular, one no sugar and one diet
 - One sprite option
 - One root beer option
 - One orange burst option
 - One nestea option
 - One minute maid orange juice option
- Water fountains are available

Brock Hall

- One vending machine, sponsored by Dasani:
 - Nine options:
 - Two water options
 - Three vitamin water products
 - Two minute maid products
 - Two nestea products
- Water fountains are available

Buchanan

- Buchanan A
 - Stir it up café offers:
 - Bubble tea
 - Coconut water products
 - Happy planet products
 - Milk products
 - Minute maid products
 - Monster energy drink products
 - Nestea products
 - Odwalla products
 - Rockstar products
 - So good soy products
 - Soft drinks
 - Sparkling water

- Various bottled juice products
 - Vitamin water products
 - Water options
 - two vending machines sponsored by coke near the café:
 - one with nine options:
 - three coke, regular, no sugar, and diet
 - one sprite
 - one ginger ale
 - one nestea
 - one rootbeer
 - one powerade
 - one monster energy drink
 - another with:
 - one quarter water options
 - one quarter vitamin water options
 - one quarter minute maid
 - one wuarter nestea products
 - a few other drink products
 - water fountains available
- Buchanan B
 - One vending machine sponsored by coke near the intersection with A:
 - One half coke products, regular, no sugar, and diet
 - Some monster drink options
 - Some ginger ale options
 - Some nestea options
 - A few other drink products
 - One vending machine on the third floor:
 - One fifth water options
 - Two fifths coke products, regular, no sugar, and cane sugar
 - One fifth minute maid products
 - One fifth nestea products
 - Water fountains available
- Buchanan D
 - One vending machine sponsored by coke in the student lounge:
 - One third coke products, regular and diet
 - One sixth sprite products
 - One sixth root beer
 - One sixth ginger ale
 - One sixth nestea
 - Water fountains available

- Two vending machines:
 - One sponsored by coke with nine options:
 - Four coke options, two regular, one no sugar and one diet
 - One sprite option
 - One five product option
 - One nestea
 - Two water options
 - One sponsored by Dasani with nine options:
 - Two water options
 - Four coke options, regular and no sugar
 - One sprite option
 - Two nestea
- Water fountains available

Chemistry Block B

- Three vending machines:
 - One sponsored by coke with nine options:
 - Five coke options, three regular, one no sugar, one diet
 - One sprite option
 - One ginger ale option
 - One root beer option
 - One minute maid option
 - Another sponsored by coke with eight options:
 - Three coke, regular, no sugar, and diet
 - One sprite
 - One singer ale
 - One nestea
 - One root beer
 - One fanta
 - One sponsored by Dasani with eight options:
 - One half water
 - One nestea
 - One five alive
 - Two minute maid
- Water fountain available

CIRS

- Loop Café, with:
 - Two juice options, not branded

Computer Science Building

- Reboot café, offers:
 - Milk products

- San Pellegrino water
- Various juice products
- Soft drinks
- Dasani water
- So good soy products
- Vitamin water products
- Coconut water
- Energy drink products
- Happy planet products
- Odwalla products
- Two vending machines:
 - One sponsored by coke with eight options:
 - One half coke products, two regular and two no sugar
 - One sprite option
 - One root beer
 - One nestea
 - One monster energy drink
 - One sponsored by dasani with nine options:
 - Two water
 - One nestea
 - Two minute maid
 - One ginger ale
 - Three powerade

English Language Institute

- One vending machine sponsored by Dasani:
 - One fifth water
 - Two fifths coke products, regular, no sugar, and cane sugar
 - One fifth minute maid products
 - Some nestea products
 - Some ginger ale products
- One vending machine sponsored by coke with nine options:
 - Four coke, two regular, one no sugar and one diet
 - One sprite option
 - Two water options
 - One nestea
 - One minute maid

FNH Building

- Student Lounge selling soft drinks
- Water fountains available

Forestry

- Tim Hortons
- One vending machine sponsored by coke with eight options:
 - Three coke, regular, no sugar, and diet
 - One sprite
 - One ginger ale
 - One nestea
 - One rootbeer
 - One water option

Geography Building

- One vending machine in the student lounge, sponsored by coke with eight options:
 - Three coke, regular, no sugar, and diet
 - One root beer
 - Two water options
 - One minute maid
 - One nestea
- Water fountains available

Irving Barber Library

- Ike's Café, offers:
 - Happy planet products
 - Odwalla
 - Dasani water
 - So good soy products
 - Energy drink products
 - Various juice products
 - Nestea products
 - Soft drinks
 - Vitamin water products
 - Coconut water
 - Milk products
- Two vending machines near the café:
 - One sponsored by coke:
 - One fifth water
 - Two fifths coke, regular, cane sugar and diet
 - One fifth minute maid
 - Some sprite products
 - Some vitamin water products
 - Another sponsored by coke:
 - Two fifths coke products, regular, no sugar, and cane sugar
 - Some monsyer products
 - Some sprite products
 - Some ginger ale

- Some nestea
- Water fountains available

Kaiser Building

- Starbucks
- Two vending machines:
 - One sponsored by Dasani with nine options:
 - Two water options
 - Two coke, regular and no sugar
 - One sprite
 - One ginger ale
 - Two nestea
 - One minute maid
 - One sponsored by Aquafina:
 - one third pepsi products, regular and diet
 - one sixth 7up
 - one sixth water
 - one sixth dole juice
 - some dr pepper and brisk iced tea options
- water fountains available

Klinck Building

- two vending machines:
 - one sponsored by coke with eight options:
 - one half coke, two regular options, one no sugar and one diet
 - one sprite
 - one ginger ale
 - one nestea
 - one water
 - one sponsored by Dasani with eight options:
 - one quarter water
 - one nestea option
 - one quarter minute maid
 - one vitamin water option
 - one poweraide option
 - one coke option, regular
- water fountains available

Koerner Library

- two vending machines:
 - one sponsored by coke:
 - two fifths coke products, regular, no sugar, and cane sugar
 - some diet coke products

- some sprite
 - some ginger ale
 - some fanta
 - some monster energy drinks
 - another drink option (not identified)
- one sponsored by Dasani:
 - one fifth water
 - one fifth nestea
 - one fifth minute maid
 - one fifth vitamin water
 - one fifth powerade
- water fountains available

LFS Building

- one vending machine sponsored by coke with nine options:
 - three coke, one regular and two no sugar
 - one root beer
 - one ginger ale
 - one nestea
 - one minute maid
 - two water
- Agora Café, offers:
 - Tea/coffee/hot chocolate
 - Milk products, and soy milk
 - Happy planet products
- Water fountains available

Life Sciences Building

- Perugia café, offers:
 - San Pellegrino juices
 - Alcohol
 - Sparkling water
 - Coconut water
 - Garden cocktail products
 - Water
 - Vitamin water
 - Minute maid
 - Nestea
 - Coke, regular, no sugar, diet, cane sugar
 - Root beer
 - Sprite
 - Ginger ale
 - Milk

- One vending machine sponsored by Dasani:
 - One fifth water
 - One fifth coke, regular and cane sugar
 - One fifth nestea
 - One fifth minute maid
 - One fifth vitamin water
- Water fountains available

Sauder

- Café, offers:
 - Vitamin water
 - Happy planet
 - Almond milk and soy milk
 - Garden cocktail products
 - Minute maid
 - Soft drinks
- Water fountains available

Wesbrook

- One vending machine sponsored by coke with eight options:
 - Three coke, two regular and one diet
 - One sprite
 - One ginger ale
 - Two nestea
 - One water

West Mall Swing Space

- Two coke sponsored vending machines:
 - One:
 - Two fifths water
 - One fifth minute maid
 - One fifth vitamin water
 - One fifth nestea
 - Another:
 - One fifth water
 - Two fifths coke, regular, no sugar and cane sugar
 - One fifth sprite
 - Some nestea products
 - Some monster energy drink products

Woodward Library

- One vending machine in the library sponsored by coke:
 - Nine options:

- Two water
- One coke
- Two vitamin water
- Two minute maid
- One powerade
- One monster energy drink
- Two vending machines in the building proper:
 - One sponsored by coke:
 - Two fifths coke products, regular, no sugar, and cane sugar
 - One fifth nestea
 - One fifth water
 - Some ginger ale products
 - Some diet coke products
 - One sponsored by Dasani:
 - Eight options:
 - Two water
 - Two minute maid
 - One half vitamin water

AMS Nest (with various restaurants and food outlets)

- Water fountains available

Flip Up

- Offers soft drinks on tap, machine sponsored by coke

Gallery 2.0

- Offers sprite, ginger ale, coke, diet coke, and ice tea
- Offers red bull
- alcohol

Grand Noodle Emporium

- offers tea products, water, dole juice, coke (regular, diet), brisk, ginger ale, sprite, 7up, c-plus
- bubble tea

Grocery

- no soft drinks offered; various juice and energy drink products available
- water products available

Honour Roll

- offers dole uice, ocean spray, and various tea products
- bubble tea
- some soft drinks; sprite and coke, regular

Ins Market

- offers soft drinks and energy drinks prominently in bulk
- has coke and pepsi sponsored coolers

PH Tea

- focuses on bubble tea

Pie R Squared

- offers a soda in pizza combo, including sprite, coke, pepsi, monster energy drinks, and ginger ale

Qoola

- offers tea products
- yogurt and veggie smoothies, as well as fresh juices made in store

Soup Market

- offers variety of juice and lemonade products
- water available

The Delly

- offers soft drinks, energy drinks, and various juice and lemonade products in bulk

Uppercase

- offers dole juices, san Pellegrino juice, water, milk products, and red bull

Vegan Life

- Sells no branded drinks, only vegetable and fruit smoothies and tea

Bus Loop (near Scotiabank)

Mahony & Sons

- Mostly alcohol

Shoppers Drug Mart

- Soft drinks and juices sold in bulk

Health Buildings

Centre for Brain Health

- Café Ami:
 - Offers coffee/tea/other hot drinks
 - Store made fruit smoothies, vanilla/chocolate iced drinks, iced coffee

- Milk products, water and sparkling water
- Various juice products, limonata/aranciata, iced tea, soft drinks and vitamin water

UBC Hospital

- One vending machine sponsored by Dasani:
 - one fifth coke products, no sugar and diet
 - some ginger ale
 - some fresca
 - one fifth minute maid
 - two fifths water products
 - another drink product (unidentified)

Koerner Pavillon

- two vending machines:
 - one sponsored by dairyland and milk 2 go:
 - one quarter water
 - one quarter milk to go
 - one ginger ale option
 - one nestea option
 - one quarter minute maid
 - one sponsored by Dasani with eight options:
 - one water
 - one fresca
 - one diet coke
 - one nestea
 - one coke zero
 - one sprite zero
 - one a & w root bear
 - one ginger ale
- Corner Café:
 - Offers various juice, soft drink products in coke coolers (all low or non sugar)
 - One Montclair cooler, with water, ginger ale, sparkling water, and juices
 - A lot of bottled water is offered

Museums and Shops

Beaty Museum

- One vending machine:
 - One half vitamin water
 - One half minute maid
 - Some coke products, regular

UBC Bookstore

- One vending machine sponsored by Coke, with:
 - One fourth water options
 - One eighth vitamin water products
 - One fifth fresca products
 - Some minute maid products
 - Some root beer products
 - Some ginger ale products
- Starbucks

Cornerstore

- Three vending machines:
 - One with:
 - one half tea products
 - One half milk products
 - Some clamato products
 - One with eleven shelves:
 - One with coke products, diet, no sugar, cane sugar
 - One with regular coke, ginger ale, sprite
 - One with root beer, fresca, ginger ale products
 - One with canned products, coke, ginger ale, and sprite
 - One with tabana lemonade products
 - Five with various cold coffee, tea, juice, yerba mate, and other drink products
 - One with a variation of energy drink, juice, yerba mate, tea, and lemonade products

Museum of Anthropology

- The Museum Café sells:
 - Coffee/tea/hot chocolate
 - Cold drinks (six options):
 - One pressed juice
 - One cold coffee
 - Two juice products, fairlee and sen Pellegrino
 - Kombucha products
 - Boylan products, orange, cane cola, ginger ale, and some others

Stand-alone Restaurants

David Lam Building

- Triple O's
 - Coke machines for soft drinks, offering
 - Ginger ale

- Root beer
 - Fanta
 - Nestea
 - Coke zero
 - Sprite
 - Diet coke
 - Coke regular
 - Alcohol
 - Water and coffee is also available
- Tim Hortons
- Bento Sushi
 - Offers soft drinks, juice, and tea

Koerner Pub

- Offers no soft drinks; mostly alcohol and juice

Loafe

- Offers mostly coffee and alcohol
- Water is available

Mercante

- Offers odwalla, milk 2 go, and san Pellegrino juice and water
- Alcohol
- Water is available

Sage Bistro

- Offers mostly alcohol

Sports / Recreation Facilities

Aquatic Centre

- Small drink display, with ten drink options:
 - Two fifths vitamin water products
 - Two fifths milk options, three chocolate and one regular options
 - Three happy planet drink products
 - Three minute maid products

Doug Mitchell Thunderbird Sports Center

- concessions sales offers:
 - coffee/tea/hot chocolate
 - water
 - juice
 - soft drinks (coke, sprite, root beer, fanta)

- alcohol

Student Recreation Center (SRC)

- four vending machines
 - one sponsored by vitamin water and filled with vitamin water products
 - one sponsored by coke, with:
 - one third coke products, regular and diet
 - one sixth sprite products
 - one sixth ginger ale products
 - one sixth nestea products
 - And one sixth monster energy drink products
 - One sponsored by Dasani, with:
 - One fifth water options
 - Four fifths powerade products
 - One generic vending machine:
 - Three fifths water options
 - One fifth nestea products
 - One fifth minute maid products
- Water fountains available

War Memorial Building

- concessions sales offers:
 - water
 - juice
 - lemonade
 - softdrinks
 - alcohol
- three vending machines:
 - One sponsored by Dasani:
 - Three fifths water options
 - One fifth nestea products
 - One fifth minute maid products
 - One sponsored by powerade, filled with powerade products
 - One sponsored by Coke:
 - Three fifths coke products, regular, diet, no sugar, and cane sugar
 - One fifth root beer products
 - One fifth ginger ale products
 - Some monster energy drink products
 - Some sprite products
- Water fountains available

Student Residences

Open Kitchen

- Minute maid machines offering various juice flavours
- Coke machine
- One cooler, offering:
 - Almost one complete side with water
 - Various juice products
 - Nestea products
 - Vitamin water products
 - Coconut water
 - Milk products
- Tap water is available

Harvest

- Sells soft drinks and juices in bulk

Others

TEF Building

- Ins market
 - Similar to AMS Nest
- Fitlife
 - Coke sponsored cooler, offering coke products, a&w, vitamin water, fanta, sprite, ginger ale, nestea, and various energy drink products
- starbucks