A descriptive analysis of intuitive eating on the UNI campus

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A Descriptive Analysis of Intuitive Eating on the UNI Campus

A Thesis Submitted

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of the Requirements for the Designation

University Honors

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University Honors

12/06/2021 Disa Cornish, Ph.D.
Date Honors Thesis Advisor

Date Dr. Jessica Moon, Director, University Honors Program
1. Introduction

The transition from high school to college can be a stressful time for many students. Not only are these students diving into more challenging coursework, they are also forced into a more independent style of living than what they may have been experiencing thus far in their lives. Research shows that many of the habits that college-aged adults develop during their college years remain with them through their lives, including their eating habits.

Research into intuitive eating habits and practices is a fairly new scientific undertaking. Intuitive eating is defined as a dietary approach that focuses on the body’s natural hunger cues and instincts. This concept is broken down into four different subcategories: unconditional permission to eat, eating for physical rather than emotional reasons, reliance on hunger and satiety clues, and body-food choice congruence. There is no shortage of research regarding the benefits of intuitive eating and, due to the amount of influence that the college years have on the futures of students, it is crucial that universities provide their students with adequate resources and food options to decide for themselves whether or not they will eat intuitively.

A newer tool that has been developed in response to the increased research into intuitive eating is the Intuitive Eating Scale (IES-2). This scale is set up to gauge a participant’s level of intuitive eating and specifically focuses on each of the four aspects that make up the practice.

Over the course of this project, we will send out a cross-sectional survey to undergraduate students living on UNI’s campus. Included in the survey are questions regarding nutritional campus climate, student’s food preferences and eating habits, as well as the complete second edition of the Intuitive Eating Scale (Tylka & Kroon Van Diest, 2013).

This survey will then be analyzed utilizing SPSS software to draw conclusions regarding this target population (IBM Corp, 2016). Upon completion of this data analysis, our research
team hopes to address the following questions: What factors influence the eating behaviors of college students living on campus? How do college students living on campus perceive their food environments? How can college campus dining support students who engage in intuitive eating?

2. Literature Review

*Intuitive eating* is a dietary approach that focuses on the body’s natural hunger cues and instincts. According to intuitive eating principles, the body is able to decide for itself what is good and healthy for it. By simply trusting natural cues and cravings, intuitive eating is being practiced (Van Dyke & Drinkwater, 2013). There are many different research articles that compare intuitive eating to typical dieting. In general, the results obtained from these studies have shown consistent results. First, they proved that intuitive eating has more positive long-term effects than traditional dieting. Most of the articles concluded that this was because an intuitive eating lifestyle is considered more sustainable in the long-term than traditional diets that restrict and cut out entire food groups or restrict eating in other ways. Some of the more positive long-term effects that were observed in longitudinal studies of intuitive eating included a higher likelihood of maintaining weight and a lower overall BMI. As compared to intuitive eating, those who participated in traditional dieting were much more likely to gain back any weight loss that they achieved during their diet (Cadena-Schlam & López-Guimerá, 2015). Other beneficial long-term effects were more positive health indicators including blood pressure, cholesterol levels, and other inflammation markers (Van Dyke & Drinkwater, 2013). A few more positive results that were noted throughout these studies were: more positive psychological health indicators, increased activity levels, healthier eating behaviors, and longer sustainability. Multiple studies have shown similar results ((Burnette & Mazzeo, 2020; Cadena-Schlam & López-Guimerá,
Based on these shared results, it is evident that intuitive eating is a wise lifestyle choice.

The Intuitive Eating Scale-2 (IES-2) is a tool that was developed to achieve three goals: to study four factors that test the four domains of intuitive eating, demonstrate psychometric properties of men and women, and to use more positively-scored items as compared to the original Intuitive Eating Scale (Tylka & Kroon Van Diest, 2013). According to research on the IES-2 the four domains of intuitive eating are Unconditional Permission to Eat (UPE), eating for physical rather than emotional reasons (EPR), reliance on hunger and satiety cues (RHSC), and body-food choice congruence (B-FCC). “Unconditional permission to eat” refers to one’s ability to eat when they are hungry and refuse food when they are not. Another factor of UPE includes the avoidance of labeling foods (as both good and bad). The factor “eating for physical rather than emotional reasons” looks deeper into an individual’s eating pattern, focusing on eating when physically hungry rather than due to any type of emotional stress. The third factor on the IES-2 is “reliance on hunger and satiety cues” (RHSC), which analyzes an individual’s reliance on internal hunger and satiety cues to guide their eating patterns. Finally, “body-food choice congruence” measures the extent in which a person matches their food choices with their body’s needs (Tylka & Kroon Van Diest, 2013). By taking these factors into consideration, the IES-2 is a survey that has been developed to accurately measure the extent that one partakes in intuitive eating practices, making it a valuable tool to utilize when trying to understand the eating patterns of a sample population.

Another aspect of the literature review that was conducted involved digging deeper into the importance of college students’ diets. Throughout the course of this review, it was determined that the dietary patterns of college-aged students have a positive correlation with
academic performance. Some of the key dietary patterns that were considered throughout these studies include daily consumption of breakfast (Reuter et al., 2019), consumption of “energy-dense nutrient poor food,” and intake of adequate servings of fruits and vegetables (Whatnall et al., 2019, 321). Upon sampling students in both North America and Australia, there was a positive correlation found between regular breakfast consumption and GPA scores. Students who reported eating breakfast regularly, or almost regularly, self-reported a higher GPA compared to those who did not follow this pattern (Reuter et al., 2019). In regard to the consumption of “energy-dense nutrient poor food,” it was found that students with a higher self-reported GPA reported consuming a lower percentage of energy-dense nutrient poor food, such as energy drinks, than those students with a lower GPA. Finally, results indicated that there was a positive correlation between intake of adequate fruit and vegetable servings and GPA (Whatnall et al., 2019). Based on these results taken from studies conducted on a multitude of different college campuses, the relationship between healthy eating and academic importance is evident. This association can be explained in a few ways. First, there are a range of nutrients that have been proven to play a role in brain development. These include nutrients like folate, iron, and omega 3. By consuming a wider range of healthier foods, students are more likely to be consuming these optimal nutrients, leading to a potential increase in academic performance. Second, energy-dense nutrient poor foods tend to be higher in saturated fats and sugar. These macromolecules have been shown to contribute to neuroinflammation which could explain the correlation between a lower GPA and a high intake of these kinds of food.

Due to these results, the importance of college-aged students’ dietary patterns is clear. The dietary decisions that college students are making during this phase of their lives have an effect on the success these students are achieving.
One piece of data that was lacking throughout the literature review was how college campuses across the United States work to ensure that their students have access to all the materials they need to make informed decisions regarding their nutritional intake. Based on the findings stated above, it is evident that the support of the college campus, through their dining facilities, can be extremely influential on the success of the students living on campus. For many students, the dining center is their main source of meals throughout their time on campus. If the college campus aims to provide students with a wider range of healthier food options and hours that encourage students to eat intuitively, it would go a long way in ensuring students have the opportunity to make healthy diet decisions and therefore, increase their performance in other aspects of college, like academics. Whereas, if the only options available to students in the campus dining centers are unhealthy, energy dense nutrient poor food for example, students are much less likely to be able to sustain a healthy diet pattern.

After further research into the services that the state universities in Iowa provide their students, it was evident that programs designed to educate students on intuitive eating have been fairly common in past years. Both the University of Iowa and the University of Northern Iowa have had programs in the past, available for review on their websites, that were designed to educate their students on the principles and practices surrounding intuitive eating. There was no evidence on the Iowa State University website that a program of similar nature exists on their campus.

Programs focused on intuitive eating are not uncommon on college campuses around the country and have been shown to bring a heightened awareness and practice of intuitive eating principles to the student population on campus. Though there are a variety of ways in which an
intervention program can be initiated on campus, through technology or in-person meetings, the results of the various programs all show consistent, positive outcomes (Loughran, 2017).

Though the information regarding intuitive eating programs and interventions were readily available on the university websites for the state schools in Iowa that provided them, there was no information regarding the variety of foods that these universities offer students in their dining centers. So, though students may have the opportunity to learn about the principles of intuitive eating on their college campus, it is unknown whether their university provides them with a variety of food choices that allow them to act on these principles.

3. Methods

To address these gaps found within the research already published, a cross-sectional survey was conducted with undergraduate UNI students that live on campus. The students for this survey were recruited via email based on a list compiled by the UNI Office Institutional Effectiveness and Planning. IRB approval was sought and granted during the first three weeks of the fall semester. The survey was sent to potential participants during the sixth week of the fall semester of the 2021-2022 academic year. The survey contained eligibility screening questions, demographic questions, the entirety of the Intuitive Eating Scale: second edition (Tylka & Kroon Van Diest, 2013), as well as questions regarding campus nutrition climate including dining hours, food options, and stress-management. Data collection took place for two weeks, with a reminder email sent one week prior to closure.

A total of 610 responses were recorded. Of these, 186 responses were removed from the data set due to incomplete responses or survey ineligibility, leaving 424 cases for analysis. Data analysis was completed using SPSS version 24 (IBM Corp, 2016). All open-ended qualitative
responses were recorded on a separate document and the remaining answers were converted into quantitative data using a codebook created by the research team.

The research team followed scoring procedures for the Intuitive Eating Scale, as documented by Tylka (Tylka & Kroon Van Diest, 2013). Descriptive analyses were conducted with the variables, including frequencies, means, and cross-tabulations. Chi-square statistics were examined for significance using alpha = 0.05 as the cutoff for the critical region to reject the null hypothesis.

4. Results

a. Response Rate

In order to ensure confidentiality among our research participants, our contact within the Office of Institutional Effectiveness and Planning that distributed the email list did not enclose the total number of participants that our survey was being sent to. Therefore, it is not possible to calculate the response rate of the survey. In total, we had 611 students begin to take our survey. Out of these 611 responses, 424 of them were complete and utilized in our data analysis. Therefore, the completion rate of our respondents was 69.4%.

b. Demographics

Throughout the process of obtaining an email list for the cross-sectional survey the following eligibility criteria were used: a) enrolled as a full-time undergraduate student, b) live on campus in UNI housing, and c) use the campus dining centers as their primary source of meals. All 424 respondents in the final data set fit that criteria. Of these students, 72.4% (305 students) identified as female and 22.8% (96 students) identified as male. The remaining 4.8% identified as either non-binary, genderqueer, or other. A vast majority of the survey respondents described themselves as white (91.2%), with a smaller percentage of respondents describing
themselves as Asian/Asian-American (1.7%), Black or African American (.7%), Hispanic or Latino/a/x (1.4%), or multiracial (5.0%). Any student that selected more than one option for this question was considered in the data analysis as Multiracial. 65.3% of participants in the survey were first-year undergraduate students. With second-year (19.2%), third-year (8.6%), fourth-year (4.8%), and fifth-year (2.1%) students making up the remaining respondents.

c. Eating Habits

Following demographics, the next set of questions focused on general eating habits. From this data it was found that 84.8% of students “Don’t follow any specific diet”. While the following 15.2% of students followed a variety of diets such as Keto, Gluten-Free, Vegetarian, Vegan, Athletic-based, and Medically-Prescribed. Along with asking about diet, the survey also asked respondents if they ate based on a specific weight goal. In response to this question, 43.2% of students stated that they don’t think about their weight while eating. A very close 32.1% of students stated that they ate to maintain their weight, while 17.5% and 4.5% of students said that they eat to lose weight or gain weight respectively.

Students were also asked in the survey about the number of servings of both fruits and vegetables they consumed throughout the average day. One serving size was defined as one cup of cooked or raw fruits or vegetables. A majority of students (60.8%) attest to only eating one serving of vegetables a day. Whereas 43.9% of students claimed to eat one serving of fruit a day. Tables 1.1 and 1.2 show the remaining results.

Table 1.1: Servings of Vegetables Consumed/Day

<table>
<thead>
<tr>
<th>Number of Servings/Day</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>256</td>
<td>60.8</td>
</tr>
<tr>
<td>2</td>
<td>118</td>
<td>28</td>
</tr>
</tbody>
</table>
Table 1.2: Servings of Fruit Consumed/Day

<table>
<thead>
<tr>
<th>Number of Servings</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>185</td>
<td>43.9</td>
</tr>
<tr>
<td>2</td>
<td>152</td>
<td>36.1</td>
</tr>
<tr>
<td>3</td>
<td>66</td>
<td>15.7</td>
</tr>
<tr>
<td>4+</td>
<td>14</td>
<td>3.3</td>
</tr>
</tbody>
</table>

The last two questions about students’ eating habits found that most students (81.7%) “sometimes” purchased food from a source outside of campus and that 64.8% of respondents utilized the Piazza dining center more frequently compared to the 34.9% of students who stated that their primary dining center was Rialto.

**d. Intuitive Eating Scale 2**

The next task that students were asked to complete was the Intuitive Eating Scale (2nd edition). This scale asked students a wide variety of questions focusing on their eating habits, food choices, and thoughts while eating. The scale was presented to students as a Likert scale. Upon analysis a set number of questions were reversed-scored (Tylka & Kroon Van Diest, 2013). Following the scoring, both the total and the average scores were calculated for each student. These results were then averaged a second time to find both the average total (74.45) and the mean average score (3.24) for the data set. This data was then graphed, as shown below on figure 1.1 and figure 1.2. Values were clustered in the middle and formed a roughly bell-shaped distribution. According to Tracy Tylka, the creator of the IES-2, average scores generated
from the scale can fall into three different descriptive categories. Average scores below 3 are seen as “low”, scores ranging from 3-4 are considered “moderate”, and scores ranging from 4-5 are classified as “high” in regard to one’s success in eating intuitively. Graph 1.3 the distribution of respondents in relation to these descriptive categories. A majority (78%) of respondents’ average scores fell into the “moderate” category with respect to the prevalence of intuitive eating. While 22% and 0.004% of respondents’ averages fell into the “poor” and “high” categories respectively.
Following the completion of the Intuitive Eating Scale-2, students were asked “Do you consider yourself to be an intuitive eater?” In response to this question, 232 students (55.1%) answered yes, and the remaining 189 students (44.9%) answered no.
Comparison of means indicated that average score on the IE Scale-2 differed by both perceived intuitive eating, by gender, and by first-year status. Results of t-test analysis indicated that average score on the IE Scale-2 was significantly different for perceived intuitive eating only. Differences by gender and first-year status were not significant.

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mean</th>
<th>Mean</th>
<th>t</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceived intuitive eating</td>
<td>Yes</td>
<td>No</td>
<td>8.24*</td>
<td>p = 0.001*</td>
</tr>
<tr>
<td>Gender</td>
<td>Male</td>
<td>Female</td>
<td>2.03</td>
<td>p = 0.99</td>
</tr>
<tr>
<td>Year in School</td>
<td>1st Year</td>
<td>2nd Year</td>
<td>2.06</td>
<td>p = 0.078</td>
</tr>
</tbody>
</table>

* denotes variables with statistically significant mean differences at the p < 0.05 level

**e. Campus Climate**

The next set of questions focused on the way students perceive UNI’s campus climate. The four questions that were asked and the student’s responses can be found in the following tables:

Table 2.1: “UNI provides enough food options for me to eat intuitively.”

<table>
<thead>
<tr>
<th>Response Options</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Confident</td>
<td>66</td>
<td>15.7</td>
</tr>
<tr>
<td>Somewhat Confident</td>
<td>176</td>
<td>41.8</td>
</tr>
<tr>
<td>Confident</td>
<td>138</td>
<td>32.8</td>
</tr>
<tr>
<td>Extremely Confident</td>
<td>41</td>
<td>9.7</td>
</tr>
</tbody>
</table>

Table 2.2: “UNI dining centers’ hours of operation allow me to eat when I’m hungry.”

<table>
<thead>
<tr>
<th>Response Options</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Confident</td>
<td>82</td>
<td>19.5</td>
</tr>
<tr>
<td>Somewhat Confident</td>
<td>128</td>
<td>30.4</td>
</tr>
</tbody>
</table>
Table 2.3: “UNI provides adequate resources for me to learn about intuitive eating.”

<table>
<thead>
<tr>
<th>Response Options</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Confident</td>
<td>196</td>
<td>46.6</td>
</tr>
<tr>
<td>Somewhat Confident</td>
<td>140</td>
<td>33.3</td>
</tr>
<tr>
<td>Confident</td>
<td>66</td>
<td>15.7</td>
</tr>
<tr>
<td>Extremely Confident</td>
<td>19</td>
<td>4.5</td>
</tr>
</tbody>
</table>

Table 2.4: “UNI provides adequate resources for me to learn how to cope with stress.”

<table>
<thead>
<tr>
<th>Response Options</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Confident</td>
<td>66</td>
<td>15.7</td>
</tr>
<tr>
<td>Somewhat Confident</td>
<td>171</td>
<td>40.6</td>
</tr>
<tr>
<td>Confident</td>
<td>152</td>
<td>36.1</td>
</tr>
<tr>
<td>Extremely Confident</td>
<td>32</td>
<td>7.6</td>
</tr>
</tbody>
</table>

f. Short Response

The final section of the survey was set up as a free-response question that asked, “How could the UNI dining centers better accommodate your food needs?” Since these responses were open-ended, answers were copied to a separate document and removed from the data set that was run through SPSS. In the separate document, the responses were separated into the following categories: “More Food Options”, “Healthier Food Options”, “Extended Hours”, “Extended Weekend Hours”, “Etc.”, and “No Comment”. Out of the 424 total responses analyzed, there were a total of 274 recorded responses to this question (a response rate of 64.9%). The category
distributions can be found in table 3.1. A compiled list of all recorded responses has been attached to this report.

<table>
<thead>
<tr>
<th>Category Name</th>
<th>Number of Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>More Food Options</td>
<td>50</td>
</tr>
<tr>
<td>Healthier Food Options</td>
<td>130</td>
</tr>
<tr>
<td>Extended Hours</td>
<td>38</td>
</tr>
<tr>
<td>Extended Weekend Hours</td>
<td>16</td>
</tr>
<tr>
<td>Etc.</td>
<td>31</td>
</tr>
<tr>
<td>No Comment</td>
<td>9</td>
</tr>
</tbody>
</table>

Table 3.1 highlights all the different categories the 274 recorded answers made up. It is quite evident that students on UNI’s campus are craving healthier food options in the dining centers. For example, one student wrote, “I feel like having more of a variety of nutritional options might help students eat more healthy food. While having plant-based pasta and fruit stations are a good step, there are more steps that can be taken to help students have a balanced diet.” While another student commented, “I feel like the unhealthy food (French fries, pizza, etc.) is far more accessible than the healthier options (fruits and veggies, vegetarian options, etc). There are a lot more high calorie, higher fat, higher carb options than there are vegetables and healthier options. The vegetables are also harder to see than some of the other meal lines.” These two responses were only two of the 130 responses requesting healthier food options in the dining center.

Healthier options were not the only concern raised by the student participants of this survey. Many of them were also concerned with the general lack of variety that the dining center
offers, as well as their limited hours. To be an intuitive eater entails trusting your body to notify you when and what to eat. With limited dining hours and a lack of healthy food options (and options in general it seems), this is an extremely daunting lifestyle choice for students to maintain.

5. Discussion

Initially, before sending out the survey for this research, the research team aimed to gather 500 total responses. Given the data reported above, we were clearly able to surpass that number. Gathering a large number of responses was important in order to ensure a representative sample of the UNI student population living on campus.

Overall, all respondents attending the University of Northern Iowa scored relatively high on the Intuitive Eating scale and, as mentioned above, a good majority of them consider themselves to be intuitive eaters. This is an extremely positive result because, as mentioned before, food choices that college students make during this phase in their lives tend to stick with them and influence their future eating habits. Though there is room for improvement for University of Northern Iowa students in regards to their fruit and vegetable intake, based on the data, we can conclude that, in general, students are on the right track to forming positive eating habits. The next question to analyze, though, is whether or not the university supports these students’ preferred eating habits.

When faced with questions regarding campus climate, a majority of students felt “confident” that the hours of operation for the UNI dining centers allowed them to eat when they were hungry. In contrast, a majority of students only felt “somewhat confident” that the University provides adequate resources to deal with stress. They also had the same general
feelings when asked if UNI provides enough food options in their dining centers to make healthy choices. Finally, a majority of students were “Not Confident” that UNI provided them with resources to learn how to eat intuitively. This data point should be one of concern. Based on the UNI students’ responses, it is evident that these young adults are eager to eat intuitively and are doing a fairly good job achieving it without receiving any resources or help from the University that is feeding them. Imagine the increase in average scores on the IES-2 scale if students were given the opportunity to learn more about this healthy lifestyle choice instead of having to try and figure it out on their own. This is something that should be addressed and remedied by the University of Northern Iowa to help their students now, and in their future.

Overall, this research has highlighted a wide variety of things regarding the students living on campus at the University of Northern Iowa. First, it is evident that these students see themselves as intuitive eaters and are working towards adopting this healthy lifestyle. However, despite this, it seems that the University of Northern Iowa could do a much better job at supporting them in this endeavor. A few key ways that this can occur is by increasing the opportunities that students have to learn about intuitive eating (or even healthy eating in general), increasing the food options presented to students during meal time, and probably most importantly: increasing the amount of healthy and nutritious food provided. By taking these small steps, the University of Northern Iowa could go a long way in assisting their students with the development of healthy eating habits which, according to the research presented above, are likely to stay with them throughout the rest of their adult lives.
References


Appendix 1: “How could the UNI dining centers better accommodate your food needs?”

More Food Options

○ More food options in between the designated meal times
○ More options
○ Provide more food options, we are supposed to have much more options than what is actually provided. I understand that dining centers are short staffed, but we were promised and are paying for more
○ There needs to be variety. I feel like everyday they have the main option of burgers which I do not like and do not seem to be very popular. I think they should have more days with chicken nuggets or Chinese chicken because those are people's favorite meals. Why waste money on meals that no one eats? If those meals were provided more often, more people would eat. It would be nice to have those popular meals more often in addition to another main dish that is different from what they normally have.
○ There needs to be variety. I feel like everyday they have the main option of burgers which I do not like and do not seem to be very popular. I think they should have more days with chicken nuggets or Chinese chicken because those are people's favorite meals. Why waste money on meals that no one eats? If those meals were provided more often, more people would eat. It would be nice to have those popular meals more often in addition to another main dish that is different from what they normally have.
○ Have more options, because I feel like they are limited to the same things everyday.
○ They could have the normal/ all food options out past 7 instead of just the “late dinner” options, which are limited and often don’t have many healthy options. Some people have things going on between 7-8 or just prefer to eat later, but still want all the options that are available during “regular” dinner.
○ Have more food options later at night.
○ Have more food out in all times of the day. There is not a lot of food out during certain times and is usually not replaced.
○ I think they should switch up what they serve every day because I feel like I eat the same things every day.
○ Have a wider selection and variety. I eat a cheeseburger most of the time
○ Provide a wider variety--not just the same items on rotation every week
○ Do not only open the fried food venue when understaffed. When it's the only food option, it gets really frustrating.
○ more food options
○ I wish there was a more variety of options, especially considering those who grew up eating food from their culture and didn't grow up eating food that might typically be eaten by Americans. I feel that especially this year, there is an even
less of a variety of foods to eat compared to last year, and the one thing I can really eat is fries. Also taking in to account that people will get tired of eating the same foods, and it seems like a waste of money to be on the unlimited meal plan, but barely even use it to eat in the dining centers when there just aren't many options this year. I also feel as though they don't really provide many options for people who are picky, who might not like cheese, and things like that, because often times there might be a food I could eat, but it has cheese on it which deters me from it. Which already, with what limited choices there are, it makes it harder to find something to eat other than just fries, pizza, and maybe some fruit. As well as just making sure that the fruits are actually edible and not awfully bruised or mushy that it makes them unappetizing. It also just makes it harder to eat enough when someone's stomach is used to eating proper meals, but can't find anything in the dining center, and can't go on snacking because their stomach wants a meal and isn't used to snacking. So then they feel sick when they resort to snacking because they can't just go out to eat for lunch and dinner everyday.

- Provide more variety and not offer the same meals everyday.
- Have more options everyday for food at Rialto, I feel like I eat the same thing everyday and they don't have that many options
- I think when it is late lunch or dinner to have more options open.
- Offer a better variety of food. Change food throughout the week.
- Have more food options during low peak hours
- They don't have a lot of plain foods (for someone who is a little more picky) other than the allergy foods, but those tend to be chicken and potatoes every night. I find myself eating the same meals 5/7 nights of the week, and I normally eat the exact same thing for lunch. They need more options and more variety. Last year they did a good job I thought, but Emiliano's is never open anymore, so they serve the same things everyday. And when Emiliano's is open, it’s hot dog bar or something with tortillas.
- Have more options for late lunch
- provide more variety
- Have a broader selection for my dietary needs.
- There are times when there are just options that I don't eat, because I have been and always will be a bit of a picky eater. While Emiliano's in Rialto does the best at making good meals that you can chose what is in it, they haven't been open often.
- Not repeat same meals everyday like for example cheeseburgers are very common and are served many days of the week.
- Having better options at the late lunch and dinner times. I am a student athlete and often times my practice goes over the regular lunch or dinner hours.
- More options and not having the same options so frequently
- Make different foods every once in awhile don't always have the same things.
- Having more choices from each place in the dining halls
- I often go to late lunch and they do not seem to have very many options so I usually will not each lunch
- More options rather than repeating the same foods at each food station. Also would help if on the weekend the dining hall had better hours and things to eat other than donuts.
- More options
- There are not enough meal options during the later lunch option (1-5pm) which tends to be the only time I am free some days, which makes me go longer without meals or feel a greater need to consume larger amounts of food later.
- Switch up what they have on the menu. I feel it’s always the same.
- They could add more of a variety of food and not have the same food every other day.
- Late lunch hours rarely have filling foods, and I always have class during true lunch hours.
- Change up the options more
- Better option and more diverse foods
- By providing better food options during the weekends.
- In general I feel like the options just tend to be kind of heavy on proteins and carbs and I would appreciate more variety.
- They definitely could have more options instead of the same things every night. It makes me not want to eat when they have the same foods
- having more options or making sure the food is ready when one tray is gone so if someone wants that food they are able to get it without waiting for 10 minutes
- have more food at 2pm. Have bigger tortilla shells. Have more sides available.
- Actually serving food in the slow periods and having more than a pizza and some fruit out.
- It would be nice if they could switch up the types of food they serve as it is usually the same things every day. I get tired of eating the same stuff every day so sometimes I don't even eat because none of the food sounds appetizing. I also think the ice cream should be opened more.
- More diversity in the food options
- better options
- Have good food options throughout the whole day, not just during certain hours.
- more options of food

**Healthier Food Options**
- They could get better fruit :)
- They could offer more vegetable options besides in the vegan areas
More fruits/veggie options. have more whole ingredients and more options when it comes to these whole foods. The salad bar gets repetitive and there is not always cooked veggies or fruit out.

More chicken

I think they could offer better vegan options

More vegetarian stuff.

Have all the station open with more vegetable options

More fresh, plant based foods.

More healthy options

Offering more food options for a low carb diet and more healthy food at every meal instead of just some form a potatoes all the time. Being open from 9-10 at night. Having more snacking foods.

Provide a main vegan meal for every meal

They could do better by putting the healthier foods (fruits) in the burgers and fries area in Rialto. Piazza does a good job because its layout allows for people to pass the fruits before taking a seat. Rialto has the fruits out of the main pathway.

better fruit

Better quality fruits and vegetables. More healthy breakfast options

I would say that there needs to be more fresh fruits. I like to eat a lot of bananas and apple slices and the ones that the dining center puts out, at least in terms of the Apple slices don’t look appetizing.

At the allergy station, they need more of a variety of foods to eat. I feel like I’m constantly eating the same foods.

More cooked vegetable varieties and incorporation of vegetables in dishes.

I would like there to be more whole food plant based options

More healthy options

I don't really know I mean instead of having fatty foods everyday some of the stations could provide heathier options so I'm not always going for the unhealthy stuff that taste good.

I feel like having more of a variety of nutritional options might help students eat more healthy food. While having plant based pasta and fruit stations are a good step, there are more steps that can be taken to help students have a balanced diet.

Keep up on the filling of fruit. Everyone eats it so it goes by fast. If we want to encourage people to eat healthier make it more available and accessible.

Keeping up with the supply of of fruits and vegetables throughout every meal.

I would like more vegan/vegetarian options, and more of a variety of foods.

more protein-based items that don't have any carbs like a burger patty without a bun

Set out fruits that are actually ripe, and not entirely green and gross to eat.

Cook vegetables correctly so they arent still hard and crunchy and gross.
○ Offer more healthy needs and expand their salad bar
○ They serve the same unhealthy options too regularly. They should limit these options and have different menus each week.
○ There have been too many options for fried foods, so it would be better if they did less of that.
○ More healthy vegetarian options that isn't salad!
○ fresh food made more often.
○ Have more options, especially for meatless or fish based diets.
○ They could have more of a variety of veggies out because they’re hard to find sometimes.
○ I feel like they could add more veggies to the menu. They normally have salad and one cooked vegetable which is good but when it comes to every day? I don't always want a salad.
○ Less fried food more variety for clean foods
○ Offering more tasty vegetable options would be nice.
○ I would suggest fruits being put out more often, because it is usually all gone pretty quickly.
○ provide more protein based food for athletes and also nut friendly foods and deserts
○ By providing food that is not only good but somewhat healthy. Most of the time it feels like I'm eating rubber. Not only this, but most nights I don't get off work until 9. As someone who used to eat dinner late anyways, the fact that the dining centers aren't open is a large struggle for me.
○ More small dish options. Especially vegetables and meat
○ Allow healthier options/ alternatives. Such as grilled chicken instead of fried, and foods that will fill you up that are not full of grease.
○ More healthy options. I find myself eating at the allergen station as that is usually the only place I can find pure ( and for the most part) healthy options. These are the types of food I need in order to maintain my track diet
○ Provide more consistent fruits and vegetables (they run out a lot).
○ have more veggie options
○ Signs in the dining center with calorie information and/or meal/serving suggestions would help me be more mindful of how much I’m eating.
○ By having actual food for people to eat that is not a burger,potato or fried. It’s not hard to make jack fruit pulled pork or quinoa tacos.
○ Better fruit that doesn’t look old
○ I feel like the unhealthy food (French fries, pizza, etc.) is far more accessible than the healthier options (fruits and veggies, vegetarian options, etc). There are a lot more high calorie, higher fat, higher carb options than there are vegetables and
healthier options. The vegetables are also harder to see than some of the other meal lines.

- After practice, I arrive at Piazza by around 7:00. By that time Savories is closed down along with other healthy options. So it’s either salad or fried foods. It’s harder to eat healthy without healthy options available at the time you need it. Tacos are fine but they still contain carbs.
- More protein options.
- Share more/better information on serving sizes and healthy options
- Sometimes I feel like we always have the same things to eat. It would be nice if we could get a wider variety of fruit.
- Offer more than one vegetarian or vegan option that isn't just a salad...I'm not a rabbit.
- More variety in raw vegetables, like carrots or celery or cucumbers or other vegetables
- Less fried foods
- To start, serving chicken breasts every day at lunch and dinner like last year would be nice. They do not serve it as frequently now, which has made following a high protein plan somewhat inconsistent on some days. Also they seriously need to re-open the Wok. It is incredible for weight loss due to high veggie content, low cal chicken options, with variety for flavors. A suggestion that could be useful is to have displays at places like the deli with the calories for each item present, such as the bread options.
- Have more options at the salad bar and have more options for fresh fruit.
- More nutritious foods like vegetables
- More vegetable and healthier options without having to do a wrap each time. Less red meats/more poultry (or substituting pork bacon for turkey bacon, as an example).
- Just more healthier foods in general. Create healthier dessert options and don’t have as much greasy food.
- Offer healthier options during late dinner
- Have healthier foods
- Offer more varieties of food that will provide energy. I don’t believe there is enough of that at Piazza
- They could provide more gluten free options, as my friends sometimes have nothing to eat during lunch and/or dinner, they stop serving at a weird time some days.
- They should offer higher protein based foods that are simple while not having too much going on with them. I always see that they offer some protein foods, but usually it comes with a weird sauce when the sauce should be on the side for those that actually want it.
○ Offer more vegan options and have enough of said option(s). I say this because 100% of the time, the dining centers only have one vegan option to eat and 80% of the time there's no food by the time I get to the dining centers because they only make a certain amount of food for the entirety of the meal hours. Also, they don't serve vegan food at late lunch or dinner which is when I mostly go to eat because those are the hours that work best with my schedule the majority of the time.
○ They are never healthy options at those times and it makes it really hard to eat the way I want to eat. Especially when those very few options don’t taste very good.
○ they often run out of food. specifically fresh fruit and the salad bar.
○ Open the salad bar for late supper.
○ Provide more basic and healthier options outside of salad and fruit. Many of the options are made unhealthily, such as being deep fried. Additionally, the only area that has food that is cooked with a healthy mindset would be the allergy area, which is often times a rotation of the same foods. Further, a lot of those foods get cold or are not fully cooked.
○ More healthy options - everything seems to be greasy, and put the healthier food in a place that will draw attention so we will be more likely to see and eat it
○ offering proportions
○ More chicken and brown rice
○ They should provide more healthy food. They should have more vegetable options. Usually there's only one or two options per meal. I also think they should just provide more health, yet good foods. Like a simple grilled chicken and brown rice. These are good things and taste good, but rarely have them. They just need more food like that. There's always a lot of pasta, pizza, and fried food, but not a lot of option for healthier food that's not a salad.
○ Have a veggie bar just like they do with the fruit
○ More vegetarian options
○ Have more planned healthy foods.
○ Better and healthier options especially for late dinning, I’d rather not eat than eat that stale food.
○ more allergy options
○ The UNI dining centers do not have a lot of vegan or meat-less meal options, and also don't have a lot of non-dairy milk options. They make a lot of burgers and fries, but I would prefer to eat something healthier most often, and those options are limited daily.
○ More allergy-friendly options – especially at late night
○ More lactose free options? I tend to eat dairy just because that is what is mostly available and of course because it tastes good:)
○ More options than just chicken nuggets and fries. Serve later hours. Have more options for vegetarian / vegan eaters
○ Provide more low calorie options
○ More foods for dietary needs or restrictions. There’s barely any options for me to chose from. It’s normally just 1 item and even then it’s normally all gone by when I have time to go.
○ More healthy foods that still taste good
○ I feel that there's not many healthy options except if you want to eat subs or a salad. All of the meat is with sandwiches which are usually greasy and not as good for you as just regular chicken, hamburger, etc.
○ The dining halls always have different fruits out for people to eat, but other than salad, there aren’t usually many options for vegetables.
○ Provide more vegetable or plant based options at lunch and dinner.
○ a lot of times the vegan station is not adequate and has no protein. for example in day they only had corn. i am vegan so i have to rely on my protein bars or other dining places to get enough food
○ I wish we had more ways to incorporate veggies. I try to add them to whatever I'm eating, but I don't want to eat a salad or a sub with a ton of veggies for every meal. I find that the allergies sensitive section is one place that tends to have really healthy options that remind me of home cooked meals. The downfall with that is that they sometimes have strange hours. I wish we could know how our food is prepared, especially with what kind of oils and butters. I am recovering from an ED so every meal time I feel stressed out, but I also want to allow my body to have the foods it craves.
○ Having better food and/or more options
○ I feel that the dining center should have more healthier food options
○ Have almond milk always available because I don't drink drink and its my go to non dairy alternative. Make sure fruit is ripe before serving it, I've heard fruit that wasn't good multiple times.
○ Having more options with vegetables incorporated into the meal, and not like a side dish of vegetables.
○ Keep fruit and salad options open later
○ Healthier meals, more variety of meals.
○ Have more vegetables or have like fruit/veggie cups to take whenever
○ better salad bar and better fruit. fruit often looks like its been sitting out for hours even if lunch has just stared
○ I think there should be more diverse options. There is a lot of fast food. Because I am vegetarian, on days when the vegetarian section did not have very good options, I was left to eat just pizza and fries. On stress days, that is really bad for me. The dining centers don't have very healthy choices.
○ Provide more vegan and vegetarian options, I often have to come back to my dorm and make oatmeal to get enough to eat.
○ During late breakfast/lunch provide more healthy alternatives rather than just pizza and burgers in my dining hall.
○ Provide better quality fruits and a wider range of vegetables.
○ They start packing up their food options before they say they will close, which is 7:00. Sometimes I can't get to Piazza until about 6:45 and they are already putting food away and setting up for late dinner, which is only takeout and all they serve is greasy food like hamburgers and fries. It would also be nice if they offered more vegetables, instead of just the typical beans they have at a certain Stand option. They put out bowls of fruit, but what if I want carrots or peas or broccoli, etc....
○ Provide more variety of fruits and vegetables.
○ Options of plain grilled chicken
○ Option of a plain burger with/ without a bun
○ Fruit for free outside biscottis/ in maucker etc
○ Apples, bananas, oranges easy to grab and eat
○ More vegetable options
○ Maybe there could be better (not more) options. I think Rialtto has a good variety but it is Piazza that seems more limited. I think unhealthier foods could maybe incorporate more healthy foods like vegetables. As an example, pizza could be improved with options for toppings like peppers, lettuce, broccoli, etc. Burgers also could maybe have more toppings.
○ There needs to be more healthy options available. All they really have is salad, & even though there's things like sandwiches, there aren't many options at all for healthy stuff. They also should have different healthy options each day because people who are trying to eat healthy don't want to eat the same thing every day. Along with this, they should have more vegetables available, even if it's just whole (chopped, whatever) raw veggies to eat.
○ There’s a lot of bad junk types of food. From pizza to fried chicken sandwich’s to the ice cream and cake there isn’t many healthy options besides the subs and salad bar. I wish some places worked on trying to make healthier meals once in awhile but I feel I haven’t been able to eat/eat in the dining center because it’s so bad for me.
○ They could provide more natural and organic food choices.
○ Nothing really, I just know all the food is processed and not organic and I like to eat organic things.
○ There are not many healthy options at UNI. I like to eat cooked veggies, and that is rarely available, or they are covered in an unhealthy sauce. In addition, there are times when I can only eat at late night and the options are very limited.
○ providing healthier options other than salad bar
○ more keto foods so I can go on keto
○ It would be nice if we had more vegetable options, there is usually only one cooked option per meal, and a small veggie tray.
○ Putting out more home-cooked meals and healthier options. In Rialto, there are usually 5 stations open for lunch and dinner. The sandwich station and center kitchen always have the longest lines because they most often have the best options for a well-rounded meal. The vegan, allergy-friendly stations are decent places to find something healthy to eat but the food is almost always cold. Sparky's and the pizza station have the most options for food every day and it's always unhealthy, fried, and greasy. The food has gotten worse every day at Rialto since moving to college. There are not enough options that are good enough or healthy enough to satisfy. I can't eat greasy and fried food every day for lunch and dinner, but sometimes I'm forced to because they're the only places that have protein options and food that would actually make me full. I eat healthily so I feel good throughout the day, especially having gastric sensitivity to unhealthy foods and being an athlete. Rialto needs to place out cleaner, healthier food.
○ I think a wider variety of healthier options would be good. It is so easy to just go to the part of the dining hall that always has burgers, chicken nuggets, fries, and other fried foods. It seems like most of the healthier options are just not as appealing, or the ones that are not available very often.
○ Include a better variety of fruit (berries), I would love if they had various kinds of nuts in the dining center, more meat-less options, season the healthy food better.
○ Serve a better fruit selection
○ Have more healthy options
○ Provide more healthy options that are not just at the allergy station.
○ I would say that setting out the fruits is a little difficult. They're typically not very good. I'd like to get a whole apple instead of half bad apple slices.
○ Late dinner only provides you with unhealthly options and they will not try to help you.
○ They could have more healthy options that are still good with low calories
○ I track my macros, and it’s very helpful when they put the nutrition facts on the online menu but it the serving size is hard to calculate, for example at the sandwich bar they could change the nutrients to go off 1 piece of turkey instead of 1 oz because we don’t have a scale at the dinning center to weigh out the oz.

**Extended Hours**
○ I think they should improve on describing what hours they’re doing. Because Rialto’s has been really bad because yesterday I went a little after five and then
they started closing it has only been like an hour. And instead of telling me that they’re closing they were giving me dirty looks.

- DO NOT DO TAKE OUT AT 7 PM. I don't understand why they do this. My family always usually eats around 6:30-7 so I'm used to eating later at night.
- more hours
- Open later
- I wish they would have dinner open earlier or longer. I work 5-9 normally and that is the entire dinner and late-dinner times. So I either have to go during late lunch or buy something after work.
- Offer dinner and lunch hours for longer time. The time of when I have class and need to eat do not line up
- They could have the normal/ all food options out past 7 instead of just the “late dinner” options, which are limited and often don’t have many healthy options. Some people have things going on between 7-8 or just prefer to eat later, but still want all the options that are available during “regular” dinner.
- Their selections are pretty good this year, despite their lack of staff. I would say extend hours, but that's a lot to ask of them, and I'm perfectly happy eating dinner. It'd be nice to see Maucker, which is the place I eat most often for lunch, become part of the meal plan instead of dining dollars. I'm paying thousands for a meal plan, but my schedule doesn't let me get to those centers. I just think it's something to think about
- They’re way too understaffed for this but most of the time I forget to eat until about 1am and then nothing is open to get food
- have different hours, like a later dinner. i know late dinner is a thing, but something like normal dinner, just later hours
- Better hours
- By providing food that is not only good but somewhat healthy. Most of the time it feels like I’m eating rubber. Not only this, but most nights I don't get off work until 9. As someone who used to eat dinner late anyways, the fact that the dining centers aren't open is a large struggle for me.
- Have food options later into the night
- They could better accommodate my food needs by having hours for each meal range longer (especially dinner) keeping food out longer, having snacks, being open past 9:00 pm
- They could be open for longer hours, especially for dinner
- Be open more
- Close at 10pm. Don’t do to go meals for late night supper.
- Open to just grab stuff past 9.
- More time to get food
- For one, I have several evening classes, a very busy schedule, and I get that they are understaffed right now but later in the evening, the only option is to eat to go food, and then they only have 2 or 3 options to eat, that is unfair for me paying for a meal plan.
- Have lunch and dinner open for longer hours.
- A lot of people have night classes and when they get out they can't go get dinner because the dining halls are closed, it would be nice to just be able to go out and get food when you didn't have time before class. Even if you are busy until later at night you should be able to get something from the dining hall.
- My food needs would be better accommodated with later hours for the dining centers.
- I would like the dining centers to be open at 6 am every day of the week.
- The hours kind of suck for people like me who are hungry and have a lot of classes where I may need to eat later than regular lunch hours because the selection is so limited (basically pizza and leftovers)
- Have a longer dinner hour, Sometimes I can't make it to supper so I have to skip.
- I'm a person who often gets the late-night munchies, and while I know it probably isn't feasible for the dining centers to stay open later, it would be convenient for me if they did.
- Have breakfast till later in the morning or some breakfast options at early lunch because I personally don't get you till around 10 so I'm never able to make it down for breakfast
- I just want to grab a quick something or other passed 7pm without using a take out container or buying w my dining dollars! I'm not an elderly person who eats dinner at 5pm and goes to sleep at 10. I understand the dining centers are strained because of short staff though.
- I also think they need to be opened later than 7 as some kids have class till 6:50.
- Maybe open the dining centers earlier. I do not get to eat breakfast when I have my 8 am but only when I have my 9 am class. But I think they pretty much do a really good job as it is
- Be open more
- On Tuesdays I have classes from 11am - 3pm back to back, so I go in between 10 - 10:30am. There is not a lot of food at all, and I don't want to go earlier to get food because ill be starving by 1pm when i still have class. Make more food around 10
- Open later.
- Extend the dine-in hours to 8 pm instead of 7pm. Sometimes I like to eat later and I don't want to takeout old food.
- Have late night dinners until 10 so that after practice I can still eat!
- They close dinner so early.
Often times I work starting at 2:30 and do not get off until 8:30. By the time I am fully showered and comfortable again, the dining hall has closed. In turn, I have to find food in other places, which usually means a drive thru or food I purchase myself.

**Extended Weekend Hours**

- Different hours during the weekends as that is when I eat out the most as the hours are limited.
- More hours on the weekends
- Being open more on weekends
- Open earlier on the weekends.
- Be open earlier on the weekends
- I find the most difficulty with morning mealtimes on weekends, since I often have to leave for commitments before the dining center opens for breakfast. It would also be beneficial to have more options available at the late breakfast hour, since I have a class schedule on Thursday that requires an early lunch (which happens during the late breakfast hour) but there are few options for a full meal at that time.
- Have more hours during the weekend
- Have better hours on the weekends.
- On weekends it’s sometimes hard to fit my schedule with the dining center’s schedule. If I get back from church late I have to buy food so I don’t get fatigued before supper.
- Having breakfast start at 8:30 on Saturdays and Sunday. If I work at 10 off campus, I cannot eat breakfast or get a to go box for lunch
- I dislike the fact that breakfast on Saturdays and Sundays doesn’t start until 9:30. I recognize that it makes sense from the standpoint of giving employees some well-earned time to sleep in - which is completely valid rationale - but I do find that it inconveniences me, regardless.
- During the weekends especially, you’re set to have to eat at very specific times, and there’s never many options. If I were to do better at listening to what/when my body wants to eat, it’s unlikely it would be an option. I have had practically only the same 3-4 meals due to lack of options in the month we’ve been on campus and it makes eating feel like a chore and I’m finding myself only eating once a day again.
- Be open for more hours on Saturday and Sunday.
- On weekends being open before 9:30am. I work at 10am (and I have to walk and be there about 10 minutes early which doesn't leave much time to eat) and Sundays I have church so often it's hard for me to eat breakfast unless I'm shoving food into my mouth and walk out the door almost as soon as I get in the dining center. I understand that the workers probably also want somewhat of a day off
too, but for me that was a big change to get used to and it would make things a lot easier if the hours were slightly changed

○ They could have breakfast open earlier on the weekend or breakfast options on the weekends that we don't have to pay extra for.

○ Be open more often during the weekends

Etc

○ Have the Wok open more :)

○ It is very important that they make sure everything in their dining area is filled because often times I will go to the dining center and the thing that I want isn't there and no one seems to be paying attention to refill it.

○ Raise the wages and get more staff to fill in positions.

○ If they started to reopen their other options. When they don’t have foods people like, then people don’t eat and they don’t get the nutrition they need for the day

○ Their selections are pretty good this year, despite their lack of staff. I would say extend hours, but that's a lot to ask of them, and I'm perfectly happy eating dinner. It'd be nice to see Maucker, which is the place I eat most often for lunch, become part of the meal plan instead of dining dollars. I’m paying thousands for a meal plan, but my schedule doesn't let me get to those centers. I just think it's something to think about

○ Please please please allow more than one take home meal at late dinner. With late classes, and soccer practices I am consistently eating late dinner and going to sleep hungry because I didn’t get enough food.

○ The dining centers need to start considering cheeseburgers and hamburgers the same thing. If the menu has a cheeseburger listed for lunch there is no reason a quarter-pound hamburger should be listed for dinner. Especially when there was a cheeseburger for dinner the day prior. Not only does this severely limit the options we as students have for other foods, it is extremely difficult to avoid picking that option when nothing else on the menu sounds enjoyable.

○ It does well in being able to accommodate all persons well.

○ I work at the dining hall, and personally I think that the reason for the lack of variety in food is simply because we don't have enough employees. Some of our venues have to be closed because we don't have enough people working, and that limits the amount of options for people to have.

○ I think they do a pretty good job.

○ During breakfast it’s a lot better, but lunch lately certain options have been closed a lot. What do they expect us to do if they aren’t providing what we are paying for? There have been times where I have been forced to use my dining dollars at biscottis or somewhere else at mauker because they are closed. I only have $100 on my dining dollars and I’ve already used almost al of that because I haven’t been getting what I need from the dining centers. If they are going to be closed
and/or open partially to my needs, they should be giving us more dining dollars because this is not what I am paying for…

○ Each station should communicate with each other about what they’re going to serve, so then they can provide options that don’t overlap or isn’t heavy in one category.

○ None, they have great options!

○ The times that they are open on the weekend sort of make it to when I should eat, but at the same time I know why they have those times in place and it helps build a healthy eating schedule for myself. They do a wonderful job for those who need food accommodations and would recommend just listening to those students who need them rather than someone, like me, who doesn’t really use them or need accommodations.

○ They could cook less variety and have better quality food

○ The chicken for salad is frozen a lot in Piazza. It would be alot better if it wasn’t frozen

○ Provide more single parts so I can create more customizable meals. Ex rice, chicken, avocados, etc

○ Less peanut desserts

○ Add a broader cultural food range

○ There isn’t much else that they can really do to accommodate needs. It’s more on myself to start eating different things that they offer and take better care of my body.

○ Get more forks more than half the time I go to eat there are no forks.

○ I would prefer sweet tea but basically have tea that’s not green tea.

○ I am not exaggerating when I say that everyone I have asked is having bad stomach problems from eating in the dining hall. I wish I hadn’t paid for it because now I just eat and end up making myself feel ill because I can’t afford to feed myself otherwise

○ Have diet mountain dew.

○ Open the door to Rialto but not dancer their are more people in Bender then dancer

○ Allow more than one to go meal a day, eating in the dining hall is too anxiety inducing.

○ I do not know what intuitive eating is, but the university certainly has never said anything about it before

○ I personally would love to learn to eat intuitively, but I don’t know where to go or who to turn to understand and practice it.

○ For me personally there’s not really a way that OTHERS can help. It’s a me problem, I’ve just got to get down a good eating habit. I know how to, I have the resources for it. I just need to have the motivation to do it. There are options for
healthy food, but they're dominated by comfort food. Which to most isn't a bad thing, but it could be to some. I don't feel like there is an easy solution to this. What matter is you have the options to eat well. A problem that can be solved is having ingredients listed. Rialto has served desserts with peanuts in them and there is no labeling clarifying that. My friend is allergic to peanuts and had to find this out the hard way. Thankfully she's only mildly allergic so she just had to take a benedryll and a nap. It could end up far worse for someone else. So that issue needs to be solved ASAP. As well as Piazza not having the options Rialto does. Where is the vegan and gluten-free substitutes at Piazza???

- A survey to see what students want to eat
- Stop using the goddamn styrofoam plates.

**No Comment**
- No clue
- Unable to answer
- I am not sure.
- NA
- NA
- I’m fine
- N/A
- Nothing
- N/A