

Dietarily Inclusive Food Options at UPEI: Summary of Results

Opened: September 13th, 2017

Closed: September 18th, 2017



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Background

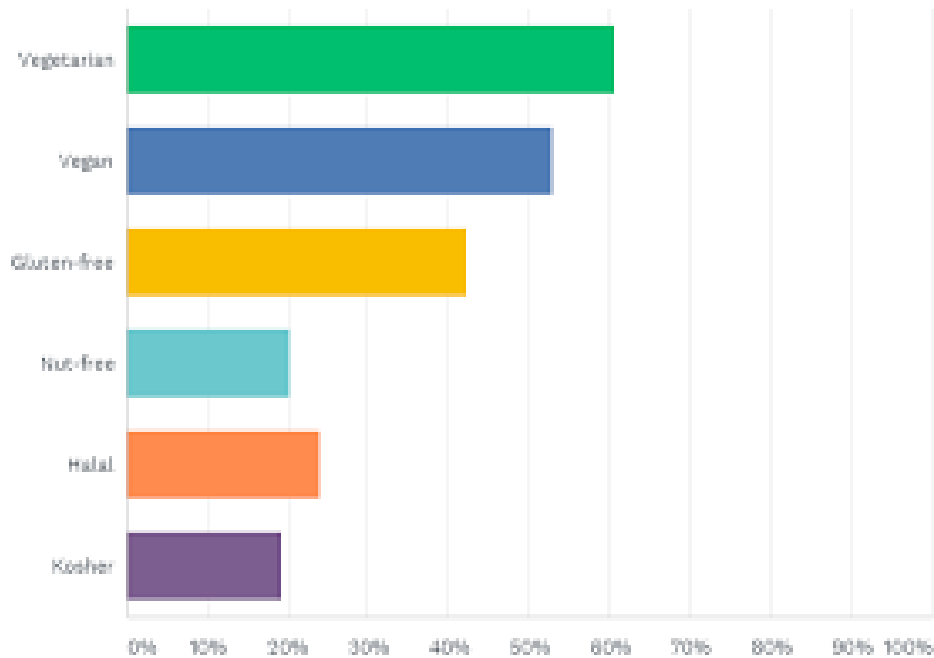
Since my start at UPEI, students have not been satisfied with food options on campus. Recently during an informal meeting with the UPEI Student Union, the University's Board of Governors started the discussion of food options on campus. As well, a "Working Group" under the direction of the University's VP Academic has been created to look at Student Life issues and how such problems could be rectified to ensure that services provided to students are the best they can be. In an effort to explore the issue of food options on campus, this working group has created a feedback group that will be looking into campus food.

Over the past few years, we have heard input from students regarding campus food options on an incidental basis; we were interested in getting a better idea of what the overall student body wanted. In that regard, the UPEI Student Union decided to conduct an online consultation survey.

The survey opened on Wednesday, September 13, 2017 and closed Monday, September 18, 2017. Upon closing, there were a total of 112 responses. Given the magnitude of the surveys responses, this report has been compiled in an effort to exhibit the feedback received.

Summary of Results

Would you like to see more dietarily inclusive options at UPEI? Check all the answers that you would like to see.



Statistical Data:

- Vegetarian 60.58%
- Vegan 52.88%
- Gluten-Free 42.31%
- Nut-Free 20.19%
- Halal 24.04%
- Kosher 19.23%

Other Comments

As with most of our surveys, we had a comment section for students to leave any specific concerns they had about food on campus.

Surprisingly there were numerous comments about dietary concerns not included in the survey the Student Union distributed. A vast majority requested to have dairy-free and lactose-free products. As well, many requested that the price of "On-the-Go" items be reduced. Other dietary concerns mentioned by survey respondents include:

- No beef options

- No pork options
- More white-meat-only options
- More whole foods, minimally processed
- The option for vinaigrettes on the side
- Sugar free
- FODMAP-friendly

One specific comment which was brought to our attention by a message sent outside the survey was “I think staff knowledge is very important too, I've asked staff at meal hall if a pasta salad for example had dairy/cheese in it, and no one was able to tell me or take the time to go find out.”

Suggestions for Improvement

The survey also included an open-ended question that called for suggestions that could help improve the inclusivity of food on campus. Among the multitude of responses, the UPEI Student Union suggests that the issue of inclusivity of food needs be thought about in the near future to better retain students on campus.