

“Figure” applies to the graphic pictured below

I. Union Dining Hall:

Figure 1: Poster providing a detailed description of healthy breakfast options

Breakfast Basics

Wake up your body. Your brain needs glucose to perform. Without breakfast you'll have trouble concentrating and have low energy.

Balancing Nutrients The ideal breakfast contains a good balance of carbohydrates, healthy fats, and protein. This provides the nutrients your body needs and can help prevent overeating later.

Carbohydrates:
Provide fuel for our brains and muscles
Contain important vitamins, minerals, fiber, antioxidants, and phytochemicals which help prevent disease

Healthy Fats:
Provide energy and essential fatty acids
Help keep our skin healthy
Enhance absorption of the fat soluble vitamins
Play a key role in brain development

Protein:
Helps normalize blood sugars
Makes us feel alert
Provides a feeling of fullness

Best Breakfast:
Light and low-fat - making you feel cheerful, energetic, and alert!

How to Choose a Healthy Breakfast

It's easy to eat a healthy breakfast when you choose from the following foods. Just choose one item from each list and you're on your way to starting the day feeling great!

Select 1 serving of FRUIT and/or 1 serving of VEGETABLES:

- 1 piece of fruit
- 1 cup of sliced fruit
- 4 ounces 100% fruit juice
- 6 ounces low sodium vegetable juice
- 2 tablespoons dried fruit
- 1/2 to 1 cup raw or cooked non-starchy vegetables

Select 1 serving of HEALTHY FATS:

- 1 tablespoon olive or canola oil
- 2 tablespoons peanut, almond, or cashew butter
- 2 tablespoons chopped nuts
- 1 tablespoon sunflower or pumpkin seeds
- 1 TB of an avocado

Select 1 serving of a PROTEIN rich food:

- 1 cup skim milk, 1% milk, or soy milk
- 6-8 ounces low-fat yogurt or kefir
- 1/2 cup low-fat cottage cheese
- 1 ounce of low-fat cheese
- 1-2 slices of lean ham, Canadian bacon, or sliced turkey
- 1 egg, 2 egg whites, or 1/2 cup egg substitute
- 2 tablespoons peanut, almond, or cashew butter
- 2 vegetarian sausage links or patties

Select 1 serving of a WHOLE GRAIN, HIGH FIBER food:

- 1 slice whole wheat bread
- 1 whole wheat mini-bagel or 1/2 whole wheat bagel
- 1 whole wheat English muffin
- 2 small whole wheat waffles or 2 whole wheat pancakes
- 1 low-fat muffin
- 3 ounces of ready-to-eat whole grain cereal with at least 5 grams of fiber per serving
- 1/2 cup cooked oatmeal

grab and go breakfast ideas

- ✓ Fat-free or low-fat yogurt
- ✓ Part skim mozzarella cheese sticks
- ✓ Whole wheat bread, bagel, or English muffin spread with peanut butter
- ✓ Bagel of toast mix
- ✓ A piece of fruit

Figure 2: "BW BEE WELL" poster advertising healthy meal choices students can make



Figure 3: Signage pictured on napkin dispenser advertising that napkins were made out of 100% recycled material



Figure 4: Signage pictured on Silk Soymilk dispenser, advertising that product as Non-GMO and also listing various other health benefits



Figure 5: Top of “Nutrition Information” shelf



Figure 6: Signage on “Nutrition Information” shelf advertising sustainable choices one can make of plant-based protein



Figure 7: Pamphlet on “Nutrition Information” shelf providing information on how busy people can make healthy eating choices

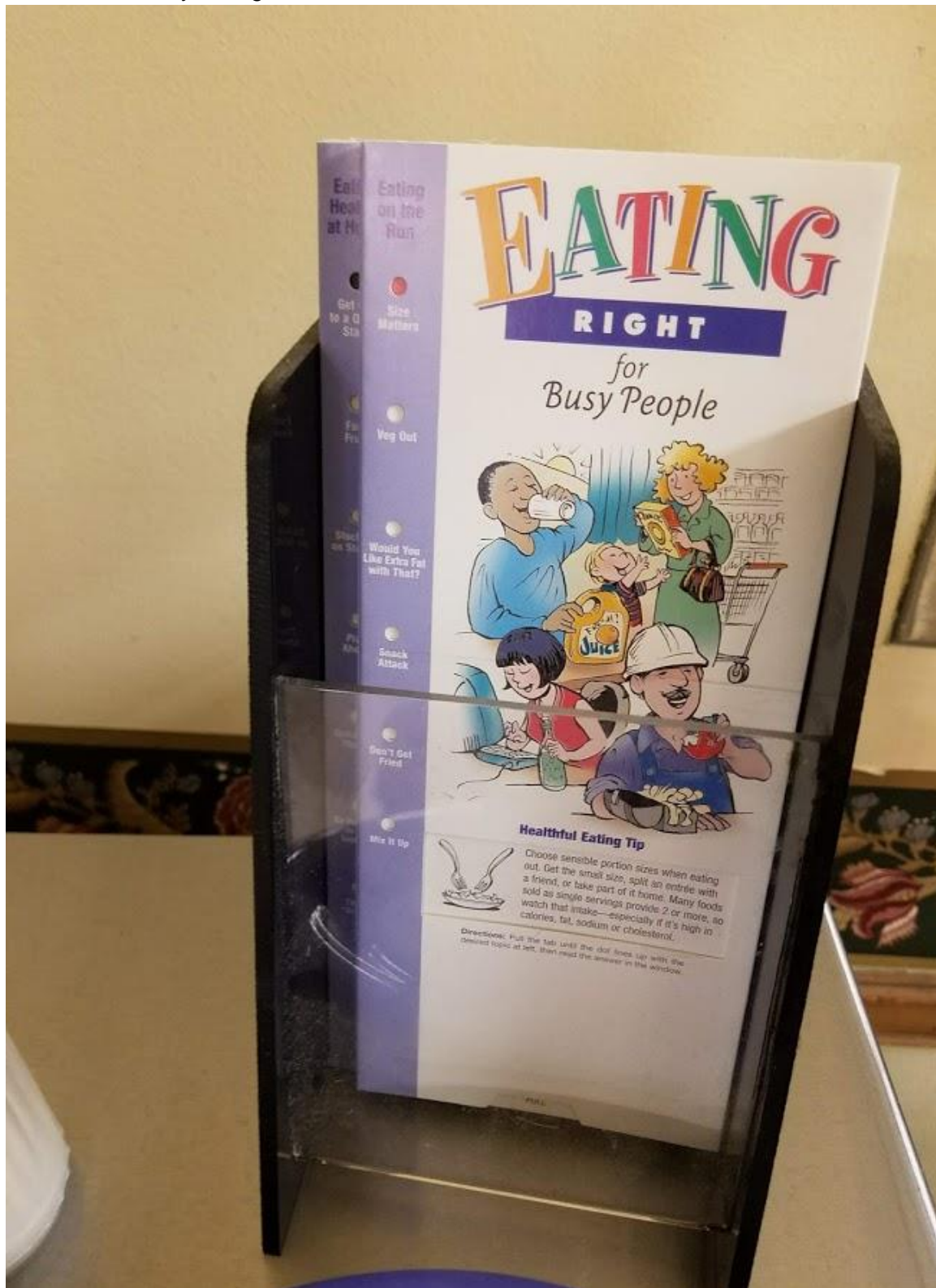


Figure 8: "BW BEE WELL" poster advertising healthy eating choices students can make, pictured next to the "Nutrition Information" shelf.



Figure 9: "Healthy Hands" hand sanitizer dispenser.



Figure 10: Reusable silverware is available to students in place of single-use plastic silverware.



Figure 11: Reusable plates and bowls are available to students in place of plastic or styrofoam one-use alternatives.



Figure 12: Fresh, healthy options are made available to students such as fresh fruit and other fresh vegetables at the salad bar, with no extra waste being used to wrap/contain them.



II. Lang Dining Hall:

Figure 13: Recycling bin available to students at entrance of the dining hall



Figure 14: "earthchoice" cups are available for students to use, which are noted as being renewable, sustainable, and compostable.



Figure 15: Close up of “earthchoice” cups, showing “Sustainable Forestry Initiative” signage.



Figure 16: Signage advocating for students to properly drop off their plates and silverware so that they may be washed and reused properly.



Figure 17: Conveyer Belt, Bins for Food Waste, Grind2Energy Food Composting Unit, and Storage Tank







Prep

- Remove non-food items
- No chemicals
- Ensure grind chamber is empty before operating
- Elimine los elementos no alimenticios
- Sin productos químicos
- Asegúrese de que la cámara de trituración está vacía antes del funcionamiento

Prepare



Mix

- If you have dry material, always mix DRY + WET to ensure proper processing
- Si tiene material seco, siempre mezcle elementos SECOS + HÚMEDOS para garantizar el procesamiento adecuado

Mezcle



Feed

- Steady feed
- Listen to grinder
- Sound muffled? Give it time to clear
- Alimentación continua
- Escuche al triturador
- El sonido parece / Espere hasta que...

Alimento

NOTICE / AVISO

Consulte el manual de instrucciones para obtener más información sobre el uso seguro de este equipo.

• No opere el triturador si el interruptor de seguridad no está en posición de encendido. • No opere el triturador si el interruptor de seguridad no está en posición de encendido.

• No opere el triturador si el interruptor de seguridad no está en posición de encendido. • No opere el triturador si el interruptor de seguridad no está en posición de encendido.

CAUTION
Non-possible water
Do not drink

CUIDADO
Agua no potable
No beber



COMMERCIAL RECYCLING SINGLE STREAM
REPUBLIC SERVICES

COMPACTOR SAFETY RULES

Figure 18: Reusable silverware is available to students in place of single-use plastic silverware.



Figure 19: Reusable plates and bowls are available to students in place of plastic or styrofoam one-use alternatives. Fresh, healthy options are made available to students such as fresh fruit and other fresh vegetables at the salad bar, with no extra waste being used to wrap/contain them.



III. Buzzies/Cyber Cafe:

Figure 20: Vegetarian options and vegetables are easily recognizable in the menu, advocating that students pick healthy, sustainable food choices.

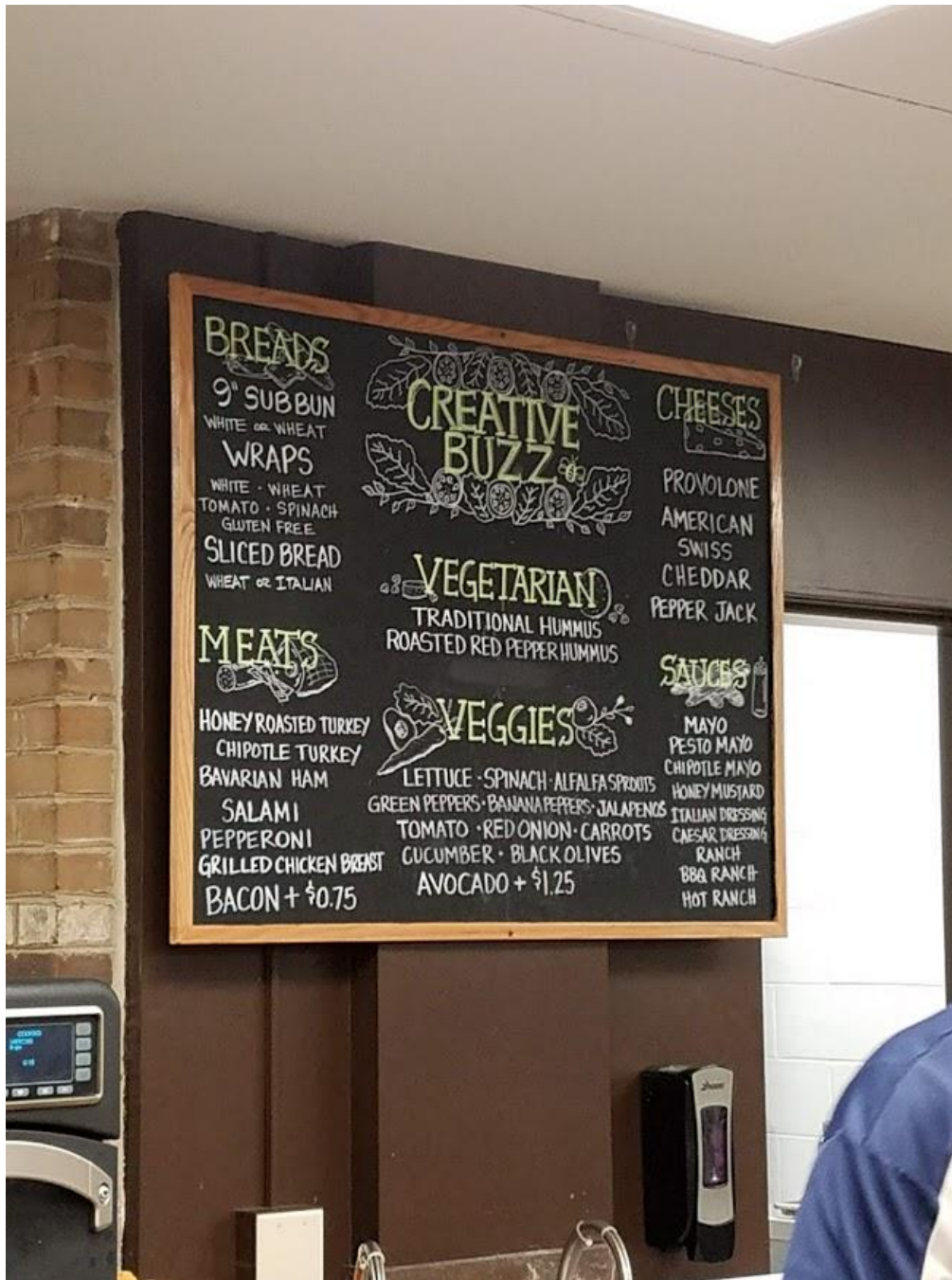


Figure 21: Signage pictured on napkin dispenser advertising that napkins were made out of 100% recycled material



Figure 22: Fresh, healthy options are made available to students such as fresh fruit, with no extra waste being used to wrap/contain them.



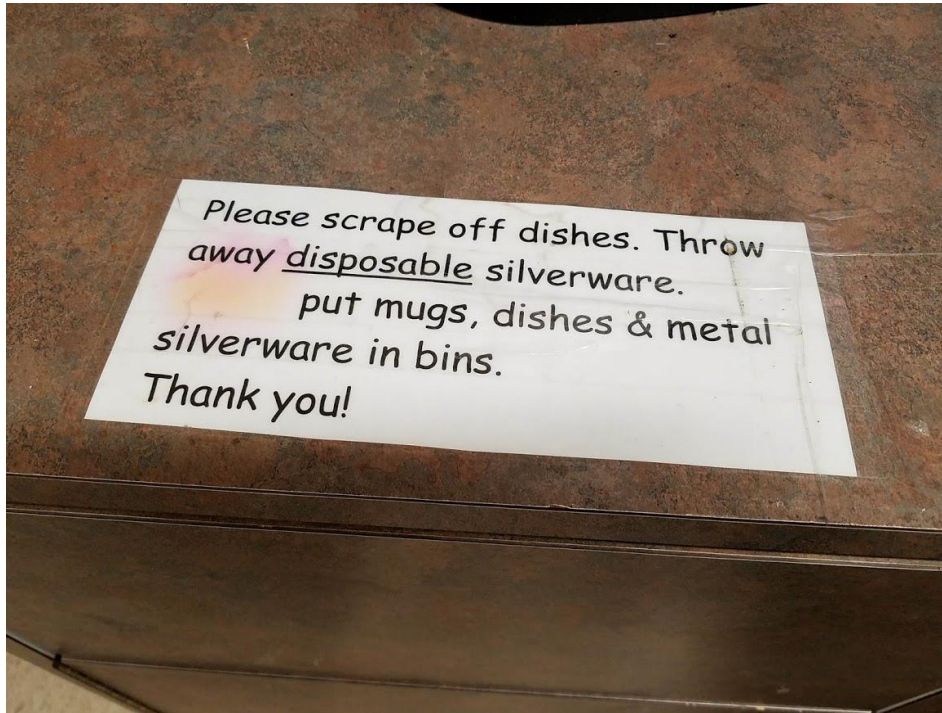
Figure 23: "earthchoice" cups are available for students to use, which are noted as being renewable, sustainable, and compostable.



Figure 24: Additional closeup of the “renewable, sustainable, and compostable” signage on “earthchoice” cups.



Figure 25: Signage advocating for students to properly drop off their plates and silverware so that they may be washed and reused properly.



IV. Starbucks:

Figure 26: Signage printed on cup sleeves showing that they are produced using 85% recycled material and use 34% less paper than their original cup sleeves.

