

UBC Food Services: Food Vision and Values

LFS 450

Group 2

Brook Foster, Michelle Wu, Alfred Ke

JBC Action Framework

Food Safety

Supplier Code of Conduct

In-House Preparation

Global & Cultural Foods

Seasonal & Local Foods

Free Drinking Water

Free Drinking Water



Food Vision & Values 2017

Quality & Nutrition

Affordable Healthy Options

Food Skills & Knowledge

Vegan & Vegetarian

Nutrition, Ingredient &

Allergen Labelling

Fair Trade

Zero Waste

Ocean Wise

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Food Vision
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2017

Quality & Nutrition
Affordable Healthy
Options

Food Skills &
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**Vegan &
Vegetarian**

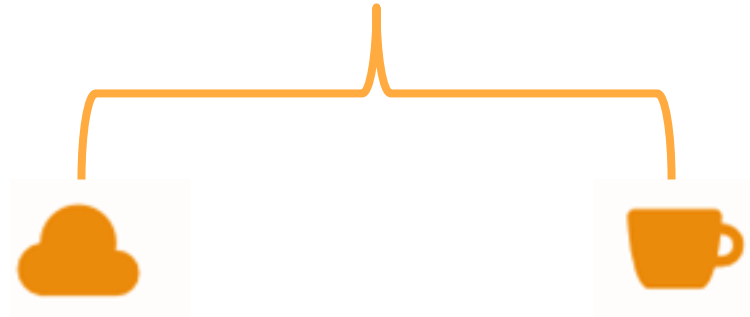
Nutrition,
Ingredient &

Allergen Labelling
Fair Trade

Ocean Wise Zero Waste



Research Goals



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

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



Methods



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



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

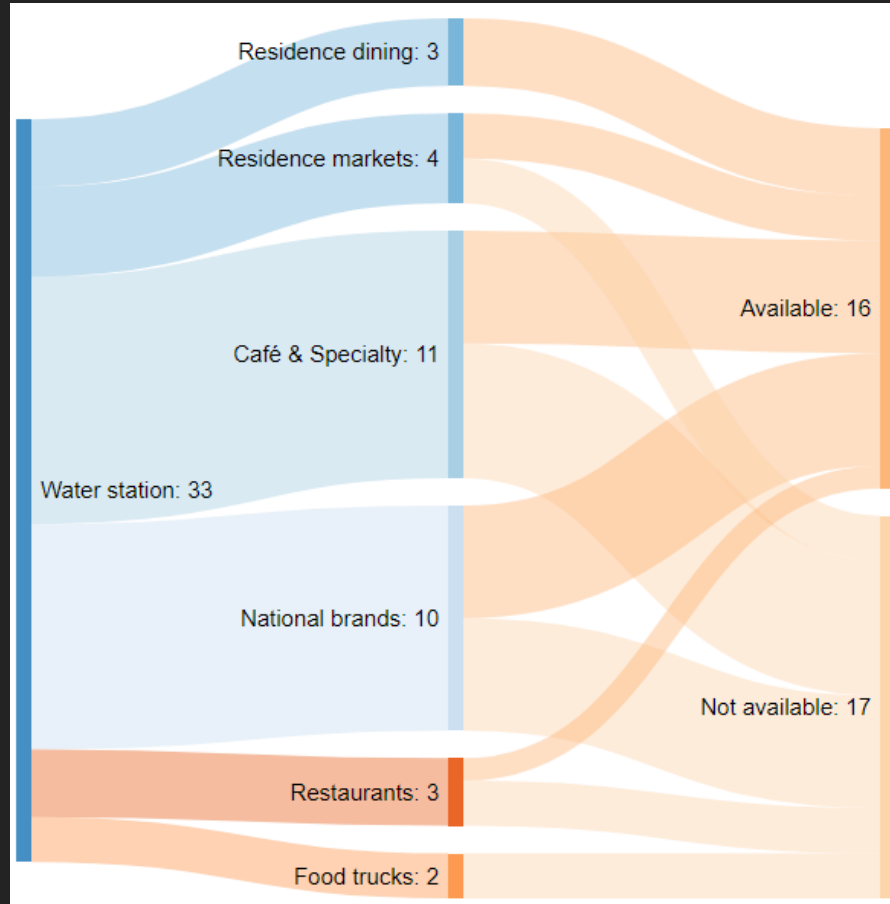


Drinking water is available free at all food service locations as a sustainable and economic alternative to bottled and sweetened beverages.





















Results



Free Drinking Water Audit



Results - Free Drinking Water

	Residence dining	Residence markets	Restaurants	Café & specialty	National brands	Food trucks
Station signage						
Easy to find						
Cleanliness						
Water upon request						

 Yes
  No

Cleanliness (1-3):

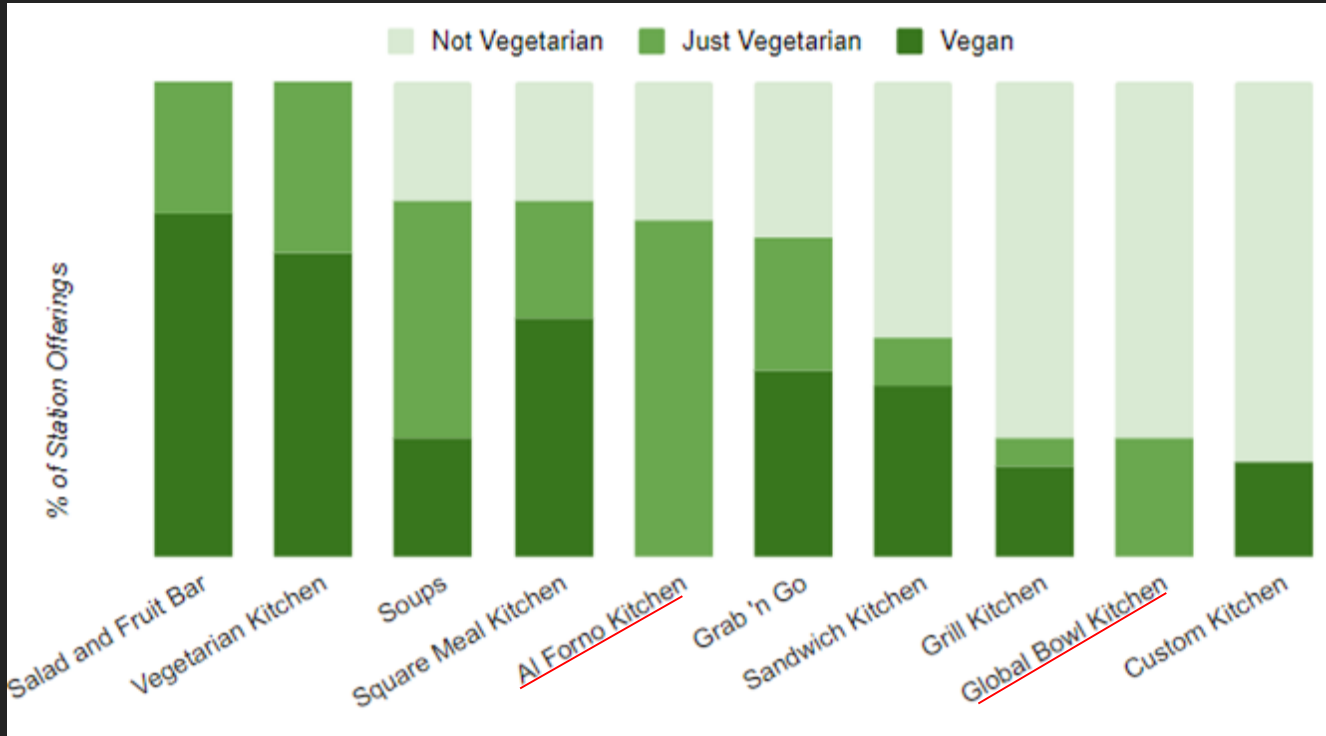
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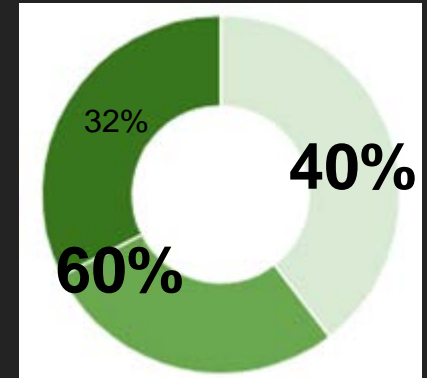
Results-Vegetarian & Vegan Options Audit

13%

Vegan & Vegetarian Options at Open Kitchen



Open Kitchen Total

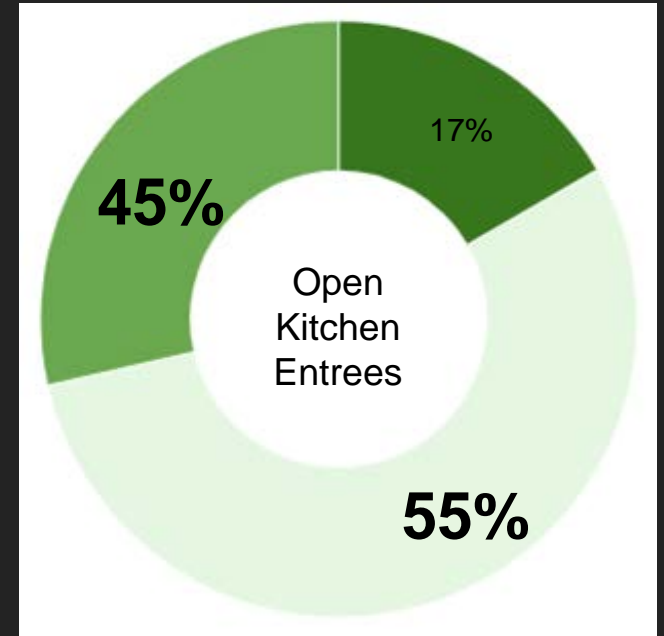


Results

Vegetarian & Vegan Options at Open Kitchen

17%

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



Strengths



Water is easily accessible at most UBC FS locations



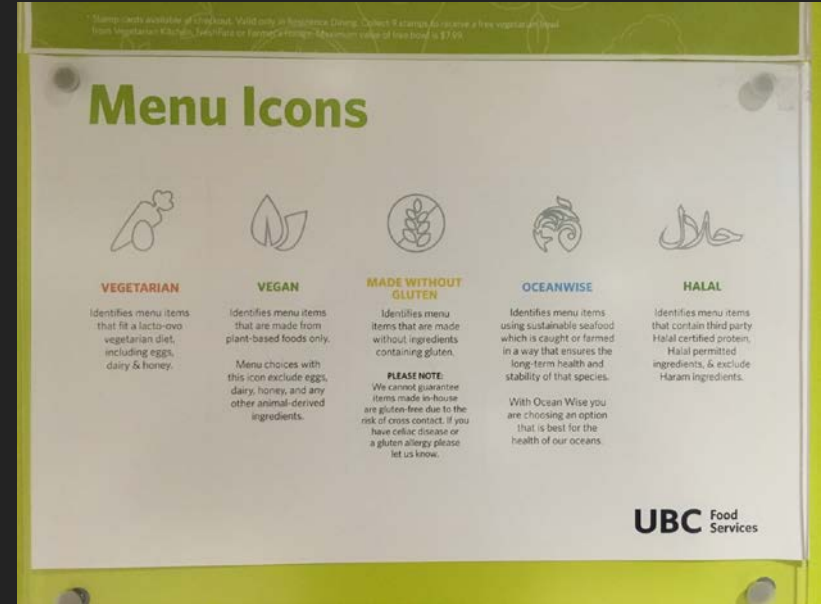
Vegetarian options available at all stations at O.K.



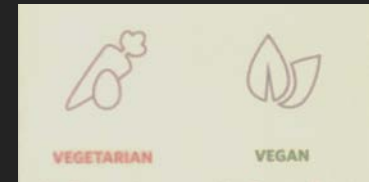
Presence of menu icons on labels



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



Explanation poster of menu icons at Open Kitchen



Menu display from Vegetarian Station, Open Kitchen

GRILLED PANEER

marinated paneer,
kachumber salad, naan

\$8.95

GRILLED PORTOBELLO MUSHROOM

BURGER

feta and provolone cheese,
arugula, sundried tomato mayo

\$6.95

CURRIED CHICKPEA SALAD BOWL

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

\$6.40

SOUTH WEST BOWL

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

\$6.99

TABBOULEH BOWL

sorghum tabbouleh, hummus, tomato,
lemon tahini dressing, grilled pita

\$7.99



Opportunities



Lack of self accessible water stations



Lack of uniform signage for water stations



Labelling of vegetarian / vegan offerings



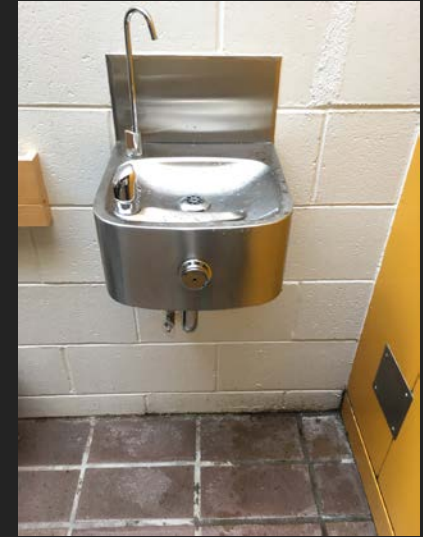
Number of vegetarian / vegan offerings present at stations



Presence of high quality plant based proteins at each station



Grab n' Go, O.K.



Water fountain, IRC

NEW! QUICHE OF THE DAY

MONDAY

Asparagus and Asiago Cheese

TUESDAY

Red Pepper and Goat Cheese

WEDNESDAY

Ham and Cheddar Cheese

THURSDAY

Caramelized Onion and Gruyere Cheese

FRIDAY

Broccoli and Cheddar Cheese

SATURDAY

Mushroom and Jarlsberg Cheese

SUNDAY

Tourtiere Pie



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

Recommendations



Provide mapping of locations of water stations



Install clear, uniform signage for water stations



Appropriate & uniform labelling of V&V offerings



Incorporate more V&V offerings in other stations



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



Curried chickpea salad from Vegetarian Station, Open Kitchen

Recommendations



Creamy cashew pasta with beans and peas



Vegan Chili

Conclusion

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

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

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



Salad station featuring chickpeas and tofu, O.K.

Thank you!

Any questions?

References

- Alanna. “Creamy Cashew-Miso Pasta with Peas and Fava Beans {Gluten-Free, Vegan Option} • The Bojon Gourmet.” The Bojon Gourmet, 21 Apr. 2016, bojongourmet.com/2016/04/cashew-miso-vegan-alfredo-pasta-with-peas-and-fava-beans-gluten-free/.
- Bridgette, et al. “Killer Vegan Chili.” Eat Healthy, Eat Happy, 20 Nov. 2017, eathealthyeathappy.com/killer-vegan-chili/.
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Acknowledgements

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