

S.R. 1 (2023)

Dining Health Transparency

Authored by Carolyn Bayram, Sophomore Senator
Co-Authored by Allyson Li, Freshman Senator
Co-Authored by Courtney Bell, Senator At-Large for Diversity, Equity, and Inclusion

ADDRESSED TO:

Sam Florio, Associate Vice President of Auxiliary Services



SCU Dining Health Transparency Initiative

November 16, 2023

The Student Senate of Santa Clara University,

RECOGNIZING nutritional transparency is essential as nutrition influences health, energy, and mood. The ingredient list and nutrition fact transparency are especially beneficial to students with allergies and dietary restrictions to increase accessibility in the SCU dining experience.

ACKNOWLEDGING that without transparent nutrition info, it is difficult for students to make informed health decisions. The [WHO](#) recognizes that better nutrition is related to a stronger immune system as well as lowering the risk of non-communicable diseases. Avoidance of sickness is integral to class attendance and overall school performance. [Harvard Health Publishing](#) claims that “diets high in refined [sugars](#), for example, are harmful to the brain” and “promote inflammation and oxidative stress.” The article also suggests a “correlation between a diet high in refined sugars and impaired brain function — and even a worsening of symptoms of mood disorders, such as [depression](#).” Maintaining positive mental health is difficult in a stressful college environment, so ensuring our food does not further harm mental health is crucial.

FURTHER ACKNOWLEDGING students have voiced, “It’s important that those with severe allergies understand what is in their food to avoid having dangerous allergic reactions,” and “Having an ingredients list available would provide students with more food options as they wouldn’t have to avoid areas due to uncertainty;”

BEARING IN MIND ingredient lists are vital to students with dietary restrictions. One student said: “I am Muslim and cannot eat pork, but I ate a slider from Fresh Bytes that had bacon inside (that looked like onions) and was not labeled to have pork on the app.” Another student said “As a vegetarian with a sensitive stomach, I have to continually check what ingredients are in my Benson meals and most of the time have to hope I won’t get sick. Ingredient lists would take out the hassle of bugging Benson employees and reassure me that I eat the right meals;”

HAVING CONSIDERED that students have many reasons for wanting transparency in the food they eat. A student stated: “Success in the gym is largely attributed to better nutrition. With more accurate nutrition labels and facts, SCU would be helping a large population become better at what they do, not only to supplement their health but their success across the gym and school”.

Another student affirmed: “It is important for the health of college students to know what they are putting into their bodies.” Students want to be able to make informed nutritional decisions every day.

THE ASSOCIATED STUDENT GOVERNMENT REQUESTS:

- a. All recurring meals provided by Bon Appetit must provide accessible nutrition facts and ingredient lists available *only* on the Mobile Order app under the “More” tab in the “SCU Dining Service Menu.”
- b. This includes daily meals and drinks served at Benson Memorial Center, Fresh Bytes, Side Bar, Sunstream, Cadence, and Adobe Lodge.
- c. The ingredient lists and nutrition facts listed above should provide a disclaimer underneath explaining that exact quantities and ingredients may vary from day to day and to ask a chef for accurate information.
- d. A message on the “Home” page of the Mobile Order app describing the above changes made and where to find nutrition facts and ingredient lists.
- e. These changes be enacted by the start of the 2024 Winter Quarter.

BE IT RESOLVED that this resolution will be sent to Sam Florio, Associate Vice President of Auxiliary Services.

So signed by the following individuals, representative of the collective approval of the Associated Student Government of Santa Clara University,



Carolyn Bayram
Sophomore Senator
Document Author



Allyson Li
Freshman Senator



Courtney Bell
Senator At Large for DEI