HEALTHIER CAMPUS INITIATIVE

FOOD AND NUTRITION

TAMU-CC Objectives
## Breakfast Wellness Meal

**Nutrient Profile:**
- $\leq 400$ calories
- $\leq 10\%$ calories from saturated fat
- No artificial trans fat
- $\leq 460$ mg. of sodium

**Food Profile:**
- 1 oz. serving equivalent lean meat/poultry/fish or alternative OR 1 cup serving equivalent low-fat dairy
- 2 oz. serving equivalent whole grain rich grain
- 1 cup fruit and/or non-fried vegetable serving equivalent

## Lunch & Dinner Wellness Meal

**Nutrient Profile:**
- $\leq 700$ calories
- $\leq 10\%$ calories from saturated fat
- No artificial trans fat
- $\leq 800$ mg. of sodium

**Food Profile:**
- 2 oz. serving equivalent lean meat/poultry/fish or alternative
- 2 oz. serving equivalent whole grain rich grain
- 1 ¾ cup serving equivalent fruit and/or non-fried vegetable
- 1 cup serving equivalent low-fat dairy
MOU language

- Offer on the menu a minimum of one (1) wellness meal at each breakfast, lunch and dinner meal (if served).

Verification data

- Information for two (2) days (days will be selected by the independent verifier) for breakfast, lunch, and dinner (if served) for each dining venue:
  - Menus showing wellness meal(s). It should be clear whether the menu was available at breakfast, lunch, and/or dinner.
  - Nutrient information for the wellness meal components, including calories, percentage calories from saturated fat, grams of trans fat, and milligrams of sodium.
  - Recipes for the wellness meal. Recipes must include serving sizes of meal components.
MOU Language

- Offer a minimum five (5) types of fruits, five (5) types of vegetables and two (2) 100% whole grain products at both lunch and dinner (if served).

Verification Data

- Dining venue menus and/or fruit, vegetable and whole grain offerings for all dining venues for two (2) days (selected by the verifier).
- For whole grain product offerings, brand name, product name, and nutrient facts and ingredient panel for purchased foods or recipe for products prepared from scratch.
MOU Language

• Offer only a total number of fried foods that does not exceed the total number of platforms available at both lunch and dinner (if served) across all venues.

Verification Data

• Dining venue menus that list all foods offered for two (2) days (selected by the verifier).
• List/diagram of platforms at each dining venue.
• For all pre-fried, par-fried, and flash-fried items, nutrient information including percentage calories from saturated fat and percentage total calories from fat must be provided.
MOU Language

- Offer and identify as healthier at point of presentation at least three (3) desserts at both lunch and dinner that have no more than 150 calories as served.

Verification Data

- Menu, for two (2) days (selected by the verifier), that includes list of lower calorie desserts offered at lunch and at dinner
- Nutrient information for qualifying desserts, including calorie information from label or recipe for each dessert.
MOU Language
• Designate healthier food and beverage options using a healthy icon at the point of presentation.

Verification Data
▪ Photographs of menu boards and food/beverage stations documenting the healthy icon usage for each campus dining venue. If using QR codes, photos documenting QR codes.
▪ If using QR codes, link to website information
▪ Description of healthy icon criteria.
MOU Language

- Offer a plant-based food option at every platform serving meat.

Verification Data

- Dining venue menus that list all foods offered at platforms serving meat for two (2) days (selected by the verifier).
- List of platforms at each dining venue, including the meat and plant based options offered at each (where applicable).
MOU Language

- Implement a local food procurement program that increases procurement of local and sustainable foods.

Verification Data

- Program or policy documenting program and dates and locations implemented.
MOU Language

- Offer a healthier catering menu that only includes foods and beverages that meet healthier food and nutrition guidelines.

Verification Data

- Catering menu.
- Nutrition information for all menu items as mutually agreed upon.
MOU Language

- Make free water available in all dining, recreational and educational facilities.

Verification Data

- List of drinking fountains and free water stations on campus with locations
MOU Language

- Make available Registered Dietitian Nutritionists (RDNs) for personal nutrition assessments and counseling to all students.

Verification Data

- Student handbook or website describing nutrition assessments available.
- Bios of individuals, including qualifications/credentials, available to perform nutrition assessments for students.