

# Assessing Impacts of Education on Food Waste Behaviors at UCLA Dining Halls

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# Our Research Question

Can the implementation of educational outreach efforts help change excessive food waste behaviors in the UCLA Dining Restaurants?



# Project Significance & Goals

## Significance

- Increase in amount of food waste was not proportional to the number of students residing on the Hill
- Need to educate students and modify behaviors



## Goals

- Decrease amount of food being wasted by students in the dining halls
- Curate innovative and informative educational methods (signs/outreach event/nutrition cards) that students can conveniently be exposed to.



# Methods

## Survey

- Collected 200 total survey responses from students
- De Neve and Bruin Plate
- To gain a better understanding of student awareness

## Winter Quarter Audits

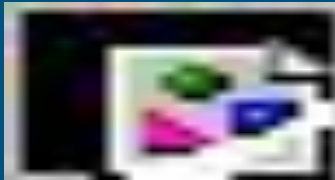
- 2 audits at each location: Bruin Plate and De Neve
- Food waste of every 3rd person rated on scale from 0-4

## Educational Campaign

- Based on responses from survey
- 3 different approaches:
  - Signage
  - Nutrition
  - Outreach

## Spring Quarter Audits

- Similar methodology to the audits conducted during Winter Quarter
- Also gauged how many students noticed signage



0



1



2



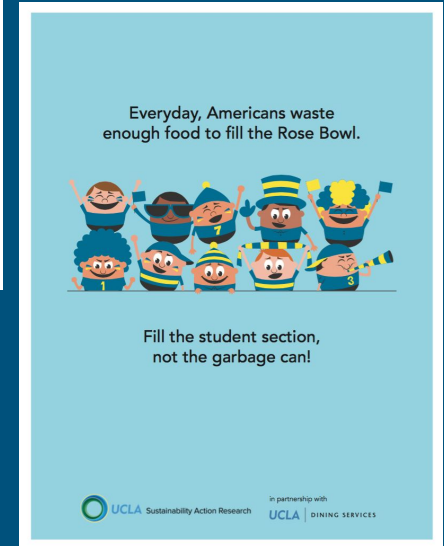
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# Results

- Winter Audit & Survey Key Takeaways
  - ½ plate of food wasted per student per meal
  - Need to address lack of awareness and emphasize customization
- Spring Audit and Observations
  - Notable increase in zeros and twos & decrease in threes and fours
  - Graphs on next slide
- Visibility of Signs
  - 25% of students were aware of signage in De Neve Dining Hall
  - 34% of students were aware of signage in Bruin Plate



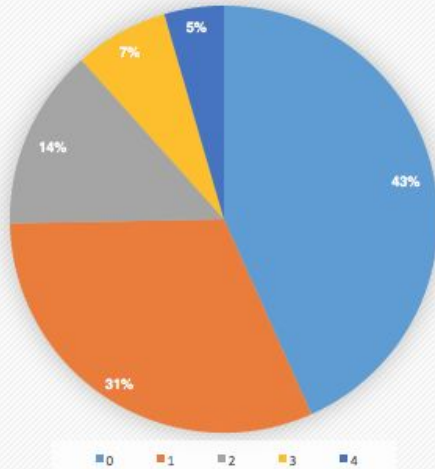
**Additional Results to Note:**  
Qualitative Impacts Observed through  
Conversations with Students at Outreach Event

# Results

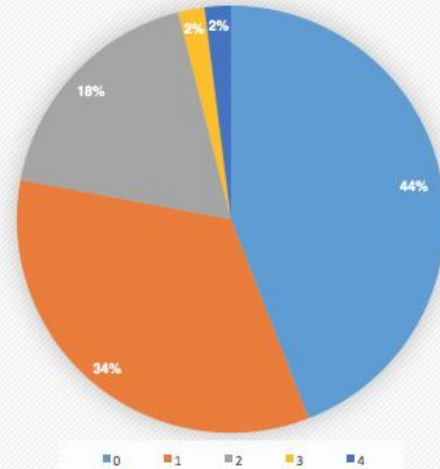
## Obscuring Factors to Consider

- Timing of signage implementation – spring quarter
- Signage implementation on only one in about four tables
- Short amount of time between project implementation and second audit

Winter Quarter Audits



Spring Quarter Audits







# Challenges

- Scope of project
- Quantifying food waste
- Encouraging student participation
- Obtaining approval



# Impact of our Project

- Implementation of Signage in the Dining Halls
- Incorporation of Nutrition and Mindful Eating to Help Reduce Food Wasting Habits
- Engagement With Students Outside the Dining Hall
- Widen Focus to Incorporating Education Regarding Food Waste Into RA Training, Orientation etc.



## FOOD FOR THOUGHT!

Enjoy free food and  
learn more about  
food sustainability!

Wed, May 23

3-6pm

Sunset Village



UCLA

UCLA Residential Life

Sustainability Action Research



the greeninitiative fund





# Moving Forward



- Implement an educational component during student orientation
- Continue to hold sustainable-food themed events in the dining restaurants/on the hill
- Quantifying food waste - revive Waste Watchers team (2009)
- Expand signage to the Residential Halls
- Create a public demonstration quantifying how much food students waste in a dining period



# ♥ THANK YOU ♥



- to our AMAZING stakeholder Charles Wilcots, for all of his guidance throughout the past two quarters
- to all of the Staff at Bruin Plate and De Neve Dining Halls for allowing us to conduct our audits
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