I. Program Description
What would it mean to transform the college cafeteria into a shared, intellectual environment for learning, experimentation, and the exchange of ideas? The E.A.T. program aims to combine the resources of academic programs, student affairs, and dining services in order to rethink the educational space beyond the walls of traditional classroom. The purpose of this collaboration is to further the institutional goals of critical thinking, ethical reasoning, respect for diversity, and commitment to sustainability. This program strives to make students thoughtful eaters who view the cafeteria not as a break from their intellectual development, but as a place where the intellect is engaged, challenged, developed, and brought into contact with the pleasures of the senses. To that end, one can imagine the cafeteria and dining services setting a convivial table that is central to the mission of the college.

E.A.T. (Engage, Analyze, Transform) is a student-centered research group sponsored by the President’s Innovation Fund (2013/14), the Arnold Student/Faculty Research Grant program (2013/14-2014/15) and a gift from Metz Culinary Management (2015/16-present). The interdisciplinary research undertaken by E.A.T. has two goals: to improve the dining experience for students, and to dissolve the boundaries between the dining and academic spaces on campus.

E.A.T. is comprised of a group of student researchers, a faculty advisor, and the general manager of Metz Culinary Management. In addition to that central group, E.A.T. coordinates its work with the entire Metz staff and student/faculty groups on campus whose various missions and forms of expertise will help E.A.T. realize its goals.

All E.A.T. projects have two key elements: (a) academic research in a particular field of study; and (b) the practical implementation of that research in the dining hall in cooperation with Metz Dining Services. All E.A.T. research projects will promote one or more of the following goals: ethical reasoning, environmental sustainability, intercultural competence, and healthful living. All E.A.T. research projects must attain the approval of the E.A.T. director and the general manager of Metz Culinary Management. When applicable, E.A.T. research projects must be approved by LVC’s Institutional Review Board (IRB).

II. Student Research and Coursework Plan
The E.A.T. Research group is comprised of 4-7 individually motivated and intellectually curious students who want to make the dining hall a place where the core mission of the college is realized in theory and in practice. In the spring semester prospective research students submit a letter of interest and project proposal as part of an application process. Students accepted into the E.A.T. research group must commit to enroll in a year (6 credits) of coursework related to their E.A.T. project. In the fall semester, E.A.T. students enroll in DSP 385: “Food Studies and Practice.” Students pursue their research within the structure of this course but also develop their research in coordination with Metz Culinary Management and experts in their particular field recruited by the E.A.T. program director. In the spring semester, students continue their project’s implementation in the PHL 288: “Applied Philosophy of Food” course,
or in conjunction with another professor in their discipline as part of a capstone course or as an independent study. All E.A.T. students present their results during the Inquiry celebration and are encouraged to submit their projects for presentation at an international food studies conference held during the month of June.

**E.A.T. and Constellation LVC:** the course requirements for the E.A.T. Research Group have evolved to fit the new general education program and to reach more students. Students accepted into the E.A.T. program will (starting fall 2018) take ITG 499: EAT Research Group I. This course fulfills the capstone/integrative experience requirement and is also open to students not pursuing a full-year research project but who wish to develop an interdisciplinary food studies research paper for their integrative experience. Students in the program who opt for the full year will then take IME 499: EAT Research Group II to implement their practical project and acquire Immersive Experience credit for general education.

**III. Events and Collaborations**
The heart of the E.A.T. Research Group is its fostering collaboration among various stakeholders on campus: students, faculty, Metz Culinary Management, and other entities on and off campus. Since 2013, E.A.T. has sponsored many events and opportunities for students and the campus community.

- October 15, 2013  E.A.T. Kick Off event with Metz in college dining hall
- November 5, 2013  “Voices of Israel and Palestine” event with Metz and Office of Spiritual Life
- January 17, 2014  “A Tale of Two Cities” Arnold Gallery event (food selection by E.A.T. and Metz)
- February 24, 2014  Eating Mercifully presentation with Office of Spiritual Life
- April 16, 2014  E.A.T./Colloquium Speaker event in dining hall with scholar/chef Scott Barton (NYU)
- October 29, 2014  E.A.T. Colloquium Speaker event with Dr. Carole Counihan (Millersville University)
- March 19, 2015  American Whiskey Tasting event with Dr. Sierra Clark (NYU)
- March 26, 2015  Study Abroad at the Table dinner event to promote Study Abroad
- September 15, 2015  E.A.T./Colloquium speaker event with Dr. Krishnendu Ray (NYU)
- October 30, 2015  E.A.T./Colloquium speaker event: Puerto Rican Food on the Move w/Dr. Melissa Fuster
- August 26, 2016  Dining Hall Orientation for entire incoming class with Metz/Student Affairs
- November 2, 2016  E.A.T./Colloquium Event with Dr. Fabio Parasecoli (The New School)
- March 16-17, 2017  EAT students collaborate with MCURC on Meatball Challenge national project
- March 31, 2017  Colloquium Event/Book Club event with author Sophie Egan (CIA)
- August 28, 2017  Dining Hall Orientation for entire incoming class with Metz/Student Affairs
- November 29, 2017  Cooking with a Cause: Puerto Rico dining hall event

**Partnership with Menus of Change University Research Collaborative:** The E.A.T. Research Group, through my work with the Menus of Change University Research Collaborative (MCURC), has been able to collaborate with scholars and graduate students from major research institutions on simultaneous national projects. The opportunities for our students have been powerful: in March 2017, E.A.T. students, with the support of Metz Culinary, took part in a coordinated research project shared with Stanford, Harvard, Northeastern, Rutgers and Boston College (the E.A.T. students were the only undergraduates who worked with graduate students and faculty researchers); in fall 2017, two E.A.T. students collaborated with Metz to run a vegetable labeling project with 10 universities.
IV. Student Travel and Interaction with Scholars
The E.A.T. Research Group thrives because of the consistent expertise provided by colleagues at other institutions whose research overlaps with the work of student projects. These connections enrich student projects and prepare them for interactions at events off campus and the presentation of their work at a professional conference. Since its inception, E.A.T. student researchers have submitted and had their work accepted for presentation at the annual meeting of the Association for the Study of Food and Society, the largest international food studies conference.

Faculty Consultants brought to campus: Dr. Krishnendu Ray (NYU), Dr. Katie Leone (Florida Gulf Coast), Dr. Scott Barton (NYU), Dr. Jacob Lahne (Virginia Tech), Dr. Carole Counihan (Millersville U.), Dr. Sierra Clark (NYU), Dr. David Livert (PSU), Dr. Melissa Fuster (CUNY). Dr. Fabio Parasecoli (New School).

Student Excursions and Research Presentations:
- November 15, 2013 NYU Food Studies Program—graduate presentation, tour, consultation with scholars
- June 20, 2014 2 students present at ASFS/AFHVS Food Studies Conference at U. Vermont
- October 15, 2014 Trip to Golden Valley Farms/Artisan Exchange in West Chester, PA with Metz Staff
- October 31, 2014 Trip to NYU "City Food" Conference with 6 students
- April 12, 2015 Trip to Philadelphia Food and Farm Fest/Expo with 7 students
- June 22, 2015 6 students present at ASFS/AFHVS Food Studies Conference at Chatham University
- November 30, 2015 Trip to NYU/Fales Library for Michael Pollan book presentation with 6 students
- June 19, 2016 4 students present at ASFS/AFHVS Food Studies Conference at U. Toronto
- October 24, 2016 Trip to Princeton University to visit teaching kitchen/meet with student leaders
- March 10, 2017 Trip to Chemical Heritage Foundation (PHL) for Sensory Science conference
- June 15, 2017 2 students present at ASFS/AFHVS conference in Pasadena, CA
- October 14, 2017 Trip to Sustainability Conference at Chatham University with EAT and Enviro Science

V. Press and Accolades
- Student Affairs Program of the Year (2013-14)
- “Just EAT,” College Planning and Management (February 2015): https://webcpm.com/Articles/2015/02/01/Sustainable-Dining.aspx
- “College shifts students’ perspective on campus dining,” Foodservice Director Magazine (April 2015):
  http://www.foodservicedirector.com/ideas-innovation/going-green/articles/college-shifts-students-perspective-campus-dining
- “On This Campus, Chicken Tenders Are a Teaching Tool,” Chronicle of Higher Education (April 2015):
  http://www.chronicle.com/article/On-This-Campus-Chicken/229789
- “How College are Fighting the Freshman 15,” Lebanon Daily News (August 2016):
VI. Student Projects 2013-2018

Since fall 2013, the E.A.T. Research Group has completed 19 major student-led projects. These projects have created events, produced data, and most importantly, had a lasting impact on the behaviors and practices of students in our dining hall. Some of the lasting impacts include:

- Food Waste Study that lowered food waste and has monitored waste from 2014 through the present day.
- The Taste Lab, started in spring 2015, continues today to probe student tastes and preferences, providing valuable insights to Metz Culinary Management.
- The Dining Hall Orientation, a truly one-of-a-kind program, introduces the culture of the dining hall to students when they arrive on campus.
- The Sustainability House is set to launch in fall 2018 to address environmental objectives on campus.
- A broad base of knowledge about student preferences, taste and behaviors that inform the decisions made by Metz Culinary Management.


This research project was a quantitative study that compared the amount of post-consumer waste in LVC’s dining hall from the beginning of the fall semester to the end of the fall semester in conjunction with a number of sustainability initiatives undertaken by Metz. Ashley coordinated the research, soliciting volunteers from the student body to collect and measure edible waste every other Thursday. Metz implemented various initiatives throughout the first month of the fall semester (i.e. independent variables). Post-consumer waste (edible & inedible waste) was measured bi-weekly beginning Thursday 8/29. Outside variables that may affect the amount of food waste include the food offered, weather, big events happening on campus, stressful time periods, etc. This project aimed to interpret the data collected and determine if the initiatives are changing students’ behavior and if so, which initiatives are most effective. The results were dramatic: the average amount of food wasted per student dropped by 19%, with total waste reduced by 15%. The project continues to this day with student volunteer groups sorting and weighing waste on a bi-weekly basis.

Corey Kuchinsky ’17 and Zach Kirby ’17, “Food Delivery Service Project”

Corey and Zach developed this idea as their final project in my Food and Philosophy FYS course. Their idea was to better coordinate efforts with Metz to deliver uneaten food entrees to local food shelters. Working with Metz, the Office of Spiritual Life and The Caring Cupboard in Palmyra, they began organizing on Redbook to have students sign up and drive food to the shelter. This project coordinates two deliveries per week and continues to this day.
Anthony Feudale (Psychology and Philosophy ’14): “Food Attitudes”
This study utilized an independently developed questionnaire constructed of 15 likert style questions engineered to assess separately student attitudes toward food waste, cultural origins of food, and nutrition. The questionnaire was intended to test if the E.A.T. Project initiatives impacted student attitudes. It was hypothesized that all three areas would show positive change. Interested students took the survey through the sona-systems application on the psychology page of the LVC website. A longitudinal study design was adopted for this purpose. It was found that the initiatives had a positive impact on student attitudes in all three areas, however only the change in attitudes toward food waste was significant (p < .001). This study demonstrates that student led university initiatives can have a meaningful impact on student attitudes and behavior toward food.

Ashley Ferrari (Philosophy and International Studies ’14): “Tastes From Home” and “A Touch of Class”
The “Tastes from Home” Recipe contest encouraged students to submit their recipes in the fall semester in hopes of winning a permanent place in the Metz lunch and dinner cycles. The judging took place by the contestants’ fellow students on the 17th, 18th, and 19th of February - side dish entries were featured on Monday, main dish entries on Tuesday, and dessert entries on Wednesday. Students sampled the recipes at dinner time on these dates and voted for the winners. The “Touch of Class” project coordinated academic courses with the dining hall to feature dishes inspired by spring 2014 courses in the hopes of extending the class experience to the dining hall. There were nine classes participating which included Spanish, Greek, Italian, and religion courses. The items are generally featured at Wednesday dinners each week.

Kaitlyn Schroding (English ’14): “Featured Food of the Week”
The goal of this research project was to educate LVC’s student body about good nutrition and how having a healthy diet can be beneficial to one’s health, appearance, and overall well-being. The main event that will be initiated at the dining hall will be the Featured Food of the Week. Each week, a different, highly nutritious food item was featured in a variety of different dishes. Along with the different dishes being availability, information about what nutrients that food contains and how it can help a person’s health will be shown in “ad” form on the newly installed jumbo TV screens at Mund.

Andrew Deihl (Business and Accounting ’16): “Taste Lab”
The Taste Lab allows LVC students to express their preferences through a controlled set of taste lab experiments designed to develop and improve the offerings in the dining hall. The project began with the creation of a Taste Lab space with the help of Dr. Jacob Lahne (Drexel University). Following the principles of sensory science, a space was created so that students, on a bi-weekly basis, could sample new items and record their preferences in a scientifically valid manner.

<table>
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<th>3</th>
<th>4</th>
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<tr>
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Devon McKain (Psych. ’15) and Kayla McKain (Psych. ’15): “The Whole Grain, Nothing but the Grain”

There are three main purposes of this research. The first is to identify that students’ behaviors can be influenced through an intervention. The second goal is to determine that students’ can consciously choose to alter their food choices based on the education they are provided with in the cafeteria through interventions. Finally, the third objective is to determine what intervention is the most successful from participants’ viewpoints.

Overall, the purpose of this food research is to increase the knowledge of whole grains among the student population on Lebanon Valley College’s campus. To date, although baseline data has displayed that students are unaware of whole grain sources students also expressed a desire for additional whole grain options in the cafeteria. Quantitative research will be utilized to measure the dependent variable: whole grain consumption. Three main interventions will be employed including a new whole-wheat logo displayed on all whole grain options in the cafeteria, an Instagram account, and a Food of the Week program (FOTW) that will focus solely on whole grains. We hypothesize that the interventions will have a positive impact on students’ whole grain consumption. The relevance of this research in light of the E.A.T. mission is to transform the dining area into an educational setting.

Raeann La Flame (English and Philosophy ’16): “Food for Thought” Film Festival

The purpose of this project is to raise student and community awareness about biotechnology and food security. Through a series of documentaries that deal with biotechnology, GMOs, food security, and sustainability, it is my goal to have students become more conscious of what they are consuming and what it really is. The film series will run the length of the fall semester of 2015 and will include six documentaries about the aforementioned topics. Following the films, there will be a survey distributed in order to receive feedback and reactions to the event. My goal is not to evoke fear of food by any means, but rather to have the LVC community be mindful about what we are putting into our bodies.

Terese Sweitzer (Physics ’16): “Study Abroad at the Table”

This project will utilize planned dinners for 20-30 students to examine the effect that the encounter with culturally specific cuisines has on student understanding. All meals will be designed by a student at Lebanon Valley College and catered by Metz Culinary Management. A primary goal is to expose students to various cultural cuisines that hold importance to particular students and student groups on campus. Another goal will be to measure and analyze student reactions to unfamiliar cuisines and dishes. On March 26, 2015, the first dinner event will be held—an exploration of northern Italian cuisine through a 5-course meal. Based on the results of this pilot, multiple dinner events will be planned for the 2015-16 academic year.
Kat O’Hara (International Studies ’15): “Economies of Scale”
Fish plays a crucial role in global food security. With some 58.3 million people engaged in the primary sector of capture fisheries, accounting for the livelihoods of about 10-12 percent of the world’s population, it is imperative to maintain the viability of this sector. Previous studies have sought to address problematic areas of the industry, including issues with the ecosystem, trade, and fish regulations. This overwhelming economic focus seems to overlook the main component to the success or failure of this industry—humans. This paper will conduct a biopolitical analysis of the human cost associated with the global fish industry. In particular, this paper will show how the global demand for fish promotes unsustainable, and in some cases, illegal practices that harm both the global community and the individual. Beyond invoking biopolitics to undertake a merely negative analysis of these practices, this paper ventures to employ the biopolitical paradigm to comprehend the logic of this particular industry in the attempt to envision a positive future for global, economic communities and their most vulnerable and underrepresented members.

The Faces of Forced Labor

Victoria Gluszko (Philosophy ’16): “Sustainable Campus Agriculture”
The purpose of this project will be to make the case for sustainable agriculture on Lebanon Valley College’s campus. With growth, sustainability, and healthy eating as key points of focus for both Metz and the college, I will argue the benefits of having such a program on campus. I will research peer institutions in the United States that already have farms and assess what components of their programs were successful and unsuccessful. From that information, I will propose a rough and flexible model of a plan that could be implemented at LVC. It will include key topic areas determined through my research which many include but would not be limited to: space and land use, resources, student involvement, staff, infrastructure, funding, on-campus collaborations, academic programs, sustainability programs, and community outreach.
Sarah DiMaggio (Philosophy ’17): “Improving Student-Athlete Nutrition”
The primary goal of this project is to identify and address the issues that student athletes face when trying to consume nutritious foods that will fuel their athletic and academic performance. This project works in collaboration with the Athletic Department, Metz Culinary, and the E.A.T. Research Group. Primary goals of this project were met by identifying the everyday practices of the dining hall that act as obstacles to student athlete consumption of foods for performance nutrition. After consultation with training room staff and coaches on these issues, student athlete opinions on these issues were collected through focus groups. Results from the research conducted to satisfy the primary goal was then used to analyze the current and proposed practices of the dining hall in its sufficiency in meeting student-athlete nutritional needs. This data will also be used to propose alternative interventions that may be effective in educating student-athletes about nutritional needs and in allowing student-athletes to more easily consume nutritious foods in the dining hall.

Ryan Goernemann (Accounting ’17): Taste Lab
The Taste Lab is an experimental research area where students have the ability to taste, compare, and rate foods prepared by Metz Culinary Staff. The Taste Lab seeks to answer the fundamental question of how to empower student choices and preferences to ensure the food served in the Lebanon Valley College (LVC) Dining Hall is healthier, more sustainable, and more pleasing to students. Through a number of regular tasting events, LVC students have the ability to taste, compare and provide feedback on a variety of foods. Foods tested in the Taste Lab have to meet the objectives of LVC’s E.A.T. undergraduate research group, which includes healthy living, sustainability, and ethical reasoning. The Taste Lab’s goal is to introduce preferred foods from the Taste Lab into the LVC Dining Hall with student support. Ultimately, the development of foods through the Taste Lab should help to provide students with healthier sustainable food options that they prefer and would wish to be served regularly.

Sean Curry (Biology ’16): A Healthy Eating Dining Hall Intervention
Over a third of the American population is identified as obese. Little has been done to effectively counteract this trend and it is time to make a difference. Many college students lack the basic knowledge of what constitutes a healthy diet. This project plans to attack this issue head on. The researcher will conduct an intervention in a college dining hall setting that provides easy access to healthy eating choices, as well as informs the student of what constitutes a healthy diet. The methods of this project come from analysis of previous interventions and critical thinking done by experts in nutrition. The visual manner of an attractive logo has been shown to attract attention and gain significant results. Therefore, this intervention represents an effective way to reach to college students and will carry on into other groups.
Kristen Robeson (Sociology ’17): Dining Hall Orientation Program
The cafeteria orientation program will be implemented for incoming first-year students to experience during orientation week in the fall of 2016. The purpose of the program is to influence healthier dietary behavior for incoming first-year students that will remain with them throughout their college experience and familiarize them with Metz and what the cafeteria has to offer. The program will: introduce them to the Metz staff; present them with a behind the scenes look at Metz; expose them to one E.A.T. initiative project; and guide students through the cafeteria to each food station. Information will be provided about what foods are available at each station, where the healthier options are specifically located, and allow students to develop a personal relationship with the Metz staff. This research is aimed to increase the students’ knowledge of food consumption and options within the college’s cafeteria setting. Also, the program will help eliminate uncertainty where particular food options are located and allow students to connect with the staff. Misconceptions about the dining hall and food will be corrected and the program will help student’s craft his/her own personal opinion. My desired result is to have the program positively influence students to eat healthier, better their dietary behaviors, eliminate myths or stereotypes about the cafeteria, and become better informed about nutrition.

Rachel Hogan (Music and Psychology ’17): Adventurous Eating and the Habits of LVC Students
The purpose of this research is to evaluate students’ food preferences and hesitations here at Lebanon Valley College. A food questionnaire will be used to determine what factors are most important to LVC students when they are compiling their meals in the dining hall. Specifically, the research will provide insight into whether students choose meals for sensation purposes or nutritional value. This research will serve as an aide to Metz culinary management and also help to support current and future food research here on campus. The participants will be student volunteers from Lebanon Valley College.

McKenna Lupold (Physical Therapy ’18): Sustainability House
In a world where being environmentally conscious is increasingly important, I intend to create a living space on Lebanon Valley College’s campus where students can live and interact with their community in sustainable ways. This sustainability house would grant students the opportunity to engage and reside in a living-learning community which can educate students, faculty, and community members about living sustainably. Students will have responsibilities each semester to reduce energy and water usage, recycle, compost, and to assist our dining management company, Metz Culinary Management, with their green initiative programs. To secure the future of the house and to grant a unique space for Metz to continue and develop their green initiatives, this project will hinge on collaboration. Ideally, the sustainability house will be an ongoing residence that will evolve with the needs and interests of the students and the college as a whole.
Jasmine Olvany (Chemistry ’17): Taste Lab—Exploring the Physical and Psychological Connections between Taste and Satiety

I will be utilizing the Taste Lab to explore the relationship between flavor and satiety, within the context of the EAT initiative’s efforts to promote plant-forward dishes on campus. The primary goal of this research is to arm Metz with the information they need to present healthy, plant-forward options to the student body in a way that is accepted and even preferred in the dining hall. I will work with Chef John, who will transform the normal meat-based student favorite dishes, into flavorful, satisfying, plant-forward ones, and then measure the acceptability of these dishes through the Taste Lab. The majority of this research will be qualitative data acquired through the reaction surveys distributed in the labs. The entirety of the project will be executed through three taste labs in the fall and up to eight in the spring.

![Figure 2: Sweet/Spicy Curry Comparison](image)

Vidya Lala (Biology, Pre-Med ’17): Globalize Your Palate with Healthy and Sustainable Alternatives

This project focuses on creating more plant-forward options within the Mund Dining Hall at Lebanon Valley College. I will begin by analyzing protein consumption trends among college age students and some possible explanations behind their decisions, paired with a review of Metz’s current vegetarian and vegan options. I will work closely with Chef John Hopewell to create recipes inspired by international cuisines, in order to expand students’ exposures to other cultures and provide them with variety of plant protein sources. The meals will also be analyzed for their nutritional value using guidelines developed by E. A. T ’16 Researcher Sean Curry, in an effort to create meals that are both plant forward and high in protein or fiber. Interventions in the dining hall will be supplemented with flyers and information cards describing the health benefits and cultural relevance of each meal. This research will incorporate quantitative methods of research and focus on practical and action research through dining hall interventions.

2017-18 Projects Underway:

- Kevin Beaver (Environmental Science ’18): Video Quantification of Food Waste
- Miles Weber (Music ’18): Metz Smartphone App
- Collyn Gingrich (Exercise Science ’19): Taste Lab—Effects of Food Labels
- Conner Irvin (Exercise Science ’19)—Portion Size and Effects on Food Waste