The Problem: Unofficial anecdotal data have shown that the students of WPI are dissatisfied with the current food selection offered at Morgan Commons in terms of nutritional standards.

Project Goals/Objectives
- To gather data on the eating habits and opinions of students dining at Morgan Commons
- To increase awareness of the lack of healthy food available to students
- To influence Chartwells to make changes to the options offered at Morgan Commons

Methods/Process:
A survey was sent out to the undergraduate population of WPI, in order to identify the opinions and eating habits of students.
An additional interview process was undertaken to get an in depth look at the eating habits of a selected few students.

Would you like to see more healthy options in the dining hall?

- Yes 86%
- No 14%

n= 211

Do you believe Chartwells should provide nutritional information at the dining hall?

- Yes 85%
- No 15%

n= 211

Background:
- Researchers at Rutgers showed that 31% of students gained weight during their first year.
- A San Jose State University study reported 22% of a group of freshmen gained up to six pounds.
- This trend has been shown to cause life-long weight problems.

Recommendations:
Based on our results, we recommended to Chartwells that they begin to offer more healthy options and display nutritional information on the food available to students in the dining hall.

Outcomes:
Our group brought our results to the Director of Dining Services, Barbara Kolofsky, and many changes were discussed, including:
- More fresh fruit offered throughout the day
- A better assortment of raw vegetables, such as carrot sticks
- Plasma TVs displaying nutritional information
- Scales to weigh the amount of food on a plate in order to gage a serving size

References