College Students do not eat nutritiously. This is often due to a lack of knowledge and lack of time, as well as an emphasis on convenience over nutrition.

- “The majority of college students... do not eat fruit daily (84%), and do not eat vegetables daily (83%).”
- A study by Dr. Racette found that 70% of students gained 9 pounds or more within the first two years of college.

To inform WPI freshman students of basic nutrition facts and strategies to make better nutritional choices.

Educate students about basic nutritional information through the use of flyers. This will allow students to make better nutritional choices on their own.