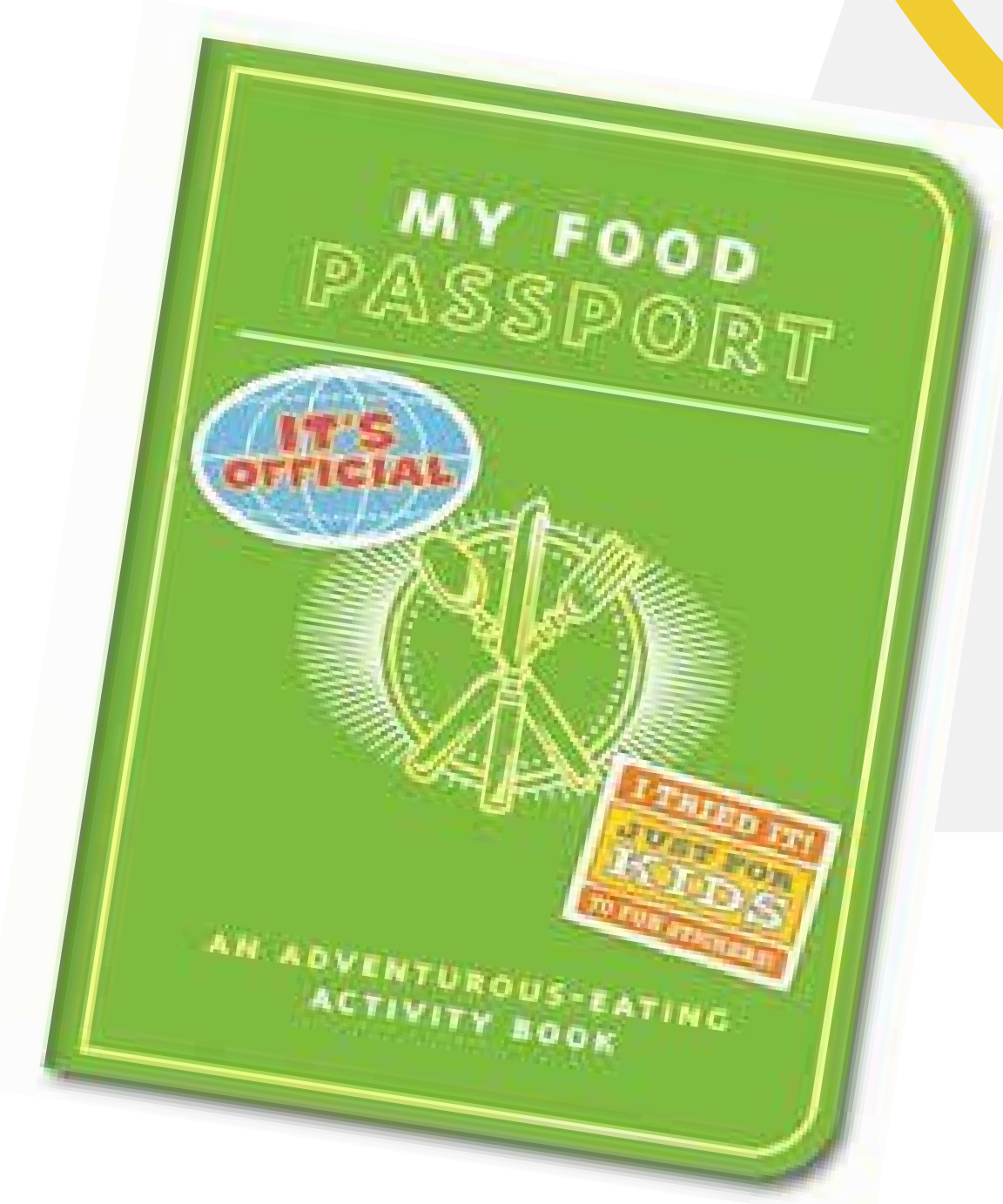




Innovate Wellness Challenge 2022



Be well. Feel well. Do well.

Top Idea:

Dining Paw Passport

1. EMPATHIZE



Audience:

1. First year undergraduate students at Storrs who reside in on campus housing and are on the UConn meal plan. New transfer students who are unfamiliar with campus dining.
2. Students who are having difficulty navigating dietary options and accommodations for their nutritional needs. Examples include students who are vegan, kosher, halal, vegetarian, and/or have gluten/nut allergies and would like to be able to see the variety of options they have easily.

Observation, Consultation & Feedback:

3. We often overhear and have interacted with students who complain about the dining hall food and experience because they can't find what they're looking for to suit their nutritional needs. This results in students eating less and feeling demotivated, contributing to an increase in stress and compromised health and well being. Considering the importance of diet in physical and mental health, from these observations a better navigation system for the dining halls is necessary.
4. After consulting with our mentors during the mentoring sessions, two UConn SHaW interns expressed that they did not know some dining halls were closed on the weekends or that dining halls accommodated meals to specific food allergies, which is something that many incoming students may not be aware of.
5. We observed that new students feel overwhelmed with all the food options, leading them to shy away from exploring new dining halls. This makes it harder for students to recognize their nutritional needs and what options best accommodate them.



Name: Sneha Kelkar
Major: Biomedical Engineering

Bio: Sneha Kelkar is currently an undergraduate student at UConn pursuing a bachelor's degree in Biomedical Engineering with a minor in Information Technology. She is very involved on campus planning events with Global Health Spaces on Campus (GloHSOC), Society of Women Engineers (SWE), and UConn Asha with an end goal to learn and provide services to improve health quality and equity through research and technical engineering advances.

2. DEFINE



Insights, Problem, Action Steps:

1. A popular complaint students have is that the dining hall options aren't what they're looking for and don't accommodate their needs. We gathered insight from a couple of our friends who were fasting for Ramadan. They were not eating properly because they were unaware about where they could access food during early/late hours. We realized how students from different dietary backgrounds were struggling to meet their nutritional goals due to not being able to easily access relevant information.
2. With the abundance of resources available, it's hard to sort through to figure out information that's relevant to each individual student's nutritional needs. Another problem is helping students open up their palette to different dining options.
3. Our action step is to make an easily accessible and fun UConn dining services "passport" to help students navigate through all of SHaW's resources for dining and physical wellness, taking the burden off of the students themselves.

Actionable Problem Statement:

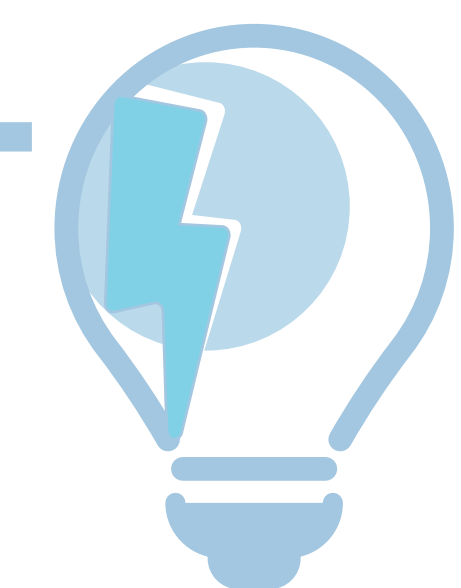
4. New first year or transfer students on campus can become overwhelmed with on campus food options and individual resources for navigating these options. This can lead to compromised nutritional outcomes that negatively impact students' mental and physical health and stress.



Name: Venkat Kidambi
Major: Biomedical Engineering

Bio: Venkat Kidambi is a third year undergraduate student studying Biomedical Engineering. He loves Biomedical Engineering research and leveraging creative problem solving ideals in conjunction with traditional technical knowledge to tackle complex research problems. He is very active in campus research and Global Health Spaces on Campus (GloHSOC).

3. IDEATE



Idea Generation:

We would like to design a food passport that would serve as a resource guide that talks about all on campus dining options, such as the dining halls, the Union, and cafes.

Structure:

- Passport size, ~ 20 quarter pages, can be easily transported around campus
- Table of Contents, walking map of all dining halls, cafes, the Union
- 2 pages per dining hall: dietary accommodations at the location (examples: halal, kosher, vegan, vegetarian, gluten/nut allergy), "reddit-style" reviews, fun facts about location, info on dining hall director
 - Example fun fact: Whitney dining hall has a cafe to study in!
- Additional pages for cafes, Union, and meal plan features
 - Example: student advice on how to best utilize flex passes and points with QR code linking more info on balance, features, etc.
- Invisible resources:
 - Example: late night, dining hall hours

Incentives:

- Get passport stamped every time a student goes into a new dining hall
 - Example: after visiting 5 out of 8 dining halls, you get free ice cream coupon for the dairy bar
 - Visiting 8 out of 8 dining halls earns you \$5 in points
- Mini Trivia questions, etc., on pages that would have answers contained within a QR code link.
- Design of the passport will have graphics and lots of color to keep students interested in the contents.

Marketing/Sustainability

- Market to freshman undergraduate students so it become incorporated in their college experience
- Have it distributed by RA's during welcome week/floor meetings
 - Walk student through the challenges and the pamphlet layout
 - RA's are usually easier to relate to/trust = makes students more willing to use it.