

# eatWell Ethos @ Stanford

## 1 We believe in a flexible, holistic approach to eating that promotes food well-being.

We do not believe there is one “right way” to eat well, but rather that there are many paths to health and wellbeing through food. R&DE Stanford Dining embraces a “food well-being” philosophy that emphasizes the importance of nourishing our students’ bodies and minds while helping them build positive relationships with food that encourage balance and flexibility. We do not overemphasize health aspects of food or utilize reductive metrics (like calories) to guide food choices because research indicates these methods do not promote long-term nutrition and encourage a restrictive mentality that can lead to disordered eating.

**Food well-being:**  
*a positive psychological,  
physical, emotional, and  
social relationship with  
food.*

*We work collaboratively with student groups, Vaden, ResEd and university administrators to promote a campus food environment that supports body positivity. For these reasons, we do not post calorie information or use health-focused marketing. Instead, we engage with students to build food well-being and lead with flavor in the dining halls to showcase how delicious and satisfying eating well can be.*



2

## We celebrate diverse food preferences, experiences, and identities.

R&DE Stanford Dining is intentional about offering a variety of culturally diverse food options to reflect and celebrate the diversity of our campus. While honoring traditional foodways within our community, we also encourage exploration and discovery as we believe food is a powerful lens through which we can share and experience other cultures. Food represents our heritage and our ancestry. We celebrate the many food traditions around the world that, while different in composition and flavor, can all provide physical and emotional nourishment.



*R&DE offers a globally inspired menu including kosher, halal, vegan and vegetarian options. We also work across campus with partners such as the Office for Religious & Spiritual Life, Hillel, the Muslim Student Union and The Markaz to support students with religious dietary needs.*

3

## We offer an inclusive dining experience for those with special dietary needs.

R&DE Stanford Dining is committed to providing an exceptional dining experience for our students and we understand the unique challenges and stressors that students with food allergies experience when trying to navigate their dietary needs on campus. Over 15 years ago, R&DE Stanford Dining was the first university dining program in the nation to designate a dining hall as “Nut Free” and we continue to lead by example, partnering with FARE (Food Allergy Research & Education), Stanford’s Office of Accessible Education (OAE), and student advocates to help improve the college experience for students with food allergies through enhanced awareness, accommodations and training.

*Since launching the Food Allergies @ Stanford program in 2017, our dedicated Food Allergy Program Nutritionist has supported thousands of Stanford students, staff and guests with food allergies and special dietary needs.*

**FOOD  
ALLERGIES**  
@Stanford





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## We support a culinary centric, flavor first approach to promoting better food choices.

We believe that engaging with our Chefs and emphasizing flavor is the key to creating delicious menus that also promote personal and environmental health. By utilizing fresh, minimally processed ingredients and from-scratch cooking wherever possible, our chefs maximize flavor while preserving or enhancing nutrition in the foods we serve.

*We strive to create balanced menus that inspire students to make healthful and sustainable food choices while also encouraging mindful indulgence and creating fun food experiences that help build community on campus.*



5

## We communicate transparently and accurately about our food and operations.

R&DE Stanford Dining takes pride in our ingredients and cooking practices and we are committed to providing transparency about how foods are procured and prepared in the dining halls. Our nutritionists review all food purchases and recipes and manage the menu labeling program to accurately communicate ingredients, dietary qualities, sustainability attributes and allergens to diners.

*We understand that many students rely on the menu labels to navigate their dietary needs and preferences and are continually working to expand the food items that are labeled in the dining halls.*



## 6

## We support the educational mission of the University by partnering with students and faculty in food research and education.

R&DE is co-founder and co-leader of the Menus of Change University Research Collaborative (MCURC), a nationwide network of colleges and universities working collectively to cultivate the long-term well-being of all people and the planet—one student, one meal at a time. Treating our dining halls as living laboratories, we create dynamic learning environments where applied research is bridged with operational innovations to develop best practices that support healthier, more sustainable food choices. In 2019, R&DE founded the Stanford Food Institute to further promote food education, research and innovation at Stanford in partnership with all seven schools of the university.

*We collaborate with students and faculty to provide experiential food education and applied research opportunities through class collaborations, research studies, food-themed seminars and events, student internships, and senior capstone and thesis projects.*



## 7

## We promote the development of lifelong eating practices that support health and wellbeing.

Lifelong eating behaviors are formed during the college years and we believe in the exponential power of food to positively impact our students' health and wellbeing at Stanford and beyond. Through our food programs, we nourish students' bodies and minds to provide the nutritional foundation to support their rigorous academic and athletic pursuits. By delivering a transformative food experience, our goal is to inspire the next generation of business leaders, household decision makers, and parents who will shape the values and behaviors of generations to come.

*Through strategic design of the food experience at Stanford we help students adopt healthier, more sustainable eating practices that positively impact the 3,000 meals each student will eat at Stanford and the 250 million meals they will collectively consume over their lifetimes.*

