



# Emerging Practices: UC Davis Food Access



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## INTRODUCTION

- Fruit and Veggie Up aims to increase access of fresh produce to students.
- Fruit and Veggie Up launched on the UC Davis Campus during the summer of 2015.
- On the UC Davis campus only 5.7% of undergraduates and 11% of graduate students get the minimum recommended amount of fruits and vegetables daily. (ACHA NCHA, USDA)
- Efforts made to improve quality and access of foods should be accompanied with nutrition and cooking education (World Health Organization)

## PROGRAM GOALS

- Increase student access to fresh produce and nutrition and cooking education.
- Mitigate financial burden of purchasing fruits and vegetables
- Serve as liaison to other food resources in the surrounding community



## PROCEDURES

- Host produce giveaway at the Student Health and Wellness Center twice a week and at the UC Davis Student Pantry once a week.
- Teach cooking skills through food demonstration offered once a week at the Student Health and Wellness Center.
- Provide nutrition education through peer-to-peer discussion.



## RESULTS

### I PLAN TO CONTINUE PICKING UP PRODUCE FROM FRUIT AND VEGGIE UP

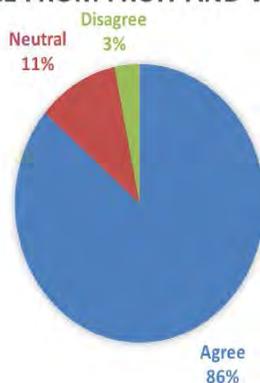


Figure 1. Surveyed response of students indicating their level of agreement in continuing to come to Fruit and Veggie Up

### I KNOW NEW WAYS TO PREPARE PRODUCE FROM THE COOKING DEMO

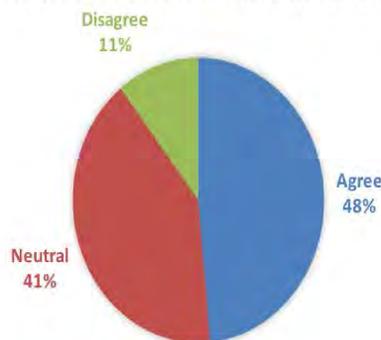


Figure 2: Surveyed response of students indicating level of agreement towards learning new ways to cook their produce after attending the cooking demonstration.

### MY OVERALL FRUIT AND VEGETABLE CONSUMPTION HAS INCREASED

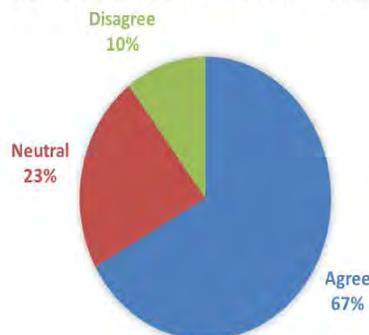


Figure 3: Surveyed response of students indicating their agreement towards their fruit and vegetable consumption increasing since they began coming to Fruit and Veggie Up.

## RESULTS (Continued)

### What motivates you to come to Fruit and Veggie Up?

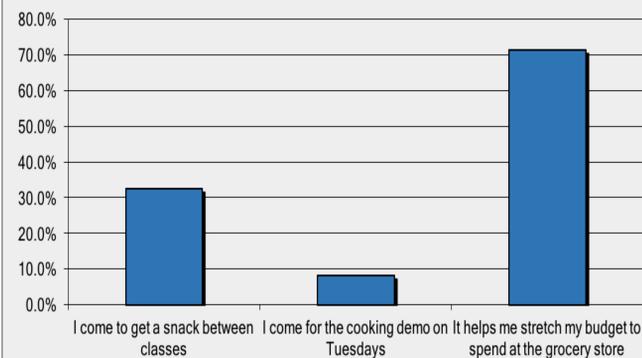


Figure 4. Percentage of students indicating why they are motivated to come to Fruit and Veggie Up.

- 90% of students who have applied to CalFresh have qualified to receive benefits
- CalFresh participation has doubled from Fall 2014 to Fall 2015
- 5,155 pounds of produce have been diverted from waste in just 9 months.
- When asked recommendations they have for Fruit and Veggie Up Students reported:  
 “More food! More times a week please!”  
 “Expanding the window of picking up the veggies because it can be hard to pick up between a small time frame. Otherwise this program really helps me out financially.”  
 “Just keep doing it!”

## FUTURE DIRECTIONS

- Increase food access to graduate students
- Increase participation of eligible CalFresh recipients
- Implement cooking classes with strong emphasis on meal budgeting below \$2.00 per serving.

## ACKNOWLEDGMENTS

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