

# MechSE WELLness

## N01 Nutritional Transparency

**Intent: Help individuals make informed food and drink consumption choices through nutritional labeling and information.**

Nutritional information panels and facts are often found on prepackaged foods and beverages. However, this same level of nutritional transparency does not exist for food at restaurants, university dining services, vending machine items, and a variety of food retail establishments. Starbucks, as an example, does not include nutritional labeling on the custom-ordered drinks of its customers (kind of challenging to do so with so many customer varieties). Research suggests that calorie labeling is associated with healthier food choices and increased calorie information awareness.

**Impact: Nutritional transparency can help individuals make informed choices that support a healthy diet and increase nutrition awareness for overall improved health and well-being throughout life.**

### **What are the requirements to earn this credit?**

1. Illini Union / Starbucks provides nutritional information for all packaged foods and beverages sold that includes minimally a) total calories, b) total fat, protein, and carbs in weight and as a percentage of daily values, and c) total sugar content.
2. Illini Union / Starbucks provides nutritional information for all non-packaged food and beverages sold via Starbucks website and clearly provided link near the cashier (point of decision) accessible by smartphone. Common food allergens are clearly labeled at point of decision, on packaging, menus, or signage.
3. Illini Union / Starbucks prominently labels at point of decision any beverage or food that exceeds 25 grams of sugar per container, less whole fruits, or contains hydrogenated oils.

### **How is MechSE accomplishing these requirements?**

When seeking partnerships with prospective coffee shops for the LUMEB, Illini Union and Starbucks management were informed that we were pursuing WELL Certification. Each was provided a copy of all applicable credits. They supported and enabled our pursuit of WELL and agreed to provide digital access to all nutritional facts on the Starbucks website at the point of decision (cashier). Routinely the Starbucks space is monitored by MechSE and meetings are held with Illini Union management to ensure we meet this credit.

