

MechSE WELLness

N07 Nutrition Education

Intent: Improve dietary habits, eating behaviors, and increase nutritional knowledge.

Combined with access to nutritious foods, nutrition education is an effective way to encourage healthy eating behaviors and well-designed nutrition education programs can lead to healthier food choices and longer, productive life. It has also been shown to increase positive attitudes toward fruits and vegetables and may also improve academic performance in students. At workplaces, nutrition education in combination with modifications to the food environment was associated with reductions in salt and saturated fat intake, lower BMI, and higher nutritional knowledge.

Impact: Nutrition education strategies can positively impact individual nutrition and health behaviors and allow for the development of habits that will contribute to a lifetime.

What are the requirements to earn this credit?

1. Provide, at no cost, educational materials including cookbooks, magazines, or other literature that promotes healthy eating and nutrition, with at least three different resources available for every 100 regular building occupants or students.
2. Optionally, provide nutrition and dietary education workshops on a quarterly basis.

How is MechSE accomplishing these requirements?

MechSE purchased three cookbooks as recommended by U.S. News and World Report's Best Diets Overall in 2021. These are "The Complete Mediterranean Cookbook", "The DASH Diet Cookbook", and "The Flexitarian Cookbook". Each of these is located in the faculty and staff lounge for room use by all faculty and staff to prepare healthy meals at work and at home for the benefit of the entire family. Also, each of us can visit the various libraries on campus to obtain latest issues of various healthy cooking magazines and available books. The information is at our fingertips to enable our best future selves!



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