

MechSE WELLness

N08 Mindful Eating

Intent: Encourage mindful eating behaviors and communal dining opportunities.

Eating alone and distracted eating have become emerging social concerns in modern life and are associated with a variety of social and health outcomes. Studies have found that people who eat alone may be more likely to choose unhealthy foods, eat fewer fruits and vegetables, and eat at irregular times. There is also some evidence to indicate that distracted eating while working, reading, watching television, or listening to music is associated with higher food intake both immediately and later on. Fortunately, a positive relationship exists between mindful eating and mental wellbeing.

Impact: Providing dedicated eating spaces and dedicated meal breaks allows individuals to consume meals together and away from their workstations and encourage mindful eating.

What are the requirements to earn this credit?

1. Include designated eating spaces that contains tables, chairs, and provides protection from environmental elements.
2. Provide daily meal break of at least 30 minutes for all and the opportunity to eat away from their workstation.

How is MechSE accomplishing these requirements?

LUMEB was designed with many social spaces that also serve as eating spaces, with the MechSE Hub the most outstanding location adjacent to Starbucks! Campus labor policies provide at least a 30 minute daily meal break for every employee, while students meal break may fluctuate some to meet class schedule on specific days. However, everyone has the opportunity to eat mindfully around the lunch hour! Hope it's enjoyable leftovers or other healthy option!



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