

MechSE WELLness

N10 Food Preparation

Intent: Provide space and supportive amenities for the preparation of meals on-site.

Meals consumed away from home are often higher in calories, lower in nutrients, and larger in portion size. Analysis of dietary intake data shows that individuals who bring food from home tend to have a better diet quality than individuals who purchase food away from home.

Impact: Food preparation and storage space and supportive meal amenities can encourage individuals to bring healthier food options from home.

What are the requirements to earn this credit?

1. Provide meal support via one dining space that has refrigerator, countertop surface, sink and amenities for dish and hand washing, microwave/convection oven, dedicated cabinets for storage, reusable utensils and microwave-safe plates and cups.

How is MechSE accomplishing these requirements?

The Faculty and Staff Lounge located at Room 3058 was designed to meet all of these requirements for regular employees and goes beyond in providing different styles of seating, beautiful view of Green Street, and wireless internet access. Additionally, Conference Room 2050 offers many of the amenities but currently lacks cold storage and only conference table style dining. Yet, it is purposely reserved from Noon to 1pm to allow occupants time for communal dining.

