

Eco-Initiatives Form: Above \$500

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| Name: Eating Sustainably for Wellbeing |
| Date Submitted: January 8 th , 2016 Date re-submitted: January 31st, 2016 |
| Contact Email or Phone: bezgirma@hotmail.com jeslinerahardjo1@gmail.com Danielo5808@hotmail.com |
| Club or Group Affiliation(s): UBC Sustainability Ambassadors |
| Amount Requested: \$ 1000 |
| TREASURER USE ONLY: Approved Modified Denied Submitted as of: Notes: |

- *The blue colour is the added details for the Eating Sustainably Event*

1. Please fill in the fields below to give us an overview of your project:

Name of Project: Eating Sustainably for Wellbeing

- Objective or Purpose: Eating Sustainably is an annual hot lunch program for UBC undergraduate students to enjoy and share locally grown, fairtrade and organic produce from various caterers across Vancouver. Studies have shown that there is a strong correlation between stress and nutrition – someone with a healthy and balanced diet is less likely to be stressed than someone with a poor diet. Therefore the main purpose of this event is to provide a healthy and nutritious vegan lunch that promotes the idea of well being and eating for sustainability. Additionally, on behalf of UBC Sustainability, all funds raised from this event will be donated to the AMS Food Bank.
- Brief Description:
 - Provide a hot lunch by donation (minimum of \$2) to UBC students that will be at the **Nest (The Lower Level area) on Wednesday, March 23rd at 11:00 - 3:00 p.m.** The food provided is vegan and made from our favourite local produces.
 - The food will be made by [AMS Catering](#).
 - Educational & Engagement aspect:
 - Since this event aims to educate students to have a better understanding about nutritious, healthy and sustainable diet that benefits their health, we will invite various [UBC Clubs](#), ([SEC](#), [UBC Farm](#), [Sprouts](#), [Roots on the Roof](#), [AMS Foodbank](#), [HeWe](#), [Common Energy](#)), [UBC Aboriginal groups from the Longhouse](#), [Peer Programs \(Wellness peers, Equity Ambassadors, etc\)](#) and organizations([Nature’s Path](#), [Granola Girl](#),etc) that will help incorporate interactive games or activities that focus on food and wellbeing initiatives. The event is going to be layout in a way that student can grab the food and participate in various activities provided by the various sponsors. For instance, students will first grab the hot-lunch and need to collect 3 stamps by participating in the activities provided by each club, in order to get their dessert.
 - Further, we will showcase a video of students on what Eating Sustainably means to them and ways that they can be more sustainable.
- Project Date(s): March 23rd, 2016 (Wednesday)
- Expected Attendance: 100 - 150 UBC students

2. Outline how your project pertains to the environment and/or contributes to sustainability at UBC (approximately 200 words).

The Eating Sustainability event will showcase, educate and encourage students to support local food products that tie in the idea of sustainability. All of the products that will be showcased in this event will have ingredients that are grown or raised in an ecologically and ethically responsible manner using practices that protect the environment, safeguard human health, ensure humane treatment of farm animals and provide fair treatment to workers. [Additionally, during the event, there will be a background video that promotes ways of how students can have a more sustainable die, provide](#)

[quick 5 minute recipes on the UBC sustainability newsletter, environmental facts about the pros and cons of an all meat vs. a vegetarian diet](#)

One major goal of this project is to help the UBC community understand the importance of waste reduction. Students are required to bring their own cutlery, lunch boxes and coffee mugs for this event. In addition, with the collaboration of cross-campus food services and UBC clubs we can promote what it's like to lead a sustainable lifestyle.

[*As for our caterer's Sustainable policies: AMS catering uses sustainable food and seasonal menus coupled with exceptional service to create extraordinary events.](#)

3. How will you document the successes and challenges of your project? In what ways do you foresee this documentation aiding future environmental and sustainability initiatives (approximately 200 words)?

- Success will be measured based on the number of people that turn up to both days of the event. Furthermore, the ability to communicate the purpose of the event effectively is key, and through the distribution of the magnets we hope that students can take a meaningful part of the event and incorporate it into their daily lives, whilst, sharing the experience with close friends and relatives.
- The difficulties that we may encounter are making sure that sponsors are willing to participate and act enthusiastic towards the whole idea. Availability of space within the nest; ability to rent the space. Other difficulties could include communicating our objectives for the event effectively in order to ensure that both, people who are and who are not aware of how sustainable eating can be incorporated into their everyday lives, are appealed by the overall idea.
- [In addition, making the promotional background video showcasing ways to eat sustainably that is engaging and educational to the student body is a crucial aspect to this event.](#)
- The overall outcome and review of the event will hopefully aid other groups when getting involved with food and sustainability at UBC, ensuing a better understanding of the practices as to how students incorporate food and sustainability into their daily lives as well as their level of interest

4. For most funding requests of this amount, SEC would like to see other sources contributing to the financing of your project. Are you pursuing any other sources of funding? If so, what are those sources, how much are you expecting to receive from them, and what will those funds be put toward? (We can help you identify other sources of funding.)

- Wellbeing Grant = \$200 (Matt)

5. What aspect(s) of your project will SEC funding be used for? Be as specific as possible with the allocation of funds.

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| Catering Services - Wescadia (Wednesday) | \$1000 | Hot-lunch includes cutleries: \$10/student *100 students |
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| Nest (Lower Level) | - | Could SEC help us book the lower level space? |
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**Signed (Your Name): Jesline Felicia Rahardjo
 Bezawit Debele
 Daniel Ortiz**

SEC Treasurer

Name:

Signature:

SEC Chair

Name:

Signature:

How to Submit the Funding Application

Completed forms can be emailed to sec.ubc@gmail.com (preferred) or dropped off at our office, Room 2106 of in the AMS Student Nest, during office hours¹. You are also welcome (but not required) to attend our weekly meetings² to present your project idea to our group, though we would appreciate an email informing us of this intent at least 48 hours ahead of time. The executive team and other active members of SEC would be happy to help you formulate your project as well as assist with its development and applications for funding.

If your funding application is approved, the Student Environment Centre will reimburse you for the specified purchases and expenses. You will then be referred to our Treasurer, whom you must provide with receipts and/or proof-of-purchases. Reimbursement usually takes about 5 business days. In the event that a student is unable to make the necessary purchase(s) to start their project, arrangements for advance funding can be made.

A Note about Eco-Initiatives Grants

Eco-Initiatives Grants can be used to fund a wide variety of projects: any projects related to the environment or sustainability, and involving members of the UBC student body, will be considered. However, funding requests for projects undertaken as part of coursework at UBC, or individual volunteer projects, must illustrate a connection to the wider student body. Should

you have any questions regarding the Eco-Initiatives Funding, please contact feel free to get in touch with us using any of the aforementioned methods.