

# Campus Nutrition Matters: A Look at Healthy Eating Initiatives

## Why it Matters

Proper nutrition plays a vital role in both overall well-being and academic performance. Nearly **90%** of students at Conestoga College experience some level of food insecurity (CSI, 2023).

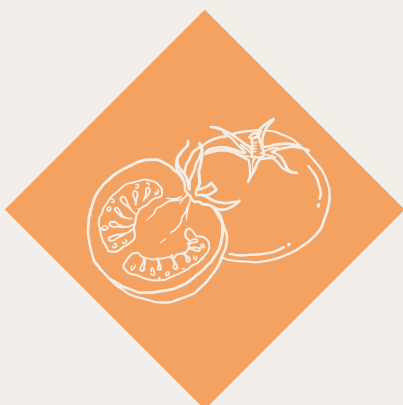


## Food Security

Food security is crucial for post-secondary students as it directly impacts their physical and mental well-being, academic performance, and overall quality of life. Addressing food security can help ensure that students have the necessary resources to succeed academically and maintain their health (Mawji & Grantham, 2023).

## Peer-Led Programs

Peer-led programs in post-secondary environments are effective because students connect more easily with peers. They also help to reduce stigma and foster a supportive community (Matthews et al, 2014).



## Food Skills

Food skills programs that teach cooking skills to university and college students are useful because they promote healthier eating habits, increase self-efficacy in meal preparation, and enhance nutritional knowledge. These programs help students develop practical skills that can lead to better food choices and overall well-being (Park et al., 2024).

## Healthy Vending

Healthy vending machines in post-secondary institutions are vital as they provide convenient access to nutritious food options, which can improve students' healthy eating habits and overall health.



## Cafeteria Operations

The nutrition environment in post-secondary institutions is crucial for students' health. High stress and irregular schedules often lead to poor eating habits. Providing access to healthy meals can improve both physical and mental well-being (Almoraie et al., 2024).



### References:

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