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What does healthy eating look like?

Edmonton – For university students, eating healthy can be a Herculean task. Many young adults view healthy food as boring, expensive and inconvenient. With classes and coursework, who has the time (or desire) to pack a lackluster salad for lunch?

“At MacEwan University, we want to show students there are healthy options right here on campus that taste great and are reasonably priced,” said Jill Scheyk, MacEwan University Retail and Campus Services.

Retail and Campus Services is partnering with food service provider Aramark to bring students an easy way to make healthier choices and more information about what healthy looks like.

Through Aramark’s Get the Good Stuff program, a specific label guides students to healthier options. For example, an entrée labeled “Get the Good Stuff” needs to follow at least three of these guidelines:

* Quantities are per serving
  - 500 calories or less
  - under 10g of fat
  - under 720mg of sodium (under 960mg for sandwiches)
  - made with whole grains
  - loaded with veggies

There are also special guidelines for snacks, sides and bakery items sporting the Get The Good Stuff logo. The program even includes special labeling for vegan, vegetarian, gluten-free and sustainable seafood products.

Retail and Campus Services will blog about tips and tricks for eating healthier on campus at macewaneats.ca. There, students can ask us questions, submit their own posts and read up on healthy campus food and healthier ways to give in to cravings.

Founded in 1971, MacEwan University is a comprehensive university offering more than 65 programs including undergraduate degrees, applied degrees, diplomas, certificates, continuing education and corporate training. Its philosophy of inspiring minds, academic excellence, and providing career opportunities continues to be its guide as it serves the educational needs of students across Alberta, Canada and the world.

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