

Christine Carlson



GkANpVpV

Entry details

Entry Name: MindFull

Institution Name: University of Arizona

Entry Completed By (*name and position*): Christine Carlson, Director Dining & Nutrition

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Essay:

Students are often unsure of what to eat to ensure they are fueled to meet their scholastic endeavors ensuring brain function is at its peak. Often students are drawn to supplements and energy drinks instead of whole foods and beverages. Arizona Dining created an evidence based Special Diet Program for those students to educate and guide food choices called MindFull. MindFull is purposely spelled with two "L"s to illustrate fueling your mind with functional foods that support brain health and function. The goal of MindFull is our tagline of "Food for Thought". We wanted participants to gain life skills and knowledge to use throughout life of evidence-based foods and behaviors that can improve brain health. Featured foods include dark green vegetables, nuts, seeds, berries & other fruits and seafood. MindFull options were created at our All You Care to Eat locations including Salmon with Dill Sauce and along with several grab & go options MindFull Juice and Blueberry Frozen Pops. The goal of the program was to provide education and whole food options to students in October, 2025 during mid-term exams in a memorable and understandable manner to assist with better food choices into adulthood.

Objectives included:

- Increase knowledge of foods that can aid in brain health and function including produce, healthier fats and proteins
- Identify foods that aid in brain health from various food groups

- Increase knowledge of wellness choices to assist with brain health including hydration, sleep, physical activity and social interests.

The MindFull program included interactive workshops that provided an overview of the program, hands on building of a MindFull plate and trail mix samples made of dried fruits including blueberries & cranberries, nuts including almonds & walnuts and sunflower seeds. A pre- and post-survey showed a 32% increase in identifying foods that aid in mental focus (n=127). Marketing collateral provided an easy to follow handout identifying importance of nutrition for brain health and examples of foods. Additionally, digital totems, table toppers and plasma were used for marketing. The program also included tabling events with Dining & Nutrition Educators and interns offering food samples featuring the campaign the first week of March (National Nutrition Month) in 2025. A quick quiz was included during the tabling showing an average score of 91% (n=214) after interacting with the table. Examples of MindFull foods are featured in restaurants and are displayed in our Nutrition Calculator as an icon. A variety of whole foods are found at our all you care to eat locations with product identification cards to assist with creating a full MindFull meal. Students greatly understood the importance of selecting foods and beverages that aid in fueling their minds in this evidence-based program. Feedback included "MindFull has made it much easier identifying foods to choose to help with mental focus". Another student said "I love that you have highlighted MindFull foods on campus so I can quickly build my plate. Its much cheaper than the supplements I was taking."

Log in to nacufs.awardsplatform.com to see complete entry attachments.



REFUEL BUNDLE
Quinoa & Kale Reheatable Bowl, Botanical Tea

\$8

MindFull Web B... 98 KiB



MindFull
Food for thought


\$9 SUPERFOOD
\$9 BREAK-FAST

FOOD BUNDLES FOR FOCUS
NICH

mindful table to...475 KiB

PDF

Univeristy of Ari...2.1 MiB



Attachment name

<https://www.canva.com...>