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Brain Bites: Exploring the Connection Between Food Choice and Emotional Wellness

CONFERENCE ABSTRACT

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Abstract

Brain Bites is designed for student athletes at Barton College to help improve dining options, operating hours, and overall dining experience. Access to nutrition is crucial for students' physical wellness and academic success. However, the limited variety and restricted operating hours create a barrier for some students. The purpose of this agency is to bring awareness to the issue by gathering information on how students feel about the current dining options, their dietary habits, and areas they feel need improvement. Through a campus-wide survey, Brain Bites will collect data to identify the best solution for on-campus dining. The findings will be presented to students and staff on the Day of Scholarship and at the Wellness Fair. Funding is requested to help support the research and presentation of our proposal. Brain Bites aims to promote students' physical wellness and support students reaching their full potential.

Keywords: college campus, dining, student life
