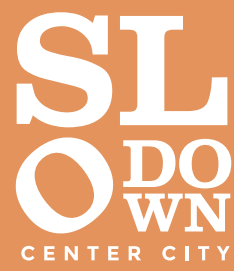


THE OPINION OF
DORM
 STUDENTS
FOOD ●
 SURVEY &
 RESOURCES



TOP 10
DORM
 FOODS

BETTER CHOICES

1. RAMEN
2. MICROWAVE POPCORN
3. PIZZA
4. ENERGY DRINKS **IN MODERATION**
5. INSTANT HOT CHOCOLATE
6. CHIPS **CARROT CHIPS**
7. CEREAL
8. INSTANT MAC AND CHEESE
9. SODA
10. CANDY

ADD VEGETABLES TO YOUR RAMEN

USE AN AIR POPPER ITS ONLY 20 BUCKS

MAKE YOUR OWN PIZZA WITH HEALTHY ITEMS

CUT THE MELLOWS

RAISIN BRAN TRY IT

STICK TO WATER

INVEST IN SOME HEALTHY SWEETS

SURVEY

WHEN ASKING DORM STUDENTS

60%
 WOULD RATHER GO OUT THAN COOK

50%
 CONSIDER HEALTH WITH FOOD CHOICES

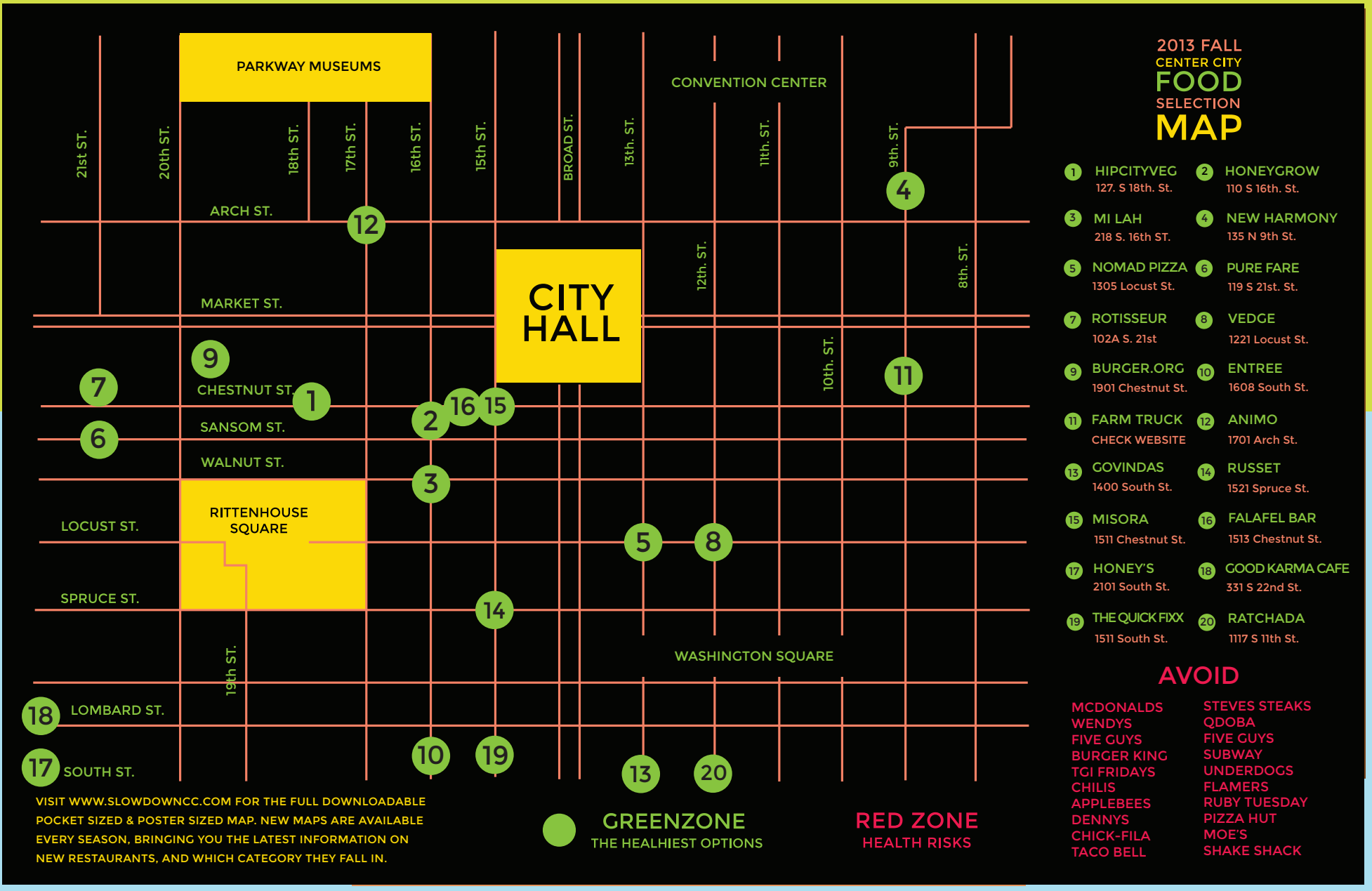
65%
 WOULD EAT HEALTHY FOOD IF THEY KNEW WHERE TO GO

30%
 HAVE VISITED READING TERMINAL MARKET IN THE LAST 6 MONTHS

70%
 HAVE EXPERIENCED POOR FOOD QUALITY IN CENTER CITY

MAKE A CHANGE MAP

60%
 EAT FAST FOOD AT LEAST 5 MEALS A WEEK



- QUICK**
- HONEYGROW
 - HIPCITYVEG
 - BURGER, ORG
 - PURE FARE
 - MISORA
 - GOVINDAS
 - FALAFEL BAR

- MORE TIME**
- MI LAH
 - VEDGE
 - HONEY'S
 - RUSSET
 - ROTISSEUR
 - ANIMO
 - GOOD KARMA