

# The Proposed Implementation of Plant-Based Snacks at The Stress-Free Zone Program

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## Background

- THE STANDARD AMERICAN DIET CONSISTS OF LOW NUTRIENT-DENSE FOODS VS. A PLANT-BASED DIET THAT IS ALL ENCOMPASSING OF VEGETABLES, FRUITS, LEAFY GREENS, AND WHOLE GRAINS.
- BENEFITS ASSOCIATED WITH A PLANT BASED DIET INCLUDE INCREASED COGNITIVE FUNCTION IN TERMS OF ACADEMIC PERFORMANCE WHEN COMPARED TO A STANDARD AMERICAN DIET (FLORENCE ET AL., 2008).
- EACH QUARTER, THE UC SAN DIEGO LIBRARY HOSTS THE STRESS-FREE ZONE DURING THE FIRST THREE DAYS OF FINALS WEEK. THE PROGRAMS AIMS TO DRESS STUDENTS BY PROVIDING SNACKS, BEVERAGES, AND ACTIVITIES THAT FACILITATE RELAXATION AND REGENERATION.



## Objective

TO DETERMINE THE FEASIBILITY OF IMPLEMENTING PLANT-BASED INSPIRED SNACKS INTO UC SAN DIEGO'S STRESS-FREE ZONE PROGRAM, A COST ANALYSIS WAS PERFORMED TO JUMP START THIS INITIATIVE.

## Methodology

- COLLABORATION WITH THE STRESS-FREE ZONE ALLOWED INFORMATION TO BE COLLECTED SUCH AS THEIR \$300 QUARTERLY BUDGET, VENDORS, SNACK VARIETY, STUDENT PREFERENCES, AND THEIR OPENNESS TO SUGGESTIONS.
- CONDUCTED A COST ANALYSIS TO DETERMINE FEASIBILITY OF REPLACING PAST SNACK OPTIONS WITH PLANT-BASED ALTERNATIVES
- LOOKED INTO PRICING AND AVAILABILITY AT COSTCO, WALMART, SMART AND FINAL, & GOODIES
- COMPARED OPTIONS TO IDENTIFY THE MOST EFFICIENT COMBINATION TO PROPOSE TO THE STRESS-FREE ZONE



## Outcomes

- A COST ANALYSIS ALLOWED US TO DETERMINE THAT THE IMPLEMENTATION OF PLANT-BASED SNACKS WILL BE A FEASIBLE ALTERNATIVE FOR THE STRESS-FREE ZONE PROGRAM
- THE PROPOSED PLAN SHOULD BE SUFFICIENT IN PROVIDING FOR 300 STUDENTS AS THERE IS A TOTAL OF 917 ITEMS.
- IN THIS PLAN, COFFEE WAS ELIMINATED AND REPLACED WITH WATER BECAUSE IT WAS CONSUMING HALF OF THE BUDGET.



### CUTIES

\$75 FOR 240  
VENDOR - GOODIES



### BANANAS

\$22 FOR 100  
VENDOR - GOODIES



### SKINNY POP

\$130.41 FOR 252 BAGS  
VENDOR - COSTCO



### BLACK FOREST GUMMIES

\$64.95 FOR 325 PACKS  
VENDOR - COSTCO

## Conclusion

REPLACING THE CURRENT SNACKS OFFERED BY THE STRESS-FREE ZONE WITH A PLANT-BASED ASSORTMENT OF SNACKS IS A FEASIBLE INITIATIVE THAT REMAINS WITHIN THE ALLOTTED BUDGET. WE BELIEVE THIS WILL BE ACHIEVABLE BASED ON OUR COST ANALYSIS AND WILLINGNESS OF THE STRESS-FREE ZONE TO IMPLEMENT THE PROPOSED PROGRAM.



## Policy Implications

THE COST-ANALYSIS PLAN SHOWCASED THAT A PLANT-BASED ALTERNATIVE IS FEASIBLE AND ACCEPTABLE TO THE ORGANIZATION IN CHARGE OF THIS INITIATIVE. THUS, EXPANDING THIS PROGRAM TO OTHER ON-CAMPUS SITES SUCH AS THE COFFEE CARTS MAY BE VERY REASONABLE. AN EXTENSION OF THIS PROGRAM CAMPUS-WIDE COULD BE BENEFICIAL TO ALL UC SAN DIEGO STUDENTS.