

Whitney - The Health Conscious Student



Whitney is a 4th year student at UTM who has lost 25 pounds this past summer and has ignited her passion for fitness and eating healthy. What really helped her change her eating habits was eating a variety of healthy food, eating food rich in protein and squeezing in the time to workout. However, since

her 4th year started she is finding it quite difficult to stick to her healthy routine and has found herself gaining some of the pounds she worked so hard losing before!

She was advised by a friend to set up a meeting with a nutritionist at the HCC in the Davis Building so she could find out more on how to maintain her healthy lifestyle while eating food available on campus, but she absolutely does not have time to do this amidst taking 6 courses and being a TA. Instead, as a fix, she decided to buy fresh fruits and vegetables to keep in her backpack to eat between classes. Although this helped her lower her calories it has also unfortunately reduced her protein intake, which was severely needed for her strength training routine at the gym.

Currently, she feels like the healthiest option for her is the chicken salad at the Northside Bistro in Deerfield. This is convenient for her as most of her classes are in Deerfield and she studies in the building's study space between classes. The only problem is that she gets sick of eating the same thing that she sometimes finds herself going for the calzones and the creamy soups since she needs some variety. She enjoys social media and follows [@utm_dining](#) on Instagram to get food updates around campus but gets frustrated at how the updates happen when the food is close to being sold out.

What she hopes for from the UTM Food Tracker app is to be able to track her calorie and the macronutrient intake and browse a

variety of food options available on campus only using her phone. She believes that she would be willing to try any food option on campus provided she could assess its nutritional benefits before purchasing it.

Adam - The Student Living on Residence

Adam is a 1st year international student and lives on residence. He has recently moved to Canada from Morocco and has a tough time adjusting to the food in his dorm cafeteria, Oscar Peterson Hall (OPH). He heard from his friends that the chicken shawarma at the Northside Bistro in Deerfield is quite good, so he decided to give it a try. He stood in a line for a long time, only to find out it was sold out for the day. This happened to him a couple more times until he gave up. Disappointed, he decided to never go to the Northside Bistro again and stick to eating at OPH.



Adam can also be a picky eater. One day he liked his meal at the International Table at the Davis food court so much but on the next day he didn't find that same meal being offered. He imagined how easy it would have been to have access to their menu beforehand so would know what was being served on a certain day of the week. He already found it hard to keep track of what his dorm cafeteria offered on the days of the week and thought that keeping track of what another cafeteria on campus offers in the week was too much work. Hence, Adam was once again, back to only eating at OPH.

Although he spends \$3,000 on his annual meal plan he spends approximately an additional \$35 on two large pizzas from Dominoes every Friday night to keep him fed for the whole weekend just so that he can avoid getting out of his pajamas and walk all the way to the cafeteria. He sometimes wishes he could ask his roommates to get him food on their way back from the OPH cafeteria but he often feels shy to do so. He wishes there would be a service where he could get food delivered from the OPH cafeteria to McGrath-his residence- as on harsh winter days

he dreads the 10 minute walk just to get food; this way he could still utilize his meal plan without having to leave his dorm.

What he hopes to get out of the UTM Food Tracker App is to be able to know what is in supply so he wouldn't have to disappointed waiting in long lines and to know what all the different cafeterias on campus have to offer without having to go all the way to the cafeterias to find out. He likes to believe that if the app existed, he would be making more use out of his meal plan.