

# Nutrition on College Meal Plans

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## Problem Statement

Busy college students need an easy-to-use app that will provide them with personalized guidance towards reaching their nutrition goals while on their student meal plan. Our solution should help students learn how to eat nutritiously and meet their goals.

**Who is affected:** College students who want to feel healthier and avoid the "Freshman 15" but are unsure where to start

**What is the problem:** Basic campus meal plans don't offer individualized guidance or suggestions on what to eat based on a student's health and nutrition goals

**Where does this occur:** At dining halls and other campus locations where food is served and meal plan swipes/dollars are accepted

**Why does this matter:** As students adjust to their new lives away from home, they have a lot going on and not much time to spend on fulfilling their nutritional needs or identifying where they're lacking. Feeding the body with high quality food will lead to improved self-esteem and feeling better, leading to better learning in the classroom.