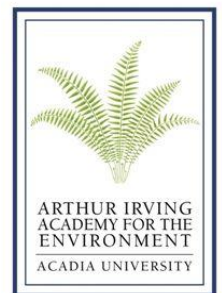


# Acadia Trayless Dining

## Information Sheet

- Acadia students initiated trayless days in Wheelock Dining Hall in 2008. Some students also pledged to go trayless during the Acadia Eco-Olympics and throughout the 2008/2009 academic year.
- Many post-secondary institutions across Canada and the US have implemented trayless dining. In Atlantic Canada Dalhousie, Saint Mary's, and Mount Allison University have implemented trayless dining and several others are planning to go trayless.
- Acadia Trayless Dining is a collaborative initiative between Students Affairs, the Arthur Irving Academy for the Environment, the Department of Facilities, Chartwells, and the Acadia Student Environment Network.
- Trayless dining is a student-inspired initiative, and is part of Acadia's commitment to sustainability outlined in the University Strategic Plan. Sustainability involves reducing our environmental impact; treating people fairly; contributing to society; and ensuring that the Acadia is economically viable.
- There are environmental, health, and financial benefits to trayless dining.
- A study of 25 colleges and universities by Aramark Higher Education found that there was a reduction in food-waste of 25% -30% on trayless days in dining halls. It was also determined that removing trays could save  $\frac{1}{3}$  to  $\frac{1}{2}$  gallon of water per tray (Aramark, 2008).
- Other studies show that the greater the amount of food people are served, the more they will consume (Levitsky and Youn, 2004). Thus, trayless dining may have positive health implications for new students by encouraging portion control, helping to reduce excess food consumption, implicated in the infamous "Freshman 15".
- At Acadia, trayless dining will help reduce food-waste, water, energy, operating costs, and pollution from cleaning agents lowering Acadia's impact on the environment and conserving financial and natural resources.
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Aramark Higher Education. (2008). *The business and cultural acceptance case for trayless dining*.  
<http://www.aramarkhighered.com/ThoughtLeadership/Articles.asp>

Levitsky, D.A., & Youn, T. (2004). The more food young adults are served, the more they overeat. *Journal of Nutrition*, 134, 2546–2549.