80 / 20

In 2030, how can the UniMensa contribute to healthier eating habits of its students and assist them in making the right choices when it comes to selecting and consuming food?

Problem

The current menu offer at the Cologne UniMensa is still not environmentally sustainable nor nutritious enough, meat and dairy production alone account for 14.5 percent of the world's greenhouse gas emissions.

Abstract

Students are plenty busy with their studies already, and some simply do not have the motivation or the time to intensively research new ingredients and ways to prepare them or are lacking in cooking skills. The Mensa of the future will assist the individual in terms of conscious food selection and consumption on campus and beyond.

Adjustments need to be made, and the for the future planned restoration is the perfect oppurtunity to do so. Starting by reducing the number of dishes the students can choose from on a daily basis, at present 12 dishes, reducing the amount to 5 well prepared meals. Thereby variety, which the students were not satisfied with, throughout the week can be increased.

The goal of the 80/20 Mensa is to enable a balanced diet and general wellbeing effortlessly and sustainably. The 80 stands for 80% plant based and the 20 for 20% animal based.

System map

currently being reodne in AI

Keywords — #nutrition #dietary balance #education on food and health

Data — The system uses the BMEL's standards on food nutrition and regulations as well as the Nutriscore

Stakeholder — Student services Cologne (kstw) / BMEL / External software provider

Partner — Management team at the UniMensa, Joachim G.

Cases

Climate change and eating habits	Extended nutrition labeling: Nutri-Score	Why a plant-based diet?

User story

currently being edited

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Image captions go close the images and should be short

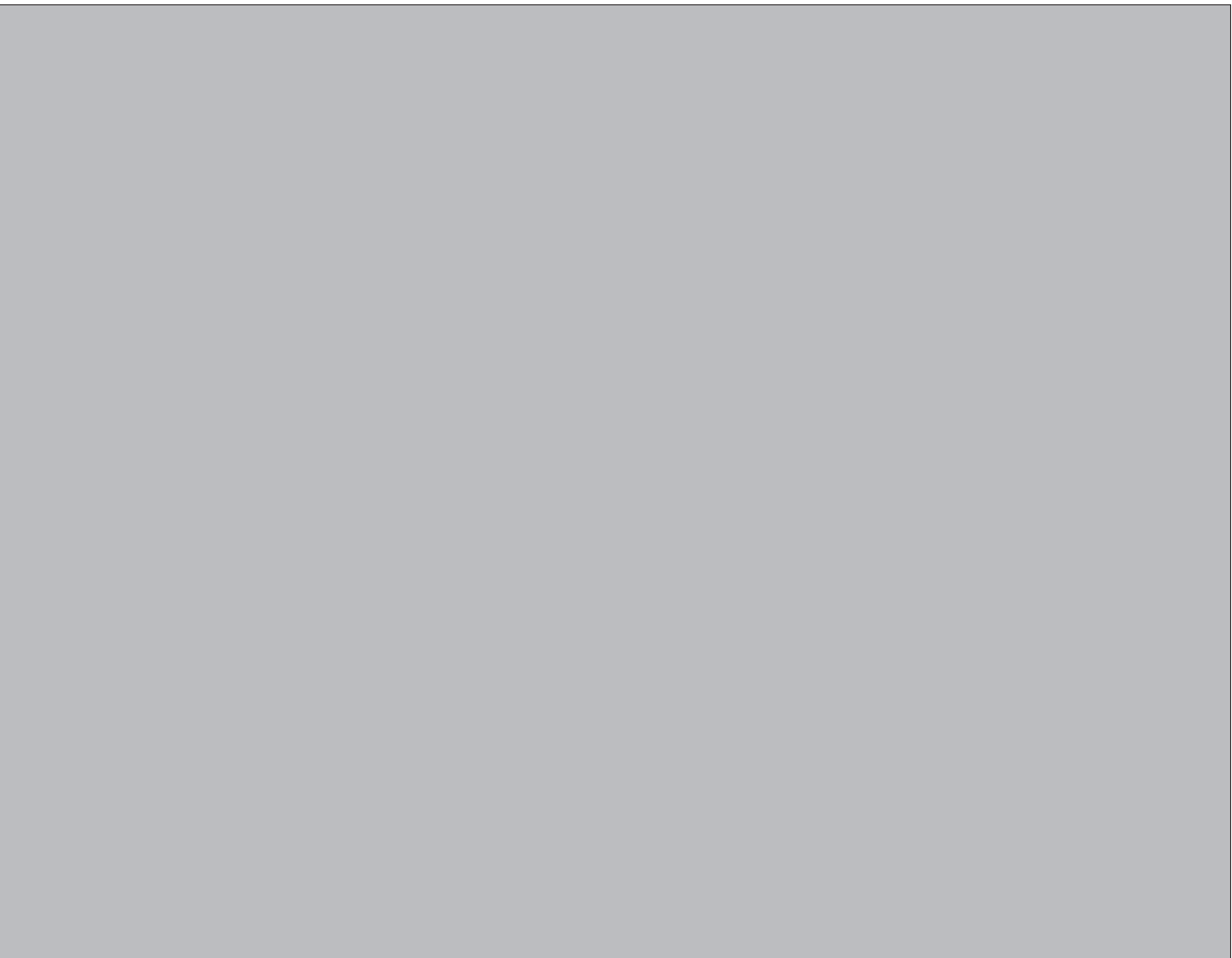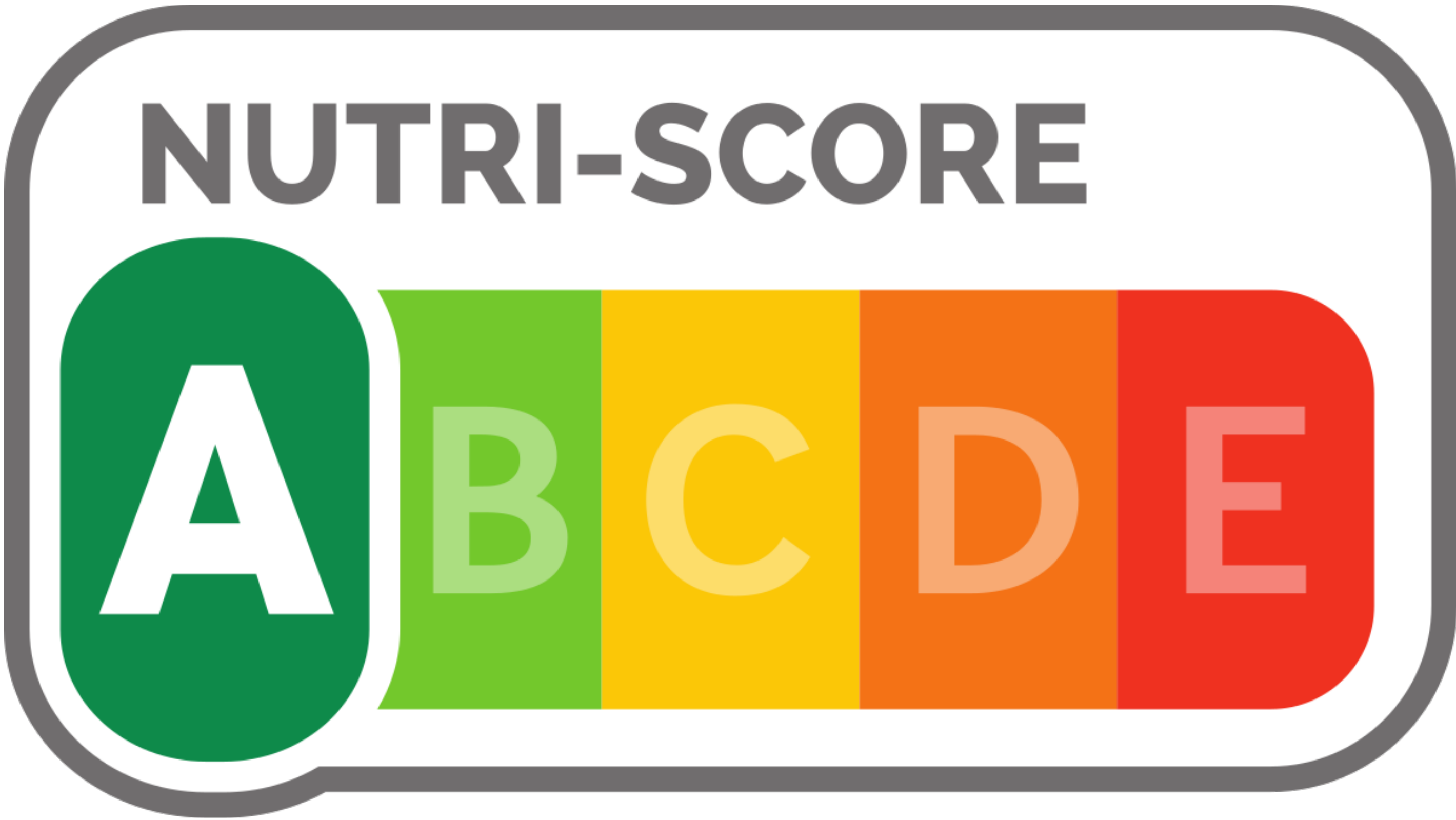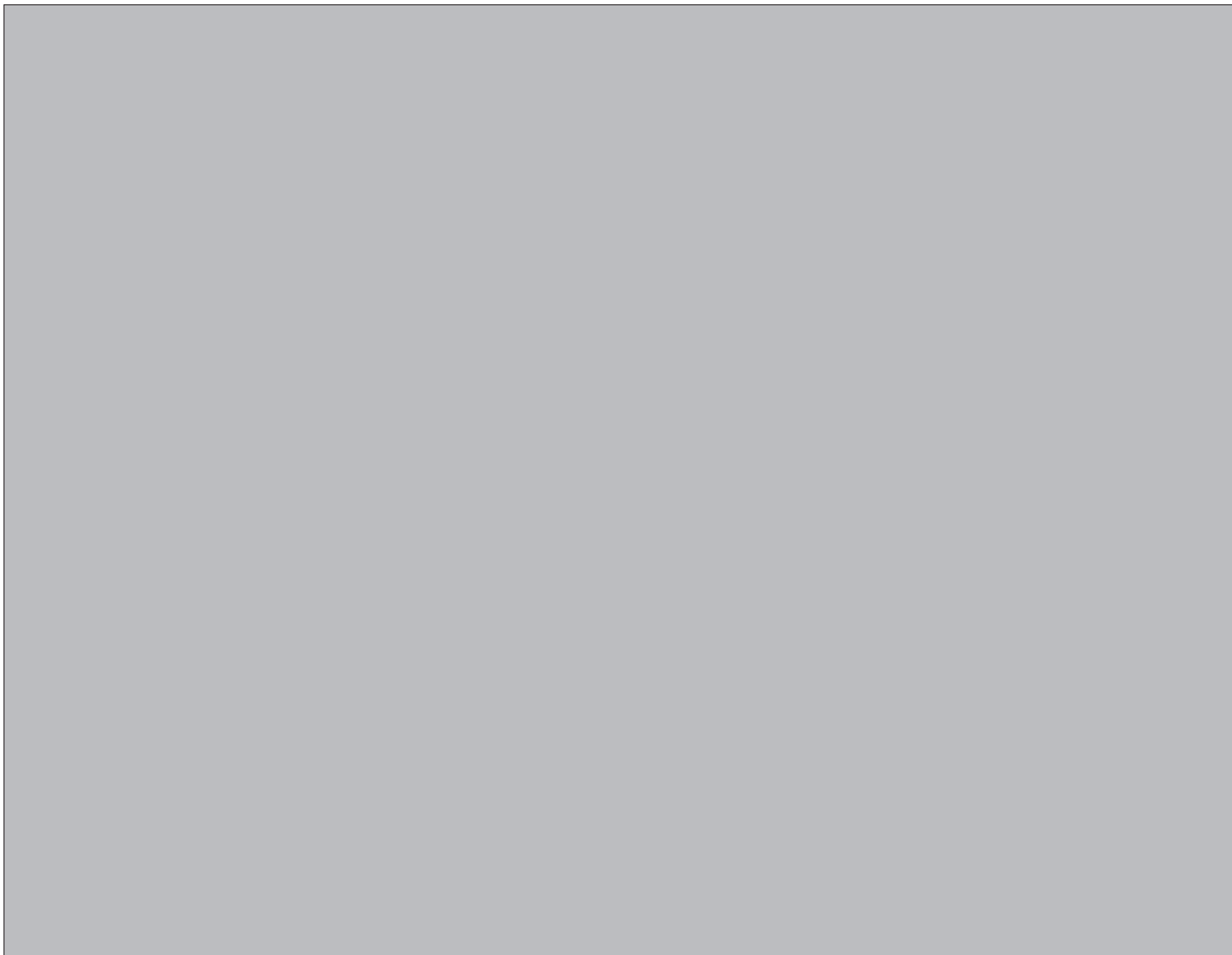Actual Pictures still in the making

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