



student bag (to go)

prof. Sanja Vidaček Filipec, prof. Zvonimir Šatalić

students: Lucija Drobac, mag. nutr., Amalija Danjek, univ. bacc. nutr.



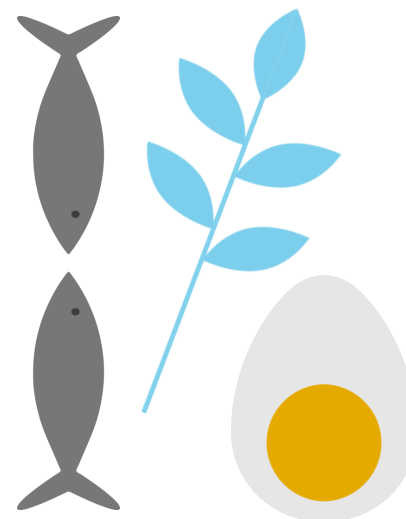
Subtask 3.2.1. Creation of a list of potential food items to include into *student bag*

- Creation of a list of potential food items to include into *student bag* - Based on previous activities, a *nation specific list of potential items* will be created based on expert opinions (i.e., project team members and other stakeholders). The inclusion criteria for the list is strict adherence to Mediterranean diet. The list is based on previous activity, i.e. menu creation, *shortcomings of the menus* regarding food groups or items underrepresented, or that the consumption should be increased, based on *nation specific priorities*.

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Development of a tool to assess the compliance of cafeteria menus with the Mediterranean Diet

Silva et al. *BMC Nutrition* (2024) 10:163
<https://doi.org/10.1186/s40795-024-00975-2>



- Evaluation of menus in Croatian student restaurants with the tool?
- Results: food and food groups to increase:
 - Whole grains
 - Eggs
 - Nuts & seeds
 - Seafood
 - Olive oil (in Croatia not used for cooking at student restaurants)



Subtask 3.2.2. Defining nation specific content of a *student bag*

- Using previously created list of potential food items, a focus group comprising of university students (representatives of major universities), led by nutrition expert(s) will define a proposal for a content of a student bag. Priorities here are convenience, practicality, contribution to the Mediterranean diet, affordability, food safety, contribution to food, and nutrition literacy and education.

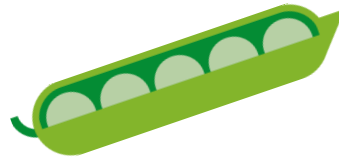


student bag: final result/proposition

1. Tortillas (main protein sources: v1: fish and v2: eggs; wrap dough, full grain, made by Croatian food company; filling and final preparation and packaging: student restaurant)

~~2. Salads?~~

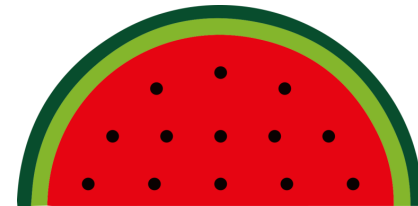
3. A bag with nuts & dried fruit



- Focus group
- Confirmation survey (n = 1175 university students)
- Professional chef → recipes for propositions
- Management and employees of student restaurants
- Compliance with MD and project prerequisites

Focus group

- Conducted by psychologist (Melita Rukavina, prof., University of Applied Health Sciences), participants: student representatives (n=8; m+f, ≠ faculties) + food and nutrition experts (n=3)
- Duration: 90 min, intro: project & MD, questionnaire (sociodemographics)
- Outcome: list of potential student bags (proposed by students, not experts)
- Criteria: FOOD (identified by the tool ←) & PRIORITIES:
 - Convenience
 - Practicality
 - Contribution to the Mediterranean diet
 - Affordability
 - Food safety
 - Contribution to food, and nutrition literacy and education



Subtask 3.2.3. Development of a food product for a *student bag*

- Based on the outcome of the previous task, i.e. definition of the content of a student bag, namely, 3 specific wholesome food(s) and/or processed food product, a new food product (max 1) will be developed in collaboration with food technologists from FFTB and/or from food companies.



Subtask 3.2.4. Test for industrial scale up of a *student bag*

- *Based on average annual sales of the corresponding or similar food items at students restaurants, and calculated production cost of a student bag, including developed new food product, a proposition for a market price for a student will be calculated.*

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Plans for the future..

- *Student bag*, and MD menus developed through project activities, to be included in official offer at student restaurants, that is regulated by Ministry of Science, Education and Youth, and updated irregularly
- Use of olive oil in dish preparation to be a norm at student restaurants



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