Food Service Advisory Committee
Auxiliary Services

Date: March 1, 2013
Place: Fresh Food Company at Moody Towers
Time: noon-2 p.m.

Attendees: Deborah Davis, Richard Zagrzecki, Caroline Sullivan, Jerrod King, Andy Moon, Kelly Underkofler, Trista Walker, Corinne Green, Geoff Herbert, Shannon Mariani, Amber Arguijo, Don Yackley, Sarah Yockey, Rebecca Szwarc, Cheryl Grew-Gillen, Yesenia Chavez, Nicci Westbrook, Esmeralda Valdez, James Lee, Keith Kowalka

Meeting Minutes

I. Open forum

a. Student brought up the possibility of having at least one line in the dining halls that offers food that has not been genetically modified or tampered by science.

i. Would give students an option

ii. Student understood that going entirely organic in the dining halls is not feasible

iii. Student made reference to article from the Institute for Responsible Technology

1. Article discusses risks of genetically modified foods

b. Possibility of not having Chick-Fil-A in the revamped University Center

i. James Lee, co-chair of the LGBT Advisory Board for the LGBT Resource Center, came later in the meeting to address the issue

ii. Wanted to see the possibility of keeping Chick-Fil-A out of the UC

1. The company's charitable foundation has made donations to groups that believe marriage should be defined as being between a man and a woman

2. The company's CEO has voiced his support of marriage as being between a man and a woman

iii. Lee told committee some students feel disrespected by having Chick-Fil-A on campus.

iv. Lee said LGBT Advisory Board is not pushing to have the Chick-Fil-A location in the UC Satellite closed

v. Because it is late in the renovation process, there would be a significant cost factor involved in making any changes. The UC Project does not have funds for any changes.

vi. Reference was made to letter dated Dec. 7, 2012 from the advisory board to Keith Kowalka and Esmeralda Valdez summarizing the board's position on the matter.

II. Approvals

a. Feb. 1, 2013 meeting minutes

i. Approved

III. Updates

a.Shannon Mariani introduced as new director of operations for UH Dining.

IV. Dietitian Update

a. Meatless Monday continues
    i. Representative from Humane Society attended Feb. 25 to hand out information.
b. Heart Healthy Month in February
    i. Heart Healthy Valentine Cards
    ii. Healthy Desserts Spirit Lifter
c. Rock Your Body Day at Campus Rec
d. Iron Chef Smoothies
    i. Residential Life, UHDS and Student Nutrition Association

V. Cougar Woods Dining Hall

a. Declining service levels reported during lunch periods
    i. Management team is re-emphasizing service with the servers.
    ii. New executive sous chef is helping to re-focus the cooks on recipe execution.

VI. Meal Plan Program 2014-2015

a. Reorganizing the Meal Plan Program
    i. Reconvene the subcommittee
b. Focus group meetings
    i. March/April

VII. Summer Meal Plans

a. Offered beginning in April
b. Plans run June 3-Aug. 5
c. Blocks 20, 40 and 80 will be available
d. All Cougar Cash plans also will be available

VIII. Member items

a. Thanks sent out to everyone who worked to improve service at Cougar Woods
b. What's the latest on the late-night dining options for residents?
    i. Parking of food truck between Cougar Village II and Quads for next semester is a possible idea
    ii. Committee can do a better job following up on items brought up at previous meetings
c. Customer service issues brought up
i. Student received rude treatment from worker at Subway in the Lofts
ii. Student reported ice cream bar closed several minutes before scheduled 3 p.m. time
iii. Student reported seeing worker licking fingers while serving
iv. Student reported turning in a comment card, but it was never posted on wall
v. Student reported Cougar Woods runs out of desserts a lot
vi. Student inquired about waffles being served all day at Cougar Woods
vii. Don Yackley reported getting feedback from students that serving stations were closing down early at night
viii. Question was raised if a lot of dishes are disappearing from dining halls
    1. Answer is yes
    2. Dish amnesty program has not been very successful

IX. Adjourn

Next Meeting
Scheduled for April 5
noon-2 p.m.
The Fresh Food Company at Moody Towers

Responsible Technology's Tipping Point Network!

The Tipping Point Network (TPN) connects you to like-minded non-GMO activists in your area who are ready to make a difference as well as create a community among people who care about the future of our food.

- ***What is TPN?*** TPN is about empowering local non-GMO grassroots groups to inspire change through outreach and community
- ***How?*** By educating our communities about the risks of GMOs and what we can do about it

Turns out, you can save the world by simply educating.
Consumer Education + Rejection = GMO Elimination

We encourage you to get active and get involved.

- TPN—it's easy and it's free
- Meet other non-GMO activists in your own community
- Create a local support network
- Join an action group to help educate others

Together, we can create the Tipping Point!

Join now at www.responsibletechnology.org/joinTPN

The Tipping Point Network is sponsored by the Institute for Responsible Technology

The Institute for Responsible Technology is a 501(c)(3) nonprofit, tax-exempt charitable organization. Donations to the Institute are tax-deductible as allowed by law

Doctors' Health Warning:

Avoid Genetically Modified Foods

The American Academy of Environmental Medicine (AAEM) urges physicians to advise all patients to avoid genetically modified (GM) food. They state, "Several animal studies indicate serious health risks associated with GM food." These include:

- **Infertility**
- **Immune problems**
- **Accelerated aging**
- **Faulty insulin regulation**
- **Changes in major organs and the gastrointestinal system.**

Since 1996, GM plants such as soybeans and corn have had genes from bacteria and viruses forced into their DNA. Most Americans don't realize that GM ingredients are in an estimated 70% or more of all processed foods

Learn the risks and start protecting yourself and your family today!

Is the FDA protecting us? No

The Food and Drug Administration policy on genetically modified organisms (GMOs), released in 1992, falsely claims that the agency had no information showing that GM foods are substantially different. Thousands of secret memos later made public by a lawsuit reveal just the opposite. FDA scientists repeatedly warned of possible allergies, toxins, new diseases, and nutritional problems; they urged long-term safety studies. But the FDA official in charge of policy was Michael Taylor, Monsanto's former attorney, later their vice president, and now the US Food Safety Czar.

The FDA ignored their scientists, and doesn't require a single safety test. Instead, companies such as Monsanto, which have been found guilty of hiding toxic effects of their other products, get to decide if their GMOs are safe for us to eat. And the superficial studies they do conduct are widely criticized as rigged to avoid finding problems.

GMOs: unnatural, imprecise, prone to side-effects

Gene insertion into plants is done by shooting cells with a "gene gun" or using bacteria to infect the cells. Then the cells are cloned into plants. These laboratory techniques are imprecise and bear no resemblance to natural breeding. The technology is based on outdated scientific assumptions and can lead to massive collateral damage in the plant. The DNA of GMOs, for example, can have hundreds or thousands of mutations, and the activity of up to 5% of their natural genes can be significantly changed. Even the inserted gene can be damaged or rearranged, creating proteins that trigger allergies or promote disease.

GM foods on the market

The six major GMO crops are soy, corn, canola, cotton, sugar beets, and alfalfa. Each has added bacterial genes, allowing plants to survive an otherwise deadly dose of weed killer such as Roundup. Farmers use considerably more herbicide on these crops, causing higher herbicide residues in our food.

The second most popular trait is a built-in pesticide, found in GM corn and cotton. An inserted gene from soil bacteria called Bt (Bacillus thuringiensis) secretes the insect-killing Bt-toxin in every cell.

The other GM crops are Hawaiian papaya and a small amount of zucchini and yellow crookneck squash, which are engineered to resist a plant virus.

For more information, visit: ResponsibleTechnology.org and NonGMOShoppingGuide.com

For more information, visit: ResponsibleTechnology.org and NonGMOShoppingGuide.com

Get our iPhone app (ShopNoGMO) or download your FREE Non-GMO Shopping Guide at NonGMOShoppingGuide.com

responsibletechnology.org

Growing Evidence of Harm from GMOs

GMOs and allergic reactions

- Soy allergies skyrocketed by 50% in the UK soon after GM soy was introduced.
- Cooked GM soy contains as much as 7 times the amount of a known soy allergen.
- GM corn contains an allergen not found in natural varieties.
- GM soy also has an allergen not found in wild soy, and some people react in a skin prick allergy test to the GM variety, but not the wild type.

Bt corn and cotton linked to allergies

Natural Bt bacteria has been used in spray-form by farmers for years, although it biodegrades quickly. The Bt in GM crops is designed to be more toxic than the natural spray, is thousands of times more concentrated, and doesn't biodegrade.

Hundreds of people exposed to natural Bt spray had allergic symptoms, and mice fed natural Bt-toxin had damaged intestines and powerful immune responses. Now mice and rats fed Bt corn show immune responses, and people exposed to Bt cotton are getting the allergic reactions.

Bt-toxin from GM corn can break holes in the membranes of human cells and has been found in the blood of women and fetuses.

Thousands of Indian farm workers get rashes and reactions from Bt cotton.

GMOs fail allergy tests

No tests can guarantee that a GMO will not cause allergies. Although the World Health Organization recommends a screening protocol, the GM soy, corn, and papaya in our food supply fail those tests—because their GM proteins have properties of known allergens.

GMOs may make you allergic to non-GM foods

- GM soy drastically reduces digestive enzymes in mice. If it also impairs your digestion, you may become sensitive and allergic to a variety of foods.
- Mice fed Bt-toxin started having immune reactions to formerly harmless foods.
- Mice fed experimental GM peas also started reacting to a range of other foods. (The peas had already passed the allergy tests normally done before a GMO gets on the market. Only this advanced test, which is never used on the GMOs we eat, revealed that the peas might actually be deadly.)

Rats fed GM corn had massive tumors, severe damage to livers, kidneys, and pituitary glands, and died prematurely.

GMOs, reproductive problems, and infant mortality

- More than half the babies of mother rats fed GM soy died within three weeks.
- Rodents fed GM soy had changes in their ovaries, uterus, or testicles, including altered young sperm cells.
- The DNA of mouse embryos functioned differently when the parents ate GM soy.
- Mice fed GM corn had fertility problems and smaller babies.
- By the third generation, most hamsters fed GM soy were unable to have babies and suffered high infant mortality; some had hair growing in their mouths.

Bt crops linked to sterility, disease, and death

Babies of female rats fed GM soy were considerably smaller, and more than half died within three weeks (compared to 10% of the non-GM soy controls).

Thousands of Indian buffalo, sheep, and goats died after grazing on Bt cotton plants after harvest. Others suffered poor health and reproductive problems.

- Farmers in Europe and Asia say that cows, water buffaloes, chickens, and horses died from eating Bt corn varieties.
- About two dozen US farmers report that Bt corn varieties caused widespread sterility in pigs or cows.
- Filipinos in at least five villages fell sick when a nearby Bt corn variety was pollinating.

Functioning GM genes remain inside you

The only published human feeding experiment on GMOs revealed that the genetic material inserted into GM soy transfers into bacteria living inside our intestines and continues to function. This means that long after we stop eating GM foods, we may still have their GM proteins produced continuously inside us.

- If the antibiotic gene inserted into most GM crops were to transfer, it could create super diseases, resistant to antibiotics.
- If the gene that creates Bt-toxin in GM corn were to transfer, it might turn our intestinal bacteria into living pesticide factories.

The stomach lining of rats fed GM potatoes showed excessive cell growth, a condition that may lead to cancer. Rats also had damaged organs and immune systems.

- Animal studies show that DNA in food can travel into organs throughout the body, even into the fetus.

GM food supplement caused deadly epidemic

In the 1980s, a contaminated brand of a food supplement called L-tryptophan killed about 100 Americans and caused sickness and disability in another 5,000-10,000 people. The source of contaminants was almost certainly the genetic engineering process used in its production. The disease was only identified because the symptoms had three simultaneous characteristics: they were unique, acute, and fast-acting. If GM foods on the market cause common diseases, mild symptoms, or have long-term impacts, we may never know. There's no monitoring, and hardly any long-term animal studies. So we can't say for sure if GMOs contribute to the recent rise in chronic illness, food allergies, reproductive and digestive problems, autism, and other disorders. But medical organizations like the AAEM say we shouldn't keep eating GMOs while waiting for more studies.

References for the above material are found at ResponsibleTechnology.org/health-risks.

Join the Institute for

UNIVERSITY of HOUSTON
LGBT RESOURCE CENTER

Advisory Board

December 7, 2012

Mr. Keith Kowalka, Assistant VP Student Affairs, Student Life
Ms. Esmeralda Valdez, Executive Director, UH Auxiliary Services

Dear Mr. Kowalka and Ms. Valdez,

The University of Houston (UH) LGBT Advisory Board for the LGBT Resource Center, comprised of UH students, staff, and faculty as well as community members, would like to request that another dining option be allowed in the UC to replace Chick-fil-A after the current renovations are complete, in order to provide greater choice for the campus community. This recommendation was discussed and voted on at our last board meeting and passed with the support of the majority of our board members.

The purpose of the LGBT Advisory Board is to improve the campus climate for LGBT and allied students, staff and faculty through education and advocacy for LGBT inclusive policies; to carry out activities and projects designed to raise awareness about the LGBT Resource Center programs; and to generate support for the Center on the campus and in the community.

Our request is made for the following reasons:

- Out of consideration of UH's nondiscrimination policy which specifically prohibits discrimination based on sexual orientation and gender identity and expression, among other status categories;
- An inclusive, diverse, and welcoming campus should be broadly supportive of all students in its academic programs and activities and the campus environment it creates; and
- Bringing in an alternative food establishment to the UC allows more choice for the campus community, especially for those students, staff, faculty and their allies who choose not to patronize Chick-fil-A.

Please note that we are not requesting that Chick-fil-A be removed from campus altogether; we respect the right of a business establishment to exist and of its management to espouse their religious ideology and support causes of their choosing.

Thank you for considering our request.

Sincerely,

James Lee, Co-Chair
LGBTRC Advisory Board

Catherine Essinger, Co-Chair
LGBTRC Advisory Board

Cc: