

STUDENT SENATE BILL 2023-1168

TITLE: Resolution recognizing the need for Food Delivery Waivers during the Final Examination Period.

AUTHOR(S): Senator Monish Vijayaraghavan, Senator Ayesha Khuddus, Senator Owen Lekebusch, Senator Paige Kleppe

SPONSORS: Senator Samantha Kinggard, Senator Claudia Garcia, Member at Large Isabel Ponce, Senator Julia Seifer, Senator Elsa Brantmeyer

WHEREAS, Many university students fail to follow a well-balanced, consistent meal plan when preparing for their final exams; and,

WHEREAS, A survey conducted on stress in college displayed more than 89% of respondents said they felt stress from exams, and nearly 74% said studying brought them stress [1]; and,

WHEREAS, Nutrition plays a vital role in the promotion of overall health and well-being, especially for individuals undergoing stress-induced activities; and,

WHEREAS, Studies have displayed students with higher academic grades are more likely to engage in healthy dietary behaviors compared to students with lower grades [2]; and,

WHEREAS, As more low-income students seek a higher education with the cost of tuition only rising, hunger is a problem steadily growing in campuses nationwide [3]; and,

WHEREAS, Eating nutritious items such as fruits, vegetables, nuts, and oatmeal help provide greater results for exams, through increased brain function and concentration levels [4];and,

WHEREAS, Foods that contain lots of vitamins, minerals, and antioxidants nourish the brain and protect it from oxidative stress (waste produced when the body uses oxygen) which can damage cells [5]; and,

WHEREAS, It is common for students to snack on unhealthy items that contain many refined sugars while studying for their finals; and,

WHEREAS, Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function and even a worsening of symptoms of mood disorders, such as depression [5]; and,

WHEREAS, College students spend on average \$410 a month eating off-campus [6]; and,

WHEREAS, Food Delivery apps, such as Uber Eats, can cost meals to be up to 91% more expensive [7]; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes the need to promote healthy eating habits and prevent the adverse effects of stress and an innutritious lifestyle during final examination periods.

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate acknowledges that students should not be discouraged to receive necessary nutrition due to financial burdens, specifically delivery fees which accompany food delivery platforms.

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate urges the administration to take the necessary steps to develop a program to provide students with waivers for reduced food delivery platforms fees, in order to promote higher performance and success levels for students both inside and outside of the classroom setting.

Proviso: A copy of this resolution shall be sent to University of Florida President Ben Sasse, Interim Provost J. Scott Angle, Vice-President for Student Life Dr. Heather White, Associate Vice-President for Student Life Dr. Nancy Chrystal-Green, Student Body President Olivia Green, and the appropriate university departments responsible for financial and student services.

[1] <https://www.usnews.com/education/best-colleges/articles/how-to-deal-with-college-finals-stress>

[2] [https://www.cdc.gov/healthyschools/health and academics/health academics dietary.htm#:~:text=Data %20from%20the%202019%20national,associations%20do%20not%20prove%20causation.](https://www.cdc.gov/healthyschools/health%20and%20academics/health%20academics%20dietary.htm#:~:text=Data%20from%20the%202019%20national,associations%20do%20not%20prove%20causation.)

[3] <https://www.pbs.org/newshour/education/think-finals-are-tough-real-challenge-for-growing-number-of-college-students-is-getting-enough-to-eat>

[4] <https://spoonuniversity.com/lifestyle/how-to-handle-stress-eating-during-finals>

[5] <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

[6] <https://educationdata.org/average-monthly-food-spend-college-student#:~:text=The%20average%20cost%20of%20food,plan%20averages%20%24450%20a%20month.>

[7] <https://www.nytimes.com/2020/02/26/technology/personaltech/ubereats-doordash-postmates-grubhub-review.html>