**Project Name:** Developing a healthy, sustainable, and tasty pizza for Yale events

**Organization Name:** Being Well at Yale

**Preceptor Name(s) and Contact Information:**
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**Brief Description of Organization:**
Being Well at Yale strives to create and sustain a culture, community and environment in which wellness is a core value and measure of excellence at Yale. Building on the existing resources at Yale and guided by the Wellness Leadership Group, Being Well at Yale engages and supports employees in their progression towards healthier lifestyles through:

- Meaningful partnerships across the Yale community
- Integrated sources of wellness communication
- Healthier work environments
- Accessible programs
- Outreach and screening
- Self-assessment and personal health improvement plans
- Aggregate data gathering and outcome measurement
- Policy and environmental change

The Wellness Leadership Group includes representatives from Athletics, Compensation and Benefits, Environmental Health and Safety, Facilities Operations, Hospitality Services, Human Resources, Office of Communications, Office on Disabilities, Provost Office, Sustainability, Schools of Medicine, Nursing and Public Health, Union Health Team, Work-Life, Yale Health, Yale Medical Group, and Yale Stress Center.

**Project Description:**
Pizza is often served at Yale events and department meetings due to its convenience and low cost. However, pizza traditionally is high in calories, sodium, and saturated fat, low in fiber, and has a high greenhouse gas footprint (especially if it has meat toppings). It therefore would be advantageous to develop a cost-effective, healthy, sustainable, and tasty pizza option for Yale events with the long-term goal of having it be adopted by vendors and widely utilized at events across Yale. This effort is in alignment with Being Well at Yale’s commitment to environmental change by creating a culture that makes the healthy choice the easier choice for its faculty, staff and students.

The project will have three aims:
Aim 1: To review the peer-reviewed and gray literature for previous work on healthy, sustainable, and tasty pizzas and to assess attitudes of key local stakeholders.

Key informant interviews will be conducted with local pizza vendors, Yale event organizers, and other relevant stakeholders.

Aim 2: To develop one or several menus for a healthy, sustainable, tasty, relatively low-cost, and scalable for mass production pizza, based on a detailed nutritional, greenhouse gas footprint, cost, and food sensory analysis. Nutritional, carbon footprint, cost and food sensory metrics will be compared with several standard “non-healthy” pizzas.

Julie Carrion, a chef from Yale Dining, will advise on the tastiness and feasibility of potential menus and once the menus are developed will bake pizzas based on the menus for use in the food sensory analysis, which will involve having consumers assess food characteristics such as taste, smell texture, and appearance.

Aim 3: To compare consumer satisfaction with one or more healthy and sustainable pizzas versus standard pizzas at Yale events.

Event attendees will be asked to complete a brief satisfaction survey about the sensory attributes described above and overall satisfaction with the pizzas consumed.

Expected Work-Product and Deliverables:

A final report that includes: 1) a review of previous work on healthy and sustainable pizzas and relevant attitudes of key local stakeholders; 2) the methods used for nutritional, greenhouse gas footprint, and cost analysis; 3) menu(s) for the healthy and sustainable pizza option(s) and the standard pizzas, along with detailed comparisons of nutritional content, carbon footprint, and cost; 3) the methods, results, and conclusions of the consumer sensory analysis; 4) the methods, results, and conclusions of the consumer satisfaction study; 5) overall conclusions and recommendations.

Being Well at Yale will review the report and work with New Haven pizza vendors to encourage production of the healthy and sustainable pizza menu(s) and promote them to Yale schools and departments.