Short Communication

Trayless cafeterias lead diners to take less salad and relatively more dessert

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Submitted 16 November 2012: Final revision received 27 August 2013: Accepted 15 October 2013: First published online 18 November 2013

Abstract

Objective: Many colleges are removing trays from their dining facilities in hope of reducing waste. How does not having a tray impact food choice?
Design: A field study was conducted in a university cafeteria (n 417) on two evenings with identical menus, one with tray service and one without.
Setting: A dining hall of a large north-eastern university, USA.
Subjects: Undergraduate students.
Results: Trayless dining decreased the percentage of diners (average age 19 ± 1 years) who took salad by 65 ± 2 % but did not decrease the percentage who took dessert, leading to a markedly higher ratio of dessert to salad.
Conclusions: Cafeterias going trayless should consider complementary policies to encourage balanced diets.

For many years, cafeterias in schools, workplaces and hospitals have offered trays to diners. Recently, there has been interest in whether removing trays from all-you-can-eat cafeterias – going ‘trayless’ – might reduce the amount of food that diners take, eat and waste(1,2).

But what is left behind? Whereas a diner with a tray may have selected a salad, an entrée and a dessert, a trayless diner with only two hands may choose to leave one of these food items behind. Moreover, given this limit, diners might be prompted to return to the buffet line multiple times. While trayless dining might reduce waste per buffet trip(3,4), how would additional trips influence food choice, nutrition and waste?

Methods

A between-subjects field study was conducted in a university cafeteria which alternated between tray and trayless service on two spring semester Tuesday evenings two weeks apart. In the study, which was approved by Cornell University’s Institutional Review Board, the two dinner menus were identical and included salad, a featured entrée and a dessert. On the first evening (the control evening) trays were available as they typically are every night for this particular cafeteria. On the second evening of the study, no trays were available.

After diners (average age 19 ± 1 years) completed their meal, their dishes were collected as they dropped them off at the ‘tray return’ area. Of the 417 people who took the featured entrée, we noted whether they had taken salad, a dessert or neither. Instead of using the Quarter Waste Method to estimate waste(5), precise measures of each remaining food item on each person’s plate were taken and recorded. To reduce the likelihood of response bias following these measures, an independent group of diners on the same days (n 338) were asked how many trips they had taken to the buffet line. In comparing the day trays were available with the day when they were not available, the two variables of primary interest were: (i) the percentage of people taking each of the three target foods (salad, entrée and dessert) on the two days; and (ii) how many grams of each food each person wasted on each of the two days. The first comparison was made using χ² tests and the second comparisons were made using ANOVA and two-tailed tests of significance.

Results

Not having a tray appeared to make students more reluctant to take salad (Fig. 1). When there were no trays, 18 ± 3 % fewer students took salad (from 36 ± 2 % to 18 ± 4 %; χ² = 5.29, P = 0.003), resulting in an overall salad
Discussion

Going trayless may lead diners to select less healthy foods and it may not reduce waste as much as is believed\(^2,6\). In the present study, trayless dining decreased the percentage of diners who took a salad by 65\(\%\) but did not decrease the percentage of diners who took a dessert. Yet, even if going trayless did reduce waste – which we cannot confirm – it may be at the expense of nutrition\(^7\).

It would be useful to confirm this with more studies that examine a wider range of foods in a wider range of cafeterias, including both all-you-can-eat and à la carte cafeterias\(^8\).

Instead of eliminating trays, there may be other alternatives. While creative education efforts such as ‘waste not’ tray decals or wall posters might raise awareness, it may be more effective to simply help make diners slim by design\(^9\). This could be done by redesigning the shape of a tray (square or pentagon-shaped instead of rectangular) or by simply making them smaller, which would reduce waste but not healthy food intake\(^10\). In other cases, full-size trays should be used in vegetarian or salad bar cafeterias that serve healthier food or in cafeterias that cater to those with other nutritional concerns such as athletes, the elderly or the hospitalized.

Acknowledgements

Sources of funding: The Robert Woods Johnson Foundation provided support for this study through the Healthy Eating Grant Program. The Foundation had no role in the design, analysis or writing of this article. Conflicts of interest: The authors have no conflicts of interest. Authors’ contributions: study design, B.W. and D.R.J.; data collection, B.W.; data analysis, D.R.J.; manuscript writing, B.W. and D.R.J.; both authors had full access to the study’s data and take responsibility for the integrity of the data and the accuracy of the analysis. Acknowledgements: Jennifer Cole Nobel, Laura E. Smith and Josh Baylin helped with data collection; Mitsuru Shimizu helped with data collection and analysis; Julia Hastings-Black and Kelsey Gatto provided editorial assistance.

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