



FROM THE DIRECTOR ...

This is the second edition of *The Marketplace Messenger* for the spring semester, and we hope it finds you still in good spirits. For those of you who are counting, I believe there are five weeks until spring break commences. However, this reminds me that a wise person once said, "Life is very short - do not wish your life away." So do not look forward and wish you were in the future, but instead enjoy each day as it comes.

The economic downturn and its impact on Grinnell College have been center plate these past few weeks as well it should. Dining has made efforts to meet the request to tighten expenditures and look for increased efficiencies throughout our operation. I assure each of you that our goal is to meet the challenges presented to us with the least amount of impact on the students we serve. We continue to examine waste, production methods, and individual products that we offer to find the best efficiencies, while continuing to offer the quality program and service you have grown accustomed to.

Be sure to check out the information in this *MM* edition – there is information on the upcoming Student Wellness Fair, Valentines special, peanut butter recall, Spencer Grill, menu updates, and other fun stuff. If you have comments, suggestions, or ideas, please send them along. We would like to hear from you!

Dick

DAYTON CERTIFIED



Becca Dayton, long-time employee of Grinnell Dining, has been certified (as of Jan. 30, 2009) by the American Culinary Federation (ACF) as a Certified Culinarian (CC).

Dayton has been part of the Grinnell Dining team since 1991, serving in various cooking capacities (swing cook, lunch cook, and dinner cook) at both Cowles and Quad dining halls before the merge into The Marketplace.

Dayton's certification is part of an ongoing process for Grinnell Dining employees who wish to pursue professional qualifications through the ACF and other organizations associated with the employee's duties.

FLOWING CHOCOLATE BREAKFAST



Join us for breakfast on Feb. 13 for a

fruit and chocolate breakfast. We will be serving a variety of fresh fruits with a chocolate fountain ready for dipping.

Begin your day with your everyday favorites and top off your breakfast with decadent chocolate-glazed fresh fruits!

Coming Events

- National Chili Day CelebrationLunch 02/23
- Fat Tuesday Celebration.....Dinner 02/24
- National Pancake Day.....Breakfast 02/27

NEW MENU ITEMS

This past week we hope you had the opportunity to enjoy some new menu additions: Wok-Fried Edamame (on the vegan counter), and two new pizzas – Whole Wheat Mediterranean and Almond Gouda – made their initial appearance on the menu. In the next few weeks, you will be seeing homemade breadsticks, the Rachel Sandwich (a turkey reuben on marbled rye with swiss cheese), and a Pastrami Sub Sandwich (with Chipotle Jack Cheese and grilled peppers and onions). We hope you'll enjoy these additions, as well as other "tweaks" to the menu!

EMPLOYMENT OPPORTUNITIES AVAILABLE WITHIN DINING SERVICES

We would love to better serve you, but we need more hands to do so.

We really need your help on Monday, Wednesday, and Friday lunches, noon -2 p.m. It would be awesome to have you join our team, learn some lifelong culinary skills, make a little cash, and have some fun along the way.

Please meet with Lyle Bauman, Kelly Edgington, or Rita Vogel (between meal times please) if you would like to join our team. Dining Services is a fast paced, friendly environment that allows you to work on campus with fellow students and other professional staff. **Hey, we will work around your plans for Spring Break, too!**

STUDENT WELLNESS FAIR

Join Grinnell Dining and other campus and community departments concerned with campus wellness and activities for a student wellness fair on Feb. 17. With the theme "*It's ALL About Wellness*," the fair will showcase that wellness is not just about eating right and exercising, but relates to so many different aspects of our lives (stress management, massage, meditation, handwashing, etc.).

For your convenience, the fair participants will be sharing information (and possibly some give-aways) in the lobby of the Joe Rosenfield '25 Center. At present, more than 30 booths of interest from the College community, as well as Grinnell Regional Medical Center and some national groups will be included.

Come learn about the services offered by Grinnell Dining as well activities, clubs, and personnel here to help you gain and maintain a positive and healthy lifestyle.

News from ...

The Spencer Grill

New items have been recently added to The Spencer Grill.
New beverages, chips, and snacks are now available!

Beverages

- ✂ Jugo DeCoco – A coconut drink
- ✂ Jumex Nectars – Mango and Strawberry Banana flavors
- ✂ Jarritos Sodas – Mandarin and Pina flavors

Chips

- ✂ Barcel Takis – Guacamole and Fuego (Fire) flavors (We've been told the Fuego is hot, so buy at your own risk)

Snacks

- ✂ Bubu Lubu Bar – Chocolate-covered marshmallow and strawberry jelly
- ✂ Marias cookies

As you try these new items, be sure to let The Spencer Grill crew know what you think (positive or negative). If there are other flavors you would like to see added, you might mention that as well!

Do you know of someone who would benefit from subscribing to *The Marketplace Messenger*? If so, please direct them to join-diningnews@lyris.grinnell.edu. We would love to have them join us.

REMINDER

If you have lost your Pioneer One Card, or believe it to be stolen, report it immediately to either Campus Security or the Pioneer One Card Office to assist in the protection of your campus cash and safety.

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Grinnell College Dining Services

Fueling the bodies that power the minds of tomorrow's innovators!

PEANUT BUTTER RECALL

In recent weeks, news media outlets have inundated us with stories about a recall of peanut butter associated with the Peanut Corp. of America plant in Blakely, Ga. To date, a number of items made with peanut butter from the plant have been recalled and/or tested for the salmonella strains associated with reported illnesses.

The peanut butter served and used in products produced by Grinnell Dining is not from this plant and is safe for consumption. All products made outside of Grinnell Dining containing peanut butter have either been cleared of concern by the FDA or are being withheld from sale until the matter is settled.

Grinnell Dining has a longstanding record of being proactive when recalls occur. Although this particular recall has been ongoing for several months, it continues to expand to a number of products produced with the industrial peanut butter produced at this particular plant. Recent additions to the recall include everything from dog treats to ice cream and protein bars.

We will keep you as updated as possible. More information is available at <http://www.kcci.com/health/18532288/detail.html> and the website of the Food and Drug Administration <http://www.fda.gov/>.

The information contained in this publication is designed to be read on your computer. Due to the use of various fonts and pictures, printing this publication may result in reduced readability. By not printing this publication, you are assisting Grinnell College Dining Services in its goal to reduce, reuse, and recycle as much as possible. Thanks for helping us remain as "green" as possible!



Grinnell Dining is seeking a local foods intern (part-time student position). If you are interested, please pick up an application form and information sheet in the Dining Service Office (8a.m.-5p.m., M-F).

Applications will be accepted through Feb. 13, 2009.

UPCOMING DIETARY DISPLAYS

February

17 – Join us at the health fair!

March

4 – Hydration and Exercise

11 – Improving the Nutritional Value of Favorite Foods

April

1 – Fueling Workouts

22 – Eating a Rainbow

May

6 – Beans, Beans, Beans!

All displays occur during the lunch meal in The Marketplace. Come join us for important information ... and lunch!

DIETITIAN'S CORNER

Britt McConnell, R.D., L.D.

Carbonated Soft Drinks: A Look at the Facts

- Carbonated soft drinks are the single biggest source of calories in the American diet, providing about 7 percent of calories. This is significant, because sodas provide calories and carbohydrates, but have little or no nutritional value.
- People who drink sodas, juices, and other caloric beverages do not compensate for these calories by consuming fewer calories in food. It is a major factor contributing to overweight and obesity. People who drink sugary sodas consume more calories overall than those who do not.
- Carbonated beverage drinkers consume fewer healthful beverages, such as milk, water, and 100 percent fruit juices, than those who do not drink sodas. One study from Yale University attributed lower levels of calcium in soda drinkers to this finding.
- Soda servings have increased over the years. A typical 20 fluid ounce (fl. Oz.) soda contains 15 teaspoons (tsp.) of sugar. The average sports drink contains approximately 10 tsp.
- Although the jury is still out, strong evidence exists to support the theory that diet sodas and artificial sweeteners act as appetite stimulants by tricking the body into believing that calories are coming in, even though they are not.
- Soda consumption may contribute to osteoporosis and dental decay.
- Most carbonated beverages, fruit drinks, fruit juices, iced teas, sports drinks, and energy drinks contain similar calories (from 120-160 calories/12 fl.oz. serving). The body processes these beverages the same way it processes sugar.
- Soda drinkers have poorer bone density, which is attributed to lower intake of calcium with increased soda consumption and the effects of carbonated beverages on calcium uptake.
- The effects of one or two cans of soda can affect a child's mood and performance. It also can increase anxiety and reduce the ability to sleep well.