



## FROM THE DIRECTOR ...

I hope that you took advantage of the opportunity this past Tuesday to participate in the Student Wellness Fair. Dining Services was but one of the many departments and groups that helped put the fair together to provide information for students in regards to maintaining a life balance for body, mind, spirit, and nutrition. It was a great fair, and the response from students was very positive. Thanks should go to Jen Jacobsen '95, Grinnell College wellness coordinator for all of her hard work organizing this event. I might add that Jen is seeking student representatives to serve on the Wellness Committee which serves the entire campus community. If you have an interest in wellness and helping others, consider giving her a call.

This next week you will not want to miss the special events in the Marketplace. Be sure to check out the information on National Chili Day, National Pancake Day, and the Mardi Gras festivities. Speaking of the Marketplace, we have offered several new menu items, e.g. Tall Grass Hot Dish, Greek Lemon Oregano Chicken, Herbed Orzo, Soy Bean Miso Cake, Meatball Sub, and the Hot Pastrami Sub. If you tried them, we would like your feedback. Are they keepers? "What's Cooking in Culinary" gives you a sneak preview at the new items being introduced this next couple of weeks. You can contact us directly, by e-mail from the website, or let your Dining Services representative bring your comments to the next meeting of the Dining Committee.

We are already looking to the fall semester in our planning stages for your meal plans. Once again, if you have comments, please pass them along. I cannot promise every wish will come true, but sometimes amazing things happen with simple ideas.

Dick



## Mardi Gras Celebration

Tuesday dinner  
(5-8 pm),  
February 24, join

us for a celebration of

# Mardi Gras

The normal menu for the evening will be suspended, and we'll be enjoying a number of Cajun treats.

Cajun Rotisserie Chicken  
Hoppin' John  
Fried Okra  
Fettuccini Jambalaya  
Red Beans and Rice  
Shrimp Po' Boy  
Hush Puppies  
Southern Style Biscuits  
Key Lime Pie  
And, oh yes, don't forget the

# BEADS!

# National Chili Day

**February 23, 2009**

In celebration of National Chili Day, we're going all out! Three different chilies will grace The Marketplace on this evening.

**White Chili (v)**  
**Beef Chili**  
**Santé Fe Chicken Chili**

Additionally, we will be serving cornbread and a host of toppings, including green onions, cheddar cheese, salsa, and sour cream.

Come warm up with a steaming bowl of your favorite!

## WHAT'S COOKING IN CULINARY

### From Chef Scott ...

I would like to say a few words about the constant evaluation of our methods and preparation of the final product we are constantly looking to improve! For example, we are cooking closer to order at the Honor "G" Grill; we are trying to keep the food cooked fresher but available faster, and not overcooked. So if you are waiting, it is because we care about providing the freshest product possible.

Some newer items to look for:

**Vegan Special:** Wok-fried Edamame, Asian Rice Wrap, Red Lentil Orchette, Moroccan Stew, and Pulled Portobello Mushroom BBQ

**Plat du Jour:** Chicken Piccata, Trottolo Pasta with Chicken Patty Parmesan. Huevos Rancheros and Torta Rustica will be offered several times during breakfast.

**Pizza Parlor:** Almond Gouda Pizza and Whole Wheat Pizza crust all day on Wednesday March 4

**Honor "G" Grill:** Chicken Breast with Teriyaki Sauce

**Pasta Station:** Tomato Feta Spinach Pasta

## PEANUT BUTTER UPDATE

As of this printing, recalls of products containing peanut butter have considerably slowed. Peanut Corporation of America, the owners of the plants in question, have closed all of their production plants and have filed for bankruptcy.

We continue to monitor the situation and can tell you that any product being served by Grinnell Dining is safe and has not been made with peanut butter from the affected plants.

Again, you may read about the recalled products by accessing the Food and Drug Administration website at <http://www.fda.gov/oc/opacom/hottopics/salmonellatyph.html>.



**NATIONAL  
PANCAKE  
DAY  
FEB. 27**

**Come join us for breakfast on Feb. 27 and celebrate National Pancake Day. We'll have those great buttermilk pancakes along with a variety of toppings, including syrup, chocolate chips, strawberries, blueberries, whipped topping, M&M's™, apple pieces, and sliced bananas.**

## News from ... The Spencer Grill

Behind the counter at The Spencer Grill is a wide variety of products available for purchase. These items include Pop Tarts™, Nature Valley™ Granola Bars, bags of Trolli™ candies, Power™ Bars, Kind™ Bars, as well as various packaged items from Galaxy Gourmet™, Snyder's™ pretzels, Kraft Easy Mac™, and varieties of chewing gum and candy bars.

If you don't see the item you are seeking, please don't hesitate to ask. Don't forget to check out the packs of Grinnell Dining's famous homemade granola, also available for purchase!

**Available soon – the new Butterfinger™ Buzz Bar!**

## LOCAL FOODS INTERN

Grinnell Dining is in the process of selecting a local foods intern to work with local farmers. As stated on the application form: "Grinnell College Dining Services is committed to expanding our purchases of locally-grown and produced food items. To assist in this effort, we desire to employ a student who will make continuing contact with farmers and other producers in our area, while building bridges of communication that will increase the visibility of Grinnell College Dining Services as a customer for these products."

We have a number of qualified applicants and will be interviewing for the position beginning Feb. 23. We plan to announce the selection of the local foods intern on or about March 2.

## DINING SUPPLIER CITED FOR SUSTAINABILITY GOALS!



Sysco Food Services, Grinnell Dining's number one supplier, has been cited by *Fresh Cut* magazine for building sustainability into its operations. Sysco has more than 2,000 suppliers and 400,000 customers worldwide. Grinnell Dining is pleased to partner with Sysco's local branch in Ankeny, Iowa.

Follow this link <http://www.freshcut.com/pages/arts.php?ns=1292> to read the entire article.

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](mailto:join-diningnews@lyris.grinnell.edu). We would love to have them join us.

## DIETITIAN'S CORNER

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



### Berries: Reap the Nutritional Benefits

Delicious, beautiful, sweet, and simple—berries are as healthful as they are diverse. As a snack, in a fruit salad, or for dessert, simply pick, wash, and eat them to reap the nutritional benefits they have to offer. Recent research has focused on how and why berries are such a super food.

From high-vitamin concentrations to anticancer-fighting activity, here is the bottom line on benefits from eating berries:

- Phytochemicals and flavonoids:
  - Create the beautiful colors found in berries
  - Are responsible for the cancer-fighting compounds and disease prevention
  - Are possibly helpful in the prevention of cancer (blueberries, cranberries, raspberries, and strawberries)
- Vitamin C:
  - Is abundant in strawberries, blueberries, cranberries, and raspberries
  - Is responsible for immune functioning and connective tissue

When possible, choose berries in season. Berry season can be short. When not in season, frozen, dried, or dehydrated berries are an excellent alternative!

This publication is produced by Grinnell College Dining Services (641-269-3661)

# Grinnell College Dining Services

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

## TRAYLESS STUMBLES ...

## DINING CONTINUES CONSERVATION EFFORTS

Something to think about ...

Due to the basic construction of the tray return in the Marketplace, the nature of the Marketplace as much more than a student-only dining facility, and current financial considerations, it is not feasible to go completely trayless at this time. However, there is something you can do to help the environment ... if you don't need it, don't take it.

Yes, if you don't need that extra plate, cup, or tray, just don't take it. This will help reduce the number of items coming through the dishline that were never really needed, but just picked up because you are used to doing so.

We have noticed a number of students using only a tray, which reduces the number of plates to be washed. On the other hand, there are several who have opted to do a "one-plate" meal using the larger plates at the Plat du Jour. Either way, we have a large group of people who are choosing to be conscientious of what they actually need versus what they are used to taking.

Grinnell Dining continues to be proactive in a number of conservation areas. We recycle and compost everything possible from food waste to glass, paper, and cardboard. Additionally, we have invested heavily in "eco-friendly" products with the purchase of compostable plastic (corn-based) cups, lids, and soon even straws in The Spencer Grill. Our napkins in the Marketplace and The Spencer Grill are made of 100 percent recycled material and printed with soy ink.

We continue to work with our local suppliers, helping to reduce our carbon footprint and will soon employ a student as a local foods intern to assist in those efforts. Conserving energy and limiting waste continues to be a high priority for Grinnell Dining.

### REMINDER

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

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!