



## FROM THE DIRECTOR ...

The view of Mac Field from the Marketplace Commons has taken on a very different look in the past several days. As I gaze out the window, gone is the snowy landscape with icy walks and strong northern winds. Now, I see students playing baseball, softball, Frisbee, lying on a blanket, reading, and in general enjoying the warm sunny weather. This is my personal favorite time of year – spring!

Spring is that perfect time when the weather begins to warm and the sunny days become longer. The grass turns green, the trees bud, the campus squirrels scurry, birds sing, and the insects are not out yet. People are friendlier and happier as they enjoy being outside sharing some fun times, even if only a few moments. It is a time when one can take some time, forget the reality of life and simply enjoy being alive.

Of course, I do not have to tell you that spring break begins at the week's end. Everyone will be able to take a break from the rigors of college life and recharge the batteries before entering the home stretch of the academic year. On behalf of all the Dining Services staff, we wish each of you safe travels, a lot of fun, and a restful spring break. May you enjoy every minute!

Dick



## LOCAL FOODS INTERN ANNOUNCED

Grinnell College Dining Services has once again expanded its local foods emphasis, employing a student as local foods intern. Neal Wepking '10 has been selected to work with Terry Waltersdorf, FMP, assistant director of dining for procurement. In this role, Wepking's assignment will be building a strong relationship with local farmers to educate, encourage, and coordinate plantings for the dining department's fruit and vegetable needs.

Wepking is a third-year student majoring in biology. He is originally from a family farm in southwest Wisconsin. His family moved to Milwaukee where he assisted in the set up and operation of an inner city community garden while in high school. He also worked in a grocery store, giving him experience in a number of facets of food systems. Since coming to Grinnell College, he has worked with local farmers and been instrumental in the preparation and service of a Thanksgiving meal in 2008 that used all local products.

Grinnell College Dining Services in 2005 made a commitment to the campus community to increase local product purchases by a minimum of 5 percent year-over-year. In each of the successive years, the dining operation has averaged a 20 percent increase year-over-year and is on track to once again match that growth in the '08-09 fiscal year.

In 2005, Grinnell College published the following "Local Food Policy Statement":

**"Grinnell College believes that locally grown food has many advantages. Food that is grown and processed close to where it will be consumed can be fresher, healthier, and more flavorful. Purchasing locally grown items supports local businesses and farmers and reduces transportation costs, environmental impact, and the use of preservatives.**

**In light of these benefits of locally grown foods, Grinnell College will make reasonable efforts to identify and make purchases of affordably priced local food products that reflect the College's commitment to environmental responsibility. In seeking local food, the College will use a three-tiered definition of local, placing the highest priority on food that comes from Poweshiek County and the surrounding counties, followed by prioritizing food from a 70-mile radius surrounding Grinnell, and then food from the state of Iowa."**

We welcome Neal to his new responsibilities and look forward to laying the groundwork for continued growth in relationships with farmers and producers throughout the area.

## YOUR ATTENTION PLEASE ~ SPRING BREAK CLOSING NOTICES

Dining Services will be closing for the spring break period. Out Takes will close at 8 p.m. on Thursday, March 12. The Spencer Grill will close at 4 p.m. on Friday, March 13. The Marketplace will close following dinner service on March 13.

On Sunday, March 29, The Spencer Grill will reopen at 1 p.m. and the Marketplace will reopen for service beginning with the dinner meal (5-7 p.m.). All services will fully resume their normal schedules on Monday, March 30.

# WHAT'S COOKING IN CULINARY

## CULINARY INTERN LEARNS THE ROPES AT GCDS



Mike Fleming is a culinary student at Indian Hills Community College in Ottumwa, IA. Mike is in his final semester and is serving his internship with Grinnell College Dining Services. He is currently working through all aspects of the operation until the end of March.

Mike comes from Corning, IA and is interested in becoming a line cook in a hotel setting or working in a catering operation upon his graduation. We are doing our best to convince him college and university food service is the place to be.

## STUDENT QUESTION ANSWERED

**Question:** Why do I need a clean plate when I return to the venues for a second portion?

**Answer: Cross-contamination!** When you return with your plate, there is a good possibility that something on your plate may come in contact with utensils and coincidentally more food on the buffet counters. People with allergies are probably more susceptible, but everyone can be affected.

State law also requires people returning to a buffet obtain a clean plate. The requirement is there to protect you and those around you from potentially hazardous cross-contamination.

## WHERE HAVE YOUR HANDS BEEN?

Hand-washing is the most effective way to stop the spread of illness. The best way to stay healthy all year-round is to wash your hands often. In particular, it is important to wash your hands before eating or handling food. Wash your hands after using the restroom, sneezing, blowing your nose or coughing, touching an open sore, playing outside or playing with pets.

### PROPER HAND-WASHING

Wet your hands with WARM running water.

Apply soap and lather well.

Rub hands together, front and back, between fingers, and under nails for 20 seconds.

Rinse hands under warm running water

Dry hands with a disposable towel.

Turn water OFF with the disposable towel.

Throw disposable towel away.

### PROPER USE OF ALCOHOL-BASED HAND SANITIZER

This is an excellent way to sanitize hands if soap and water are not available.

Alcohol-based hand sanitizers are more effective in killing bacteria and viruses that cause disease.

Use only alcohol-based hand sanitizers, preferably ones that contain 60 percent alcohol.

### HOW TO APPLY FOR MAXIMUM PROTECTION

Apply approximately ½ teaspoon of sanitizer on palm of hand

Rub hands together, front and back, between fingers, and under nails until they are dry.

If your hands are visibly dirty, use soap and water rather than hand sanitizer.

### A NOTE ON ANTIBACTERIAL SOAPS

Antibacterial soaps may lead to the development of bacteria that are resistant to the products' active ingredients, making it harder to kill the harmful bacteria in the future. Regular soap is just as effective in killing germs as antibacterial soap.

#### Sources:

Mayo Clinic staff. 1998-2009 Mayo Foundation for Medical Education and Research. October 16, 2007, and University of Nebraska-Lincoln Cooperative Extension in Lancaster County and Lincoln-Lancaster County Health Department.

**Dining Services provides hand sanitizer at the cashier's stand for your use at every meal.**

# March is National Nutrition Month®

The theme for March 2009 is “Eat Right.”

National Nutrition Month® is a nutrition education and information campaign created annually in March for the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes R.D.s for their commitment to helping people enjoy healthy lives. For more information, visit the ADA website at [www.eatright.org](http://www.eatright.org).

## Who is a Registered Dietitian?

Registered dietitians are food and nutrition experts, translating the science of nutrition into practical solutions for healthy living. The expertise, training, and credentials that back a registered dietitian are vital for promoting positive lifestyle choices

## Trust a Registered Dietitian

When you need food and nutrition information based on fact or need to know how a healthy diet improves health and fights disease—rely on qualified professionals in the field. Registered dietitians draw on their experience to develop a personalized nutrition plan for individuals of all ages. They are able to separate facts from fads and translate nutritional science into information you can use. A registered dietitian can put you on the path to lowering weight, eating healthfully, and reducing your risk of chronic disease.

## RD=Expert

Registered dietitians know the science of nutrition. They have degrees in nutrition, dietetics, public health, or a related field from well-respected, accredited colleges and universities.

## Looking for a Registered Dietitian?

When you need trusted, accurate, timely, and practical nutrition advice, seek the services of a registered dietitian.

**You can contact our dietitian, Britt McConnell R.D./L.D., through the Dining Services Office (x3661) or by e-mail at [dietitian@grinnell.edu](mailto:dietitian@grinnell.edu). Britt is available for personal and private consultations most Wednesdays. If you have questions about services offered, or for more information, please contact the Dining Services office at x3661.**

National Nutrition Month® is registered by the American Dietetic Association and not directly associated with Grinnell College Dining Services.



## GOLDEN TOQUE RETURNS

While many of you are away for spring break, the career staff of Dining Services will be joining together for the “Golden Toque” competition. Loosely based on the popular *Iron Chef* television series, the career staff will be divided into three teams, each headed by a Sous Chef. Each team will have a number of ingredients that must be used and several that can be used in their final creations. Although the actual ingredients and requirements are kept secret until the competition begins, last year the teams had to create a

salad, main dish plate, and dessert using no recipes. Additionally, they were required to set their own tables and serve the creations to the judges.

All teams were judged on their back-of-house activity (use of time, sanitation practices, creativity in use of required ingredients, and waste prevention) and front-of-house service (table setting, presentation of plates, appearance of service staff, etc.). Last year’s judges enjoyed the experience so much they have all returned (with the exception of a graduated senior) this year. The front-of-house judges will be Paula Osgood, John Kalkbrenner, Sam Rebelsky, and representing the students, Grant Worthington ‘10. The entire management staff serves as the back-of-house judges.

We’re sorry but because of the scope of the competition, we cannot allow spectators, but we will be sure to let you know the winners. We may even feature some of the winning recipes in upcoming blue-light specials in the Marketplace!

## The Spencer Grill

### Your Refreshment Station

Looking for a quick pick-me-up or a juice-filled refresher? The Spencer Grill has what you might be looking for!

With warmer weather approaching, you might be interested in our cold bottled drink selection. We have Snapple Original Green Tea, White Raspberry Tea, and Diet Raspberry Tea. Juices include Minute Maid Orange and Apple Juice, V8 Juice, Ocean Spray Cranberry Juice, and Snapple Mango and Kiwi Strawberry drinks. Fuze drink flavors are Orange Mango, Peach Mango, Tangerine Grapefruit, and Strawberry Melon. We have the Starbucks Frappuccino Coffee and Mocha flavors. The new Jumex Mango and Strawberry Banana, Jugo De Coco, and Jarrito Mandarina, Punch, and Pina have been very popular.

# The Spencer Grill

## Announcing ...

### ... The Spencer Spring Special!

Celebrating spring, The Spencer Grill announces a new lunch special from 10 a.m. to 2 p.m. beginning after spring break. This includes a tossed salad, ½ Panini sandwich of your choice, and a coffee or soft drink for just \$5.99. Come celebrate spring with your friends at The Spencer Grill or take advantage of our outdoor seating. Either way, join us soon!

## THINKING LOCALLY



Local turkeys coming this Thanksgiving!

Grinnell Dining Services has contracted with a turkey grower in Atlantic, Iowa, for organically raised turkeys. Raised over the summer months, these turkeys will be part of the Thanksgiving buffet this coming November.

From communication with Denise O'Brien, our turkey grower ...

"I am quite excited about serving the Grinnell community. A number of years

ago, I visited campus with a friend who worked for the Humane Society to talk about local food. I know Grinnell has been committed for a long while to this concept and feel honored to raise the turkeys that will take our work another step forward."

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!

## BEING A HELPFUL FRIEND?

If you have the responsibility of picking up a meal for someone confined to their room by illness, please have some idea of what the person would like to eat. Some diets are required due to specific illnesses, but oftentimes the request is for a "regular" diet, which opens a plethora of choices. Marketplace personnel would have no way of knowing what the student might prefer. If you could get that information prior to arriving at the Marketplace, it would be helpful.

Just as a reminder, we have copied the policy on "Meals for Ill Students" from our website and inserted it below. We have also included the web link for dining accommodations.

## MEALS FOR ILL STUDENTS

Students who are confined to their room for a medical reason by the College's Health Center may request a meal appropriate for their illness through the Health Center. Meals may be picked up and delivered by any student on a meal plan with an approved request and the proper identification.

Dining Services reserves the right to modify the menu when necessary and upon consultation with the Health Center.

<http://www.grinnell.edu/offices/dining/accommodations/>

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.

## From all of us in Dining Services, have a great and safe spring break!

### 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!