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Volume 3 Issue 1



The Marketplace Messenger

Communicating Grinnell College Dining Services
news of interest to our diners

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!

Employment Available

Employment within Dining Services is available. If you are interested, please contact one of the student supervisors at campus extension 4976 or meet Kelly, Lyle, or Rita just before or just after any meal period in the Marketplace.

The Dietitian's Corner

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

Mushrooms for Good Health

Mushrooms are often overlooked when it comes to maximizing nutrient intake. In fact, mushrooms not only taste good, but they are also packed with nutrition. They are a source of many B vitamins, potassium, selenium, and a rare source of vitamin D. Mushrooms fit into a heart healthy diet because they are low-calorie and virtually fat and sodium-free. Some varieties have been used for centuries for their medicinal properties. More recently, even the simple button mushroom is believed to contain disease fighting phytochemicals. There are many ways to enjoy mushrooms. Add them to salads, soups, stirfrys, or your favorite pasta sauce. Enjoy!

Grinnell College Dining Service Is:

- **An integral part** of your college experience. We are self-operated, which means we are not part of a multi-national corporation. We are here to serve you – and the college community – seven days a week throughout the academic year!
- **Environmentally conscious** and continues efforts to reduce our carbon footprint through local purchasing (when possible) and purchasing products with minimal packaging waste. We work closely with the campus environmental coordinator to compost food waste and recycle anything we can.
- **Committed** to bringing you quality and variety in your daily meals. With our local purchasing efforts and "just-in-time" ordering and production, we bring you the freshest and highest-quality meals possible. A large variety of daily options from our multiple venues assures you several choices.
- **Your partner.** We work with various student groups throughout the campus to assist and supply food needs of various organizations. Working with the Dining Service Committee, representative of students, staff, and faculty, dining remains ahead of the curve and proactively engaged with students.

From the Director

On behalf of Grinnell College Dining Services, I would like to welcome all students to the beginning of a great year. If you are a returning student, we hope you have had a great summer away from Grinnell, but are now excited to be back. If you are a first-year student we look forward to making you feel welcome and a part of the Grinnell College community.

Dining Services has been quite busy this past summer enhancing our services and menu offerings for the campus. After gathering information from the student survey last May, we have introduced almost 50 new menu items, as well as bringing back some old favorites, including several at the Vegan Special venue. For those upper-class students who remember Chicken Patty Parmesan, it's back!

If you have not noticed yet, look for our new message board as you enter the Marketplace. Our intent is to better communicate pertinent information regarding events, menu offerings, and notices in an effective way and to reduce the amount of printed paper. The message board allows us to provide immediate information rather than having a sign printed and posted. We have enhanced some of the venue signage and we are continually looking to improve this information exchange with each diner. Continue to look for the bright fluorescent menu cards that identify a food product containing NUTS or nut derivatives. We are working hard on building relationships with local growers to increase the amount of locally grown or produced products available to serve, and our program to reduce, reuse, and recycle remains strong.

I am happy to tell you that our consulting dietitian, Britt McConnell, R. D., L. D. is returning this year and will again be here on Wednesdays. Britt has some outstanding nutritional educational sessions planned and will be available for questions during her weekly visit. Dining has made a commitment to nutritional information and education and we are continuing this year with the phase 3 of our nutrition program. Phase 3 is the implementation of the web-based part of our nutrition program, and we are looking at completion no later than summer 2009. Hopefully, things will process smoothly, and we can offer some updates this spring. In the meantime, we have provided the printed books with the nutritional information for all of our menu items at the entry to the Marketplace. If you have questions, please ask any dining staff member and they can point you to the correct resource.

This is a great time of year with everyone arriving back on campus, getting reacquainted or making new friends. Part of the Dining mission is "to provide dining services that exceed the needs of those we serve," and each of the staff is committed to serving you. We at Dining Services are proud to be a part of the Grinnell campus community. If there is anything we can do to be of better service, just let us know. It is great to have you on campus!

It's All-Iowa Picnic Time!

The annual All-Iowa Picnic will be held on August 26. The theme began several years ago and the picnic features a number of Iowa-grown or Iowa-produced products. This year the menu will feature items such as Muscatine melons from southeast Iowa brought to us by Donald Parker, corn on the cob grown and roasted by Squire Farms of Marshalltown, pasta from Barilla Pasta of Ames, grilled pork chops from White Marble Farms, apples from Hinegardner Orchards of Montour, and orrechetti pasta salad produced by Loffredo Produce of Des Moines.

Come join us in the Joe Rosenfield '25 Center courtyard at 5:30 p.m. on August 26! Meet some of the people who have grown your food and certainly meet the Dining Services crew that will be producing your meals throughout the year. This is a great time to touch base with both producers and production personnel.

Serving begins at 5:30 and concludes at 7:30 p.m. !

Keeping It Responsibly Green

Last year's Commencement picnic broke several previous records. First of all, it was the best attended Commencement picnic on record.

Second, and possibly most important, everything disposable was made from recycled or biodegradable products. Even the water bottles were collected and sent to recycling rather than the landfill.

Our recycled and compostable products (flatware, plates, napkins, and trash bags) were sent to Chamness Technologies, a composting site near Eddyville, Iowa. At this site they are experimenting with the best conditions for the breakdown of biodegradable products and any effect this decomposition might have on the environment. Chris Bair, environmental and safety coordinator, reports after seven weeks most of the picnic waste had been broken down, and they were quite pleased with the resulting compost.

For more information on the biodegradable products used at the picnic and currently being used in The Spencer Grill [cold cups] and The Marketplace [napkins], here are some of the company websites:

<http://www.f-k.com/> <http://ecoproducts.com/> <http://www.torkusa.com/>

We continue to seek additional ways to reduce our carbon footprint and increase our stewardship of the earth's resources.

Notice

Meal plans begin on Wednesday, August 27, with breakfast. Guest meals and Dining Dollars will become available on this date. If you have questions, please refer to our website:

www.grinnell.edu/offices/dining

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!