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The Marketplace Messenger

Communicating Grinnell College Dining Services
news of interest to our diners

The information 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!

After a decision by WhiteWave™ Foods to continue production, Silk™ chocolate soy milk has returned to the vegan beverage station. The short absence was due to the corporate decision-making process of WhiteWave™, not by Grinnell Dining Services.

Local Foods

Grinnell College Dining Services will soon begin a pilot project to identify locally grown, produced, or purchased products from their arrival on our campus to the serving line. This project has been in the planning stages for quite some time, and we will be rolling it out in stages throughout the winter months. We hope to have all the kinks worked out and completely operational for the spring growing season.

The project will involve labeling incoming product upon arrival, labeling once again when the product is processed in our facility, and then labeling once again with static clings on the serverly sneeze guards when the product is actually served.

Currently, half of the system is in place and ready to go. Once the static clings arrive, we will have a very visible method of showing you, our diners, our locally purchased products.

Be in the Center of Everything! Grinnell Dining

Employment within Dining Services is available. We would certainly appreciate it if you could help us during breakfast or lunch meals. Some evening shifts are also 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.

From the director ...

Going Trayless?

A trend that began sweeping across colleges and universities last April is going trayless in dining facilities. If you read the Oct. 31st edition of the *S&B*, you caught a glimpse of the pros and cons of the trend. On first thought, I believe everyone would agree it is great to jump on the bandwagon. However, I also believe that one should take some time and investigate how this particular concept would impact us here at Grinnell.

As an individual diner in The Marketplace, I can say you will be impacted. It is not always easy to take statistics from other campuses and directly expect the same results on your own. Grinnell students should be commended for already being conscious of food waste, and our recycling and composting efforts are far above most.

Is there room for improvement? Absolutely! Over the next few weeks, the Student Dining Services Committee will be looking at this concept with the goal of gauging the impact at Grinnell College. As a student diner, you will have the opportunity to judge for yourself and help decide if this is a concept Grinnell should pursue. Look for updates on going trayless. If you have immediate thoughts, catch me in The Marketplace or feel free to send me a note.

Dick

News from ...

The Spencer Grill

Soup is on! Monday through Friday, the Spencer Grill is serving hot, fresh soup. Check for today's steaming hot selection.

Other new products currently available:

- Kind Bars
- Dining Service Vegan Granola
- Real Fruit Bars
- BUZZ – Energized Honey
- Coffee Beans (8-oz. packets) from Capital City Coffee – our local roaster – all fair-trade and organic!
 - African Cinnamon
 - Bavarian Chocolate Fudge
 - Raspberry Almond
 - Gingerbread Truffle
 - Winter Wonderland
 - Butter Toffee
 - Other flavors available upon request – may require special orders

Coming soon:

- Funnel Cake Sticks

A Traditional Thanksgiving



Noontime on Nov. 27, The Marketplace will be transformed into a traditional and spectacular Thanksgiving buffet. Of course, there will be the traditional turkey, stuffing, and all the accoutrements, along with more Grinnellian vegan and vegetarian options. Serving hours for the meal will be 11:30 a.m. – 1p.m.

As has been a tradition on the Grinnell College campus for many years, there will be no meal served on Thanksgiving evening. Rather, those requiring a meal that evening can pick up a sack meal during the lunch period. This tradition allows the staff members serving the lunch to spend the evening of Thanksgiving with their families. This continues to be appreciated by the staff members who volunteer to give of their holiday to serve.

Apple Slicing

A recent student initiative called for the placing of an apple slicer somewhere in the Marketplace for students' use. Due to a number of sanitation factors, the placing of a self-service slicer is just not feasible. Dining Services has made arrangements to have the staff at the 8th Avenue Deli slice (quarter) your apple upon request.

Marketplace Special – November 13 Dinner Meal

Wing Bar

FEATURING

Plain, BBQ, Miso, and Buffalo chicken wings

Dietitian's Corner Britt McConnell, R.D., L.D.

Get Your Fiber!

We always hear we should get more fiber in our diets, but why? What is fiber? Fiber is an indigestible part of plants. It is not found in animal products. It can be classified into two groups – soluble and insoluble. Both are important. Insoluble fiber helps move our food through our intestines, therefore preventing constipation and also playing a role in appetite control. Soluble fiber may help to reduce cholesterol and control blood sugar levels. Most Americans do not get the recommended 25-35 grams of fiber per day. Slowly increase your fiber intake to minimize gas and bloating. Also increase water intake, or constipation may worsen. To increase fiber, focus on choosing more fruits, vegetables, beans, and whole grains. Read food labels. When available, choose foods with at least three grams of fiber per serving. Achieving the recommended intake for fiber can take some planning initially, but making some basic diet changes can have you on your way to a fiber-rich diet!

Healthier Pizza

The pizza station might be undergoing some healthier changes in the near future. Beginning soon, we might be offering a whole wheat pizza crust as our one and only option. The formulation is undergoing, and several taste tests have proven to be favorable. We hope you will enjoy the change, and your bodies will appreciate the whole-grain goodness.

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!