



## Dreaming of Spring!



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# 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!

## Closing Reminder – Spring Break

The Marketplace will close for spring break following the evening meal (5-7 p.m.) on Friday, March 14. The Marketplace will reopen on Sunday, March 30, for dinner (5-7 p.m.).

The Spencer Grill will close for regular hours at 4 p.m. on Friday, March 14. Special hours during break are Monday through Friday, 9:30 a.m. to 1 p.m. Regular hours will resume on Sunday, March 30, at 1 p.m. Out Takes closes at 10 p.m. on March 13, and reopens on Monday, March 31, for regular service hours.

We hope everyone has a safe and restful spring break!

## Employment Available

Employment within Dining Services is available for Alumni Weekend. If you are interested, please contact one of the dining hall supervisors (Lyle, Kelly, or Rita) at campus extension #4976 for additional information.

## Behind the Scenes



Seldom seen outside of their normal habitat in the lower level of the Rosenfield Center, this awesome foursome is the group responsible for making your morning doughnuts and noon-time cookies and bars, as well as your splendid evening desserts. Better known as the crew from the Patisserie, and led by Pastry Chef Terry Anderson (back right), their mornings begin at 3 a.m. and continue well into the afternoon hours, as they produce

copious amounts of baked goods for your enjoyment.

In the fiscal year most recently completed, the Patisserie staff produced 9600 cookies each week. In addition, they supplied all three meals with pastries and over 1,513 catered events with cookies, bars, and desserts.

The Patisserie staff is made up of (clockwise from back left) Ranae Hamor, Terry Anderson, Ruth Kirby, and Loretta Cline. If you see them out and about the Rosenfield Center, tell them you saw their picture in *The Marketplace Messenger*!



## Sugar – What Sugar?

On February 27, our consulting dietitian Britt McConnell orchestrated a display concerning the amount of sugar in specific soft drinks, juices, and power drinks. Throughout the lunch time students, staff, and faculty were surprised to learn just how much sugar is in their favorite beverage.

A graphic display showed the amount of sugar one would consume based on one 12-ounce soda per day for one year...The answer – a whopping 35 pounds!

Regular sodas like Pepsi™ and Coke™ contain 10 teaspoons of sugars per 12-ounce can. Mt.Dew™ is even higher than Pepsi™ and Coke™ at 11 teaspoons of sugars per 12-ounce can! Other beverages presented were:

- ❖ Red Bull™ (regular) – 6 teaspoons (per can)
- ❖ Orange Juice – 6 teaspoons (per 8 ounces)
- ❖ PowerAde™ - 5½ teaspoons (per 12 ounces)
- ❖ Snapple™ (Go Bananas) – 13 teaspoons (per 16 ounces)
- ❖ Diet Soda – 0 teaspoons of sugar

When you check the labels on your favorite beverages, be sure to check the serving size along with the calories and sugar content. Many beverage containers are labeled for a "serving" and have more than one serving per container. In fact, some 16-20 ounce beverages contain as much as 2½ servings!

Quoted from Britt's handout: "You do not need to give up your favorite soft drink, but moderation is important. As you can see ... regular soft drinks contribute a significant amount of sugar and calories to the diet if consumed regularly. Beyond this, they have no nutritional value. Too often soft drinks replace more healthful beverages such as milk, soymilk, or water. Focus on choosing more beverages containing little added sugar."

If you would like to contact Britt for additional information, you can e-mail her at [dietitian@grinnell.edu](mailto:dietitian@grinnell.edu).

Britt will be offering a number of displays and presentations throughout the coming weeks. Upcoming display (D) and presentation (P) topics include:

- ❖ March 5 – Importance of Eating Breakfast (P)
- ❖ March 12 – Healthy Snacking (D)
- ❖ April 2 – Eating More Fruits and Vegetables (D)
- ❖ April 9 – Effects of Salt (P)
- ❖ April 23 – Portion Distortion (D)
- ❖ May 7 – Carbs, Fats, and Proteins (P)



These displays and presentations are open to anyone eating in the Marketplace. Displays are available throughout the lunch period. Presentations will be made twice during the luncheon time, usually at 11:30 a.m. and repeated at 12:15 p.m.

## Water Option at Out Takes

A new water option has been added to the Out Takes menu. A bottled ½-liter container of Dasani™ water (room temperature) is now available. While many students have been asking for a "bottled water option," we are well aware of the environmental concerns surrounding plastic bottles and landfills. Grinnell College Dining Services encourages the recycling of these containers, as well as other recyclable items throughout our facilities.



The paper cup with ice and water remains a viable option. In the very near future, those paper cups will become a thing of the past as we make the transition to Greenware™ cups (cornstarch based biodegradable and compostable) for all cold beverages in The Spencer Grill and Out Takes.

As always, Grinnell College Dining Services seeks to be a responsible partner in the "greening" of our campus.

Always remember that striving and struggle precede success, even in the dictionary.

~~ Sarah Ban Breathnach (writer)

## The Dietitian's Corner

### Tea ..... so many benefits!

Tea is a source of beneficial polyphenols which have been linked to reduced risk of heart disease, cancer, diabetes and even bad breath! It also may contribute to improved weight control, mental alertness and boost the immune system. Green, black and white teas all contain polyphenols. Herbal tea may not since most do not contain any real tea leaves. In addition, cup for cup tea usually has less caffeine than coffee. Add tea to your list of healthy beverages!

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

## Reader's Quiz

In our previous publications we began the process toward a *Marketplace Messenger* reader's prize. I hope you are keeping track of the clues and reading through past issues of the *Marketplace Messenger*, available on the Dining Services' website. **Only one more clue after today, and then comes the puzzle! The drawing will be April 22 at 6 pm. You need not be present to win, but we would love to have you there.**

**Today's clue is** "The bees make it, and this company sells it to us." If you know the answer, keep track of it. You will need this and other answers to complete the word puzzle and earn your chance at the Samsung digital camera.

Thanks for reading!