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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!

Employment Available

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

The Dietitian's Corner

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

Calcium Are You Getting Enough?

Calcium is an important mineral but often lacking in the diet. It is essential for building strong bones and teeth. It has also been linked to a reduction in colon cancer, improved weight management and hypertension. Males and females age 19 – 50 should consume 1000 mg per day. The best food sources are dairy products (milk, cheese, yogurt), fortified food products (soy milk, orange juice, some cereals) and fish with bones. Green vegetables and dried beans contain a smaller amount of calcium in comparison. Aim for at least three good sources of calcium per day. If you don't consume adequate calcium through food sources, you may need to supplement. There is just no question about the importance of calcium, so be sure you are getting enough!

Patio Furniture Arrives!

After a long wait, the hoped for patio furniture has finally arrived and has been installed on the patio south of the main commons dining area. As part of dining's continuing efforts to be as "green" as possible, the furniture is made of recycled milk jugs and plastic packaging with the equivalent of 2700 jugs used to make each table.

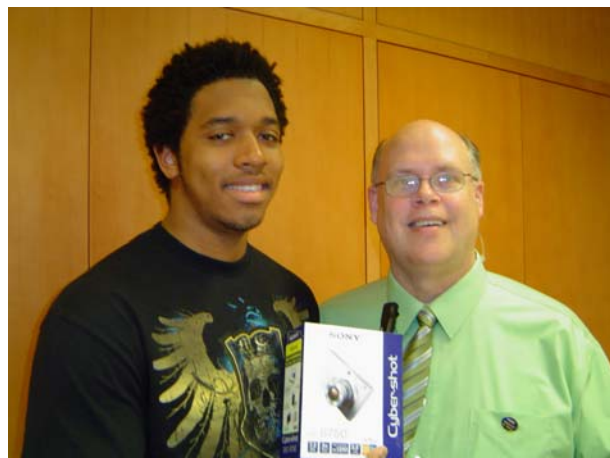
We respectfully request the tables do not be moved from their location. This request is made due to the heating tubes located beneath the patio bricks. The weight of the tables could potentially be enough to crush the tubes and render this part of our snow removal and refrigeration heat dissipation system ineffective.

We truly hope you will take advantage of this outdoor eating area and enjoy the spring season.



Readers Win!

The Marketplace Messenger Readers' Word Puzzle drawing was held on the evening of April 22 in the commons of The Marketplace. Prizes for the evening were two digital cameras. To be eligible for the drawing, readers of The Marketplace Messenger were given a number of clues throughout the past year's publication and then completed a crossword puzzle with the answers and clues taken directly from The Marketplace Messenger. Winners were drawn from all correctly completed entries and were not required to be at the drawing to win.



Kendall Holley accepts his digital camera for completing the Readers' Word Puzzle and winning the drawing.



As Rita Vogel – dining hall supervisor – draws the names from the kitchen kettle, Terry Waltersdorf - assistant director of dining – announces the winners!



Aki Shibuya accepts her digital camera for completing the Reader's Word Puzzle and winning the drawing.

From the director...

Only a couple of weeks remain as the spring semester rapidly comes to an end. Our hope is that you have everything under control to meet the deadlines for semester end and your stress level will remain low, low, low! Of course, if you are a graduating senior you may be lucky enough to be on cruise control.

Dining Services has had another busy semester keeping pace with the dining program. Many enhancements have occurred this semester beginning with addition of our consulting dietitian, Britt McConnell, R.D., L.D. Britt has been a great addition to our staff even though it is for only one day per week. She has provided great educational sessions on Healthy Snacks, The Importance of Breakfast, Healthy Beverages, Eating more Fruits and Veggies, The Effects of Salt, Portion Distortion and Carbs, Protein and Fat. Britt has also worked with individual students with nutritional questions or concerns. **I am pleased to announce that we have extended Britt's contract and she will be working with Dining this summer and then will be ready to come back for the fall semester.**

The other part of our nutritional enhancement has been the completion of Phase II of our Nutritional Analysis Program (NAP). It took a tremendous amount of organization and data entry but we have the nutritional analysis available for all menu items in the Marketplace. The nutritional binder for each Marketplace venue is on the bookshelf area at the entrance for anyone's viewing. Yes, this is a printed version and not as friendly as we would like but it is a giant step in the right direction. Again, I am pleased to announce that we have been approved to proceed with Phase III which moves the NAP to a web based program. So, next year at this time we will have the NAP on our web site and this will offer a user friendly site to gather nutritional information for the menu items you select individually.

Dining made another significant change this semester at Spencer Grill and the Out-Takes with the introduction of "green" cups called Greenware. Greenware cups are made from a resin derived entirely from natural corn materials. The cups break down in the landfill or composting area in approximately 50 days with heat and humidity. We continue to work on finding an environmentally friendly cup for hot beverages. Spencer Grill continues to introduce new items such as the Ground Chuck burger, Spicy Black Bean burger, string cheese and many snack items. Out-Takes menu expanded with water, coffee and PBJ offerings.

Oh, let's not forget the promotions like Chinese New Year, Valentine's Day, Cosmic Wing Night, Fruit Parfaits and Smoothies, Tuesday's at 8th Avenue Deli and 37 varieties of cereal for Cerealrama. I do hope you had the opportunity to enjoy them all. **The Kansas City BBQ with the slow apple wood smoked ribs is on the horizon.** Can't you just taste those ribs right now! Our traditional Ice Cream Dream during that week that we do not want to think about right now--- finals!

I want to mention the Dining survey and Meal Plan selection that will be available beginning May 2, on-line. I know that this is not a good time of the year to ask students to participate in a survey; however, the Marketplace will be celebrating 2 years and we would like your comments. **If you can take a few minutes to complete the survey we would appreciate the help in serving you.** Go to our web site at <http://www.grinnell.edu/offices/dining/> and make your selection for your fall semester meal plan beginning May 2nd.

I am sure that I am pushing my space allotment for this edition. I hope you have had a wonderful semester and good luck on the next couple of weeks. Enjoy the warm weather! Dick

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!