



Commencement Picnic Setup 2007

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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.

What is "trans fat"?

Food manufacturers know that solid fats increase the shelf-life and flavor stability in many baked and processed foods and often result in a better food product. As a result they began changing liquid oils (such as corn and soybean) into solids by adding hydrogen. This process is called hydrogenation and results in a type of fat called trans fats. Trans fats are different from the saturated, monounsaturated, and polyunsaturated fats that you probably know about. Trans fats have the same effect on the heart as saturated fats – both raise LDL-cholesterol levels ("bad cholesterol") and therefore increase your risk of heart disease. Trans fats have been in the public eye in recent years for this reason. As of January 2006, manufacturers are required to include trans fat on food labels to make it easier for consumers to know how much trans fat they are eating.

Resource: <http://www.rd411.com/article.php?ID=153>

Ice Cream Study Break

Tuesday evening, May 13, from 9-10 p.m., Dining Services will be sponsoring a break from the ordinary. We will be serving a number of your favorite ice cream flavors with assorted toppings in the Joe Rosenfield '25 Center entryway.



Boxes Available

Beginning Monday, May 12, a limited number of boxes will be made available outside the Marketplace entrance. These boxes will be on a first-come, first-served basis. We will not hold boxes for anyone. This is your opportunity to be the "ultimate" recycler! Now is the time to box for the trip home.

Commencement Picnic

The picnic will begin immediately following the conclusion of Commencement exercises – Monday, May 19, on South Campus between the volleyball courts and Main Hall. **This event is for graduating seniors, guests and others associated with Commencement exercises.**

It's BBQ Time!

The K.C. BBQ will be held on Monday, May 12 in the courtyard area of the Joe Rosenfield '25 Center. The menu for the evening includes smoked BBQ chicken, Chef Patti's smoked pork ribs, and marinated portabella mushrooms (v). Of course, there will be all the required condiments as well as calico bean casserole (v), Chef Patti's baked beans, cole slaw, mixed greens salad, biscuits, assorted cookies, and bottled water.

Come for a quick meal or stay for the evening ... the choice is yours. Start finals week off with a great time of food and fun. Again, weather permitting, the activities of the evening will be located on the west side of the Joe Rosenfield '25 Center with the serving lines in the courtyard area.

Check out the special serving hours for this event!



Serving begins at 5 and concludes at 7 P.M. !

Ten things to do before leaving campus...

- 10 – Recycle your old furniture!
- 9 – Check next semester's class schedule.
- 8 – Run a background check on your new roommates.
- 7 – Switch room assignments?
- 6 – Walk the labyrinth one more time.
- 5 – Make those wedding plans through OCE!
- 4 – Return all "borrowed" plates, glasses, and flatware to the Marketplace.
- 3 – Say one final farewell to the dust bunnies in your room.
- 2 – Schedule yourself into one or more (preferably more) work shifts in dining!
- 1 – Sign-up for your next semester's dining plan!

One final note...

It has been our pleasure to have you as a subscriber to *The Marketplace Messenger*. We hope you have found it both enjoyable and informative throughout the year.

For those graduating and leaving us, we wish you the best wherever your future may take you. May you wisely use the education you have received.

For those returning this fall, it is our sincere hope that you have a wonderful summer, and we look forward to welcoming you back this coming August.

Sincerely,

Your Grinnell College Dining Services Team Members