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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!

## 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.

## News from ... The Spencer Grill

Have you had the opportunity to try the new sandwiches at The Spencer Grill? Maybe it's time to check out the chicken and cheese quesadilla served with salsa and sour cream or the new patty melts with either a 100 percent beef patty or black bean burger (ol).

Also, there are two new sauces that can be added to any deli or panini sandwich – pesto and red pepper. These two new additions will add variety to your sandwich options.

If you have "borrowed" baskets from The Spencer Grill, would you please return them as soon as possible? Also, please make sure sandwich baskets are returned to the counter and not thrown away. This will help in our efforts to remain as "green" as possible.

### Marketplace Dining Hours during Fall Break

Saturday 10/18 through Saturday 10/25:  
Breakfast 9 - 10 a.m.  
Lunch: Noon - 1 p.m.  
Dinner: 6 - 7 p.m.

Sunday 10/26:  
Breakfast 9 - 10 a.m.  
Brunch Noon - 1 p.m.  
Dinner 5 - 7 p.m.

### Spencer Grill Hours during Fall Break

The Spencer Grill closes at 4 p.m. on Friday Oct.17, and will be closed Saturday Oct.18 and Sunday Oct.19. Monday Oct.20 through Friday Oct.24 special hours will be 9 a.m.-1 p.m. The grill will be closed on Saturday Oct.25. Regular hours will resume on Sunday Oct.26 1 p.m. - midnight.

Out Takes Closed during Fall Break  
Out Takes closes at 10 p.m. on Thursday Oct.16 and reopens on Monday Oct.27 for regular hours.

From the Director:

Fall break is upon us, and hopefully you will have the opportunity to relax and slow the pace, even if it is only for a short time. As the semester continues to be increasingly challenging for you, the past few weeks have been a challenge for dining in many ways. Our biggest challenge has been staffing all our positions. I am proud of our staff making the extra effort to keep all of the food stations open with few exceptions. There are multiple student positions open.

So, if you are looking for some extra spending money call Kelly Edgington at 4976 or e-mail her at [edgingto@grinnell.edu](mailto:edgingto@grinnell.edu). Dining has a great atmosphere, and you get to work with fellow students. Dining is the largest student employer on campus, so you are always in the middle of the action. We have been successful in filling our career positions, and by the close of fall break, we should have everyone on board.

By this time, you undoubtedly have noticed that the new napkins for the Marketplace have arrived, so the "temporary" napkins have been removed. Our new logo napkins are a bit larger and thicker than our previous napkins. We are also pleased to offer a napkin that is 100 percent recycled eco-friendly, manufactured using a bleach-free process and printed with soy ink. By the end of fall break, our new custom designed napkin/salt pepper holders should be here and in use. Word has been received that the holders are ready for shipping. Lastly, since my space allotment is up for this edition, I would like to remind everyone that we are always interested in your thoughts. If you have comments, please send us a note through the website, drop it off with the checker, or send it to me directly. Until next time, have a great fall break! Dick

## Maybe You Didn't Know ...

- ♥ All dairy products Grinnell College Dining Services uses and serves from Roberts Dairy are **CERTIFIED** 100 percent recombinant bovine growth hormone (rBGH) free!
- ♥ All ground beef patties and ground beef used in the cooking process are 100 percent beef with no fillers, TVP, or other additives!
- ♥ All eggs (both liquid and shell) are produced by cage-free hens in the Kalona, Iowa, area. Only the liquid eggs have a bit of citric acid (lemon juice) added as a preservative – nothing more.
- ♥ Most of the fish items served in The Marketplace come from catches certified as "harvested sustainably" by the [Monterey Bay Aquarium](http://www.montereybayaquarium.org).
- ♥ Grinnell College Dining Services is committed to bringing you as much "locally-grown" product as possible. Last fiscal year more than \$65,000 worth of product was purchased locally from more than 25 local vendors. This year, in August and September alone, we have purchased approximately \$40,000 from 15 different vendors. We continue to seek out additional products and suppliers from the area.
- ♥ All full-time employees of Grinnell Dining Services are required to take and pass the National Restaurant Association's ServSafe™ training. This training covers the safety of food through the entire consumption cycle as well as sanitation, safety, and security issues.

## Mom always said ...

Once again it is that time of year when the campus is full of all kinds of viruses, just waiting to get a hold in your weakened immune systems. The best way to help control the spread of viruses and bacteria is to – just like Mom said – wash your hands!

This may be a bit on the sordid side for our squeamish readers, but the truth is in a recent unscientific survey of people using the restroom facilities in one campus building, three out of four people using the restroom did not take time to wash their hands upon leaving the restroom. This percentage of unwashed hands did not change when the same unscientific survey was administered in either the men's or women's restroom facilities.

You have the power to help reduce the amount of illnesses on our campus. It is very simple: all it takes is a little time (sing happy birthday to yourself twice), soap and warm water for a considerable reduction in hand-carried viruses and bacteria.

But, you say, what about all those others that aren't quite as conscientious? Use your hand-wiping towel to open the exit doors and give yourself two points for making a basket from the doorway. Then, you are on your own throughout the day to wash your hands often and well. Keep your hands away from your eyes, mouth, and mucus membranes, as this will transfer viruses and bacteria much more quickly. Together, we can slow the progress of many virus and bacteria-related illnesses on our campus.

### Dietitian's Corner

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

## Vitamin D For Good Health

Well known for its partnership with calcium and its role in bone health, vitamin D is now believed to have several other roles worthy of attention. Research suggests vitamin D may help maintain muscle strength and a healthy immune system, and help regulate cell growth and differentiation, the process that determines what a cell is to become. Vitamin D is a fat-soluble vitamin and the only vitamin that is synthesized in the human body from the sun. The current recommended daily value (DV) for vitamin D is 400 IU/day (10 µg), but many researchers are trying to get the government to increase it to ~1000-2000 IU/day. Found in salmon, mackerel, tuna, sardines, fortified milk, margarine, cod-liver oil, pudding, ready-to-eat cereals, eggs, liver, and cheese, the American diet is not as rich or enriched in vitamin D as it is in other vitamins. A number of factors influence how well vitamin D is synthesized from sun exposure, including skin pigmentation, sunscreen use, and season of the year. Research in the area of vitamin D continues, and it is expected that recommendations for daily value intake will increase in the near future.

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!