



September 22, 2008

Volume 3 Issue 2



# 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.

## Record Breaking Evening!

On the evening of Sept. 15, Grinnell College Dining Services broke an internal record. During the first two dinner service hours of 5-7 p.m., 1,147 guests were served, for an average of 9.56 people per minute. The normal yearly average service rate is somewhere around 6.5 people per minute.

The total number of diners for the evening turned out to be 1,175. While the total for the evening meal was not quite a record, the number of people served in this time period certainly was.

## Grinnell Dining Used as Test Market

As one of the nation's leading consumers of Silk® Soymilk, Grinnell Dining Services has been chosen as a test market for the chocolate version of Silk®. We will be serving the chocolate soy beverage throughout the next few months and reporting our usage to WhiteWave™, the makers of Silk®. While WhiteWave is not yet committed to the continuation of the chocolate soy beverage, we are pleased to offer it as an alternative while it remains under consideration.

Chocolate Silk® is only available at the cozy seating area beverage station – just around the corner from the Vegan Special area. If you would like additional information on Silk® or WhiteWave, just look them up on the Internet at: [www.silksoymilk.com](http://www.silksoymilk.com).



## Upcoming Nutrition Displays

- October 1
  - Vegetarianism
- October 15
  - Nutrition Myths
- November 5
  - Boosting Key Nutrients
- November 19
  - Indulge In A Little Chocolate
- December 10
  - Eat Your Way To Better Health

Plan now to gain advice and key insights during these informational displays. All displays occur during the lunch meal period in The Marketplace.

## From the Director ...

We are a month into the new academic year, and I am wondering where the time has gone. Summer has ended, and we are entering fall. I hope you have had a great opening to your year and things are running smoothly. I have to admit Dining Services has had a wild ride since our opening, with some great enjoyable moments, and some not-so-great. The important fact is that most have been enjoyable.

This year we are providing dining services to more students than ever. We have the highest student participation in the dining program in the history of the College. You may have noticed the rush times and the challenges of motoring through the serverly to get your food selections. The Marketplace cooking concept is to prepare foods cooked to order as close to actual service as possible. The dining staff works very hard to make sure that your food is fresh and prepared the way you like it. We continue to have a challenge staffing all of the food venues on a daily basis. Students have been very patient, and the dining staff appreciates your understanding as we make adjustments to the work assignments.

Dining has some great things in store for the semester that I am confident you will enjoy. On behalf of all the Dining Services staff, we wish you a continued successful semester.

Until next time! Dick

## PEGIT?

What is "PEGIT"? PEGIT is the anagram for Grinnell Dining's core values. Developed over the past several semesters, our core values are...

### Passion ...

We must enjoy our work and those we work with, as well as have a true interest in and love for your work.

### Excellence ...

We are committed to quality in our day-to-day operations and interactions.

### Growth ...

Personal and Professional – Through educational opportunities for staff members and involvement in allied associations.  
Program – Continually seeking to improve and expand the types and quantity of services offered to our diners.

### Integrity ...

We are committed to honesty in all our dealings, generating trust and respect both inside and outside our organization.

### Teamwork ...

Helping one another get the job accomplished successfully.

## Dietitian's Corner

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

## Add Flax to Your Diet Today!

There has been a lot of attention surrounding the benefits of flax in a healthy diet. Though nutrition trends and super-foods are often quick to come and go, flax is a food that has undeniable health benefits that are well documented in research. Flax seeds are a rich source of Alpha-linolenic acid (ALA), an essential omega-3 fatty acid. ALA is most prevalent in flax seeds and walnuts and in plant oils like flax, canola, and soybean oils. Flax seeds and flax meal are also rich in lignans and dietary fiber. Lignans are touted for their phytoestrogenic effects of blocking tumor growth and reducing the risk of many cancers. Flax is also associated with lowering blood cholesterol levels, reducing the risk of heart attacks and stroke. Dietary fiber associated with flax is responsible for aiding in gastric motility and improving bowel functioning. It is important to note that flax oil does not contain lignans or fiber. It is best to grind flax seeds into flax meal with a food processor or coffee grinder, or one may purchase flax meal. Whole seeds are a less optimal choice, as the hull of the flax seed is difficult to break down and will likely pass through the digestive tract intact. Adding flax to baked goods, orange juice, yogurt, on top of cereal, salads, or casseroles are the most popular ways to incorporate flax into one's diet. Flax seed is available daily on the vegan bar in the Marketplace. Flax oil is available occasionally.

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!