Carleton Dining Board  
Thursday, January 12, 2017  
Sevy Meeting Room  

Present:  
Abby Hartzell ’20, Anna Thompson ’17, Chris Rohr, Dan Bergeson, Daniel Johnson ’20, Jenny Pope, Katie McKenna, Perrin Stein ’17, Sam Blackburn ’17, Trish Hare ’17, Tanya Hartwig, Fred Rogers  

Introductions: Name, year, where are you from  
What is your favorite winter soup?  

Discussion:  
Jenny discussed putting out table tents to talk about food rotation. What does it mean when our Chefs say a particular food is “on rotation”?  
- We have a lot of different products and recipes available to us but only so much space to serve it in. As one product runs out, we like to replace it with something that is different. If you have a favorite cereal and you haven’t seen it in a while, no fear…you will be seeing it again. We like to rotate different and new items through the dining halls or Sayles Café so everyone has a chance to enjoy their favorites!  
- Items on rotation are run through periodically depending on their popularity  
  - Request for 5 grain oatmeal to be added to rotation more often  
  - Some items requested less often may be taken off rotation  

Suggested that the check-out register by the new refrigerators in Sayles Café be moved out into the open area so it is not so hard to walk through that area. New refrigerators take up more space than the others did which cause only a single line to go through that area.  

In order to have more transparency, it was suggested putting up signage by items that are not available and reason why they are not available so students are aware. Indicate whether it is a short or long term situation (ex., almond milk).  

Discussed rumor that Wild Thymes station is closing down. It is NOT closing down per Katie. It is a popular station.  

Wellness Topic – Energy Balance:  

Eat Well | Move Often  

- Eat A Rainbow Of Colorful Plants –Get your nutrients from nature.  
  - Nutrients from plants promote longevity, build a strong immune system, and may improve recovery from exercise.  
  - For the most health benefits, eat a rainbow of colorful fruits and vegetables.  
  - Aim for at least three colors on your plate at each meal. Think ripe red tomatoes, deep green Swiss chard, and cheerfully orange butternut squash.  
  - Bon Appétit offers roasted/sautéed vegetables to encourage healthy options.
• Drink spa water (use lemons, cucumbers, etc., with water) instead of soda or sugar drinks.
• Bon Appétit tries to make healthy eating your choice.

- **Calories Can Count** – Learn to use calories to help maintain energy balance.
  o Swap 6 oz. fries (340 cal) for 1 cup roasted vegetables (85 cal + 4G fiber, vitamins A & C, & phytonutrients) **Bon Appétit serves roasted/sautéed vegetables to encourage healthy options**
  o Get a boost, but shake excess sugar. Swap 12 oz. soda pop (150 cal + added sugar) for 12 oz. unsweetened coffee or tea (0 cal + antioxidants)
  o Liquid calories can add up quickly. Swap 12 oz. lemonade (190 cal + added sugar) for 12 oz. spa water with lemon (0 cal)

- **Nutrients Are Key** – Choose nutrient-rich foods for your best performance.
  o Swap beef burger on white bun (370 cal) for black bean burger on whole wheat bun (340 cal + 5G fiber & phytonutrients)
  o Get more nutrients for your calories. Swap 1 TBSP croutons (45 cal) for 1 TBSP sunflower seeds or chopped nuts (65 cal + vitamin E, Omega-3, fatty acids, & protein)
  o Swap sides for calorie savings and nutrient gains. Swap 1 cup mashed potatoes (325 cal) for 1 cup mashed cauliflower or roasted butternut squash (150 cal + fiber, vitamins, & phytonutrients)
  o Gain mid-day momentum with a healthy lunch. Swap ham & Swiss sub with Mayo + a side of chips (770 cal + 1600 MG sodium) for house-roasted turkey & Swiss with mustard on whole wheat + an apple (370 cal + 450 MG sodium + fiber, vitamin C, & phytonutrients)
  o Add more than starch to your salad. Swap 1 cup white potatoes (100 cal) for ½ cup chickpeas or other bean (110 cal + protein, fiber, B vitamins, & phytonutrients)
  o Choose a grain that keeps you energized. Swap 1 cup white rice (200 cal) for 1 cup farro, wheat berry, or other whole grain (200 cal + fiber, protein, B vitamins, & phytonutrients)

- **Portion Size Matters** – To satisfy a craving, indulge in smaller-sized treats.
  o Swap 1 cup ice cream with fudge sauce (400 cal) for ½ cup ice cream with fresh fruit (180 cal)
  o Pasta isn’t off limits when you choose a moderate portion. Swap 4 cups white pasta with marinara & parmesan (a typical American portion, 1000 cal) for 2 cups whole wheat pasta with marinara & parmesan + side salad (500 cal)
  o Enjoy a slice without busting your calorie budget. Swap 1 personal pepperoni pizza (710 cal) for 1 slice vegetable & cheese pizza + side salad (380 cal + 7G fiber, vitamins A & C, & phytonutrients)
  o A little goes a long way, even when it’s better for you. Swap 4 TBSP Vinaigrette (typical portion, 340 cal) for 2 TBSP vinaigrette (170 cal + healthy fat)
  o To satisfy a craving, indulge in smaller-sized treats. Swap 1 slice cheesecake (620 cal) for 1 small chocolate chip cookie (130 cal)

- **A Plan is Paramount** – Keep healthy snacks handy.
  o Swap vending machine snack, candy, and frozen yogurt with granola for trail mix, hummus & vegetable cup, or Greek yogurt with fruit.
Comment Cards:

Sayles

- Buffalo chicken basket all the time
  - We like to rotate our special. Look for it again soon!
- The Italian parmesan & herb scones are delicious and my favorite bakery item! It would be cool if it was a more regular item.
- Good afternoon. I just wanted to report that today, 11/30, I went to Sayles for lunch and arrived at 1:05 to find the soup and salad bars were both closed. There was a steady stream of people behind me also wondering where the soup and salad were. Dining services options are already extremely limited for staff during breaks – it would be nice to able to at least count on soup and salad during the posted open hours at Sayles.
  - This is not acceptable. I apologize. We dropped the ball. I have talked to the team about better plans moving forward. Can we buy you lunch tomorrow or Friday?
- Please make a cheese, sausage, ham, cracker option. To go
  - Thanks for the suggestion! All of our Grab & Go options are on a rotation, so if you like something let us know and we will keep it in the rotation!

Burton

- Yesterday I had the pleasure of dining at Burton with the Student Life Division and had a fabulous wild rice and cranberry salad. Wondering if you are able/willing to share the recipe? This would be a perfect addition to Thanksgiving dinner! I have really been impressed with the variety and quality of the food served to students.
  - Our Chefs would be happy to share – I’ve copied them on this note so they can get back to you directly!
- I don’t normally like fish but the cod tonight was great!
  - Thanks
- Is it possible to get everything bagels?
  - We can look into it. Thanks
- Please please please bring back the hot chocolate! I’ve been looking forward to it for all of break!
  - It is back. We needed a new container for it. Thank you
- Bring back the honey butter please! I love it.
  - Will do. Thanks
- I loved the 5-grain oatmeal! Please have it on the rotation more often! Thank you for all you do!
  - We have it on our rotation.
- Please bring back the red pepper shakers. Thanks!
  - We are getting a new one as the last one was taken by someone.
- More cheezy bread. More biscuits and gravy. Puleeaz
  - We will keep it in the rotation.

LDC

- I’m really missing the lactose-free milk! It’s so great that you have it normally...
  - Our purveyor only delivers on Monday and last Monday was a holiday hence no milk until 1/9/17.
• Friends and I have been CRAVING almond milk! We are looking for a healthy and tasty milk alternative. Could we possibly get some for the D halls?
  o Our purveyor only delivers on Monday and last Monday was a holiday hence no milk until 1/9/17.

• Hello, we’re having a heated debate as to the nature of your large batch scrambled eggs. We simply wonder if these eggs are freshly cracked and scrambled, or if they are made from a powder/some other processed form. The consistent perfection leads some of us to believe that it is powder. Thank you so much for settling this for us, and have a wonderful day.
  o All eggs used by Bon Appétit are from whole, cage-free eggs. We do buy pre-cracked eggs due to the large quantity of eggs we go through for the scrambled eggs for breakfast. This could account for the great consistency that we see. Thanks for your note – we love hearing from our Carleton students!

• PLEASE KEEP THE DARK MINT CHOCOLATE CAPPUCINO IN LDC ITS MY FAVORITE PART OF THE MORNING IT MAKES ME SO HAPPY PLEASE
  o We keep the cappuccinos on a rotation-gląd this makes you happy!

Open Discussion:

• SWA’s are doing a “Winter Wellness Challenge”. Jenny will send jpegs to Chris to post on website.
• Bread bowls in Sayles going really well!
• Reusable plates: Already a good start! Purchased 400 plates and 400 bowls and have had a little bit of loss already. Encourage those using reusable to return to proper locations.
• Mug Club is now available on Apple Store (free app). Use your own reusable vessel and get a free coffee after 10 times. Donated mugs may be an option for those not wanting to create waste by using a throw-away cup.
• Real Food is trying to put efforts on things other than Tyson.
• Late Night Breakfast: Attendance was down a bit (700 and typical is 800). Discussed ways to promote:
  o Add a new item (French toast instead of pancakes, etc.)
  o Start 30 minutes earlier which might cut down on everyone coming all at once. Only 450 seats in LDC and it gets crowded.

Upcoming Events/Happenings:

• Bread Bowls in Sayles Café, January 9th – 20th (Mon-Fri) – with different soups and stews
• January 17th: Spruce up your beverage with assorted toppings and flavorings at the Hot Cider and Hot Chocolate Bar in the Dining Halls during lunch.
• January 18th: Tea Tasting in Sayles Café – Nourish Your Mind & Body
• Sayles Saturdays Signature Desserts:
  o January 14th – Bananas Fosters
  o January 21st – Root Beer Floats
  o January 28th – Milkshakes – Vanilla Ice Cream with choice of mix-ins (choice of fruit, chocolate or caramel syrup)
• January 30th: Chili Cook-Off

Next Dining Board Meeting: January 26, 12:00-1:00 p.m., Sevy Meeting Room