Carleton Dining Board
Thursday, October 19, 2017
Sevy Meeting Room

Present:

Abby Hartzell ’20, Bryan Schouten, Chris Rohr, Daniel Johnson ’20, James Harren ’19, Joseph Luther ’20, Karen Chen ’21, Kate Nootenboom ’20, Katie McKenna, Lee Clark, Natalie Sainz ’20, Tanya Hartwig

Introductions/Icebreaker:

Name, year, where are you from?
What is your favorite fall harvest meal?

Food For Your Well-Being: Mindfulness Eating – Presented by Katie McKenna

What is Mindful Eating?

- Mindful Eating is teaching you to eat on internal cues:
  - Indulging all of your senses as you eat food that nourishes your body
  - Acknowledging your responses to food without judgement
  - Becoming aware of your physical hunger and satiation

Why Should I Do It?

- Improves your awareness of your hunger and its satiation
- Allows you to better manage your emotions and their influence on your diet
- Bolsters healthy emotion management
- Decreases stress

How Can I Be a Part of This Amazing Practice?

- Try this:
  1. Chewing 20 times per bite
  2. Feed yourself with your non-dominant hand
  3. Eating with chopsticks for a week
  4. Try to identify every ingredient
  5. Eating in silence

Mindful Eating:

Aware: Tasting vs. mindless munching
Savor: Notice the texture, aroma, and flavor. (Is it crunchy, sweet, salty, smooth, spicy?)
Observe: Notice your body (rumbling stomach, low energy, stressed out, satisfied, full, empty)
In-the-Moment: Be fully present. Turn off the T.V. Sit down. When you eat, just eat.
Nonjudgment: Speak mindfully and compassionately. Notice when “should,” rigid rules or guilt pop into your mind.

www.eatingmindfully.com
Open Discussion:

- How do students hear back from their feedback comment cards and online comments? Posted on board at Dining Halls. If an email is given, response is emailed. Feedback comment cards are used by Bon Appétit to make positive changes in the dining halls.
- Katie McKenna said they have not been labeling everything gluten-free and it was brought to their attention last week. All meats, hummus, tuna salads, cheeses, roasted vegetables, are gluten-free.
- Not everyone knows to ask for the ingredient list. Bon Appétit would love feedback on how to educate on cross-contamination with workers and students. James and Joseph will work on ways to do this.
- Burger served on Indigenous People's Day was really good. It was a family recipe from one of the students and will be served again. Submit family recipes for the dining halls to make. Easy way to do this at http://carleton.cafebonappetit.com/recipes-from-home/
- Is it possible to have 1-2 chicken breasts without sauce with every batch so students don't have to wait? It can take 8-10 minutes to make them.
- Music Mondays was tried unadvertised in LDC. Goal was to add a little fun in the dining halls. Seemed to go well. Burton is harder to do because it would be necessary to have two sound systems because of the design of the dining hall. Sayles is too loud to play music. Will continue to work on making Music Mondays in LDC happen.
- Still concern about rotation of cereals, etc. What signage can we use and where to let students know the ins and outs of rotating certain foods?
- A student stated a friend went to the dining hall after soccer practice and was told they were taking too much pasta at the self-service station. This was done in front of everyone by an employee and not a student worker. Katie will check into this.

Comment Cards:

Sayles

- I love the Sayles staff! Also, I love contented cow creamery ice cream. I would love it if you stocked Moca Chip too in addition to vanilla. Thanks!
  - Thank you. We are waiting for more product to come in.
  - We are not getting the quantities we need but are working on it!
- Thank you for having more gluten AND dairy free options in Sayles! It has been super helpful!
  - We are glad that you like the new options! Thank you!
- Would love it if you brought back tater tots. Thanks
  - We have them with our specials. Look for them in Jan. with the weekly special. Thank you!
  - We tried having them all the time but they didn’t sell!
- Creamy corn chowder SO GOOD! 😊
  - Thank you!
- I would like to see an option of nacho cheese at the Taco Bar.
  - We will look into it! Thank you
Burton

- Can you please offer more vegan desserts? Thank you!
  - No problem, we will talk with bakery
- Tempeh chili and toppings bar was delicious. Please do it again sometime!
  - Will do! Thanks Chef
- Would it be possible to have a meat sauce option some of the time with the pasta? Thanks!!
  - We have had a Bolognese sauce and will work on having a meat sauce option.
- Vegetables like asparagus and cauliflower don’t require salt. People who want salted veg can do so themselves. Those vegetables have really great flavors individually.
- Will we get gluten free toaster waffles back any time soon? I miss them!
  - It would have to be a pre-made order. We will look into this.
- Please bring back the fun eggs!
  - Will do!
- Could Sunrise Crunchy Cinnamon cereal please be reordered/restocked? Would be much appreciated. Thanks!!
  - No problem. Will put it in rotation.
- The rice and beef burger w/the fruit salsa was so good!
  - Thank you! We will have it again.

LDC

- The raspberry lemon crisp was way too lemon-y!! It tasted like a lemon sour patch kid only!! Please tone down flavor 😊
  - I will let bakers know to tone down the tartness. Thank you Chef
- Refill the unsweetened iced tea.
  - Done
- Sundried tomato, spinach, & feta egg bake – what a triumph! Thank you.
  - Glad you enjoyed it. Chef
- Bring back the choc chip banana bread!
  - It will be back soon or try it as the muffin. Chef
- I appreciate and understand the effort to spruce up the grilled chicken, but PLEASE have some plain available somewhere! Even if just some cubes at salad bar. I can’t eat the toppings/sauces!
  - You can talk to the Chef at the station. They can get you plain chicken. Chef
- Did you guys change the corn chowder recipe? I used to love it, but this year, it’s not as amazing as it was. 😞
  - The one we served recently was vegan so it had a little different flavor profile. Chef

On-Line Comments:

- My friend Ellery says the LDC toaster toasts unevenly – it burns around the edges and it’s raw in the center. Could it get replaced? Thanks!!
  - We currently have one toaster in for repairs – perhaps this is the one your friend is speaking about – we will keep an eye on them – Thanks for the note!
  - Misuse of toasters (for cookies instead of using the microwave to heat them up) causes issues with them working properly
Also, adjusting dial to the level of toasting wanted and not adjusting it back causes issues with next person using. They may not realize it is set different.

- I couldn’t find the comment cards at LDC, but just wanted to let you know that the vegetarian broccoli cheese soup last week was definitely the best thing I’ve ever had at the dining halls!! Super super delicious!!
  - Thanks for the great feedback, I’ll share with the Chefs! The comment cards should be on the bulletin board just across from the Market Deli. I’ll have someone insure that they are out!
- I am one of the board members for MOSAIC, Carleton’s South Asian Interest Group. We have a couple big events every year where we cater food and work with Bon App for some of the additional supplies. Diwali is October 21st this year, and as we’re working out the details, we were wondering if Bon App would be willing to donate utensils and plates to this event. Thanks.
  - You can fill out the request below and submit for approval below: https://apps.carleton.edu/campus/dining_services/in_kind_support/
  - You could also submit recipes for us to feature to add to your celebration by going online here: http://carleton.cafebonappetit.com/recipes-from-home/
- THAT PESTO, MOZZARELLA, AND TOMATO PIZZA WAS INCREDIBLE TONIGHT. AGAIN SOON PLEASE.
  - We really liked this pizza too! I’m sure you will see it again! Thanks for the feedback – we’ll make sure the Cooks hear it!
- Can you restock the gluten free bread section with cinnamon raisin and plain bagels? Also can you bring back gluten free waffles?
  - Bagels have been restocked.
- The other day I had one of the pre-made salads and it was very very good!!!!! I do not remember the description, but it had an apple cider vinaigrette, bacon, cranberries, and some type of nuts on top. Please make again!!!!!!!
  - Thank you so much for taking the time to let us know that you like the salad! I’ll make sure the team in Sayles hear about this so we can run the salad again!

**Upcoming Events/Happenings:**

- October: Hot Mulled Cider in Sayles
- October 19th – 20th: Fall Visit Days
- October 20th: Chef Vale cooking demonstration featuring sustainable seafood
- October 24th: Oktoberfest lunch
- October 31st: Halloween – caramel apples in the Dining Halls and mini doughnuts in Sayles

**Next Dining Board Meeting:** November 2nd, 12:00-1:00 p.m., Sevy Meeting Room