Carleton Dining Board
Thursday, October 6, 2016
LDC/Class of ’51 Meeting Room

Present:
Abby Hartzell ’20, Andrea Robinson, Anna Thompson ’17, Chris Rohr, Dan Bergeson, Daniel Johnson ’20, Jerrilyn Goldberg ’18, Katie McKenna, Perrin Stein ’17, Trish Hare ’17, James Harren ’19, Tanya Hartwig, Caleb Braun ’17, Kate Abram ’17, Sam Blackburn ’17

Introductions: Name, year, where are you from, How do you define “real food”?

Real Food Presentation by Perrin Stein:

Perrin is a Food Fellow for the Center for Community and Civic Engagement (CCCE) and runs the Real Food Calculator. The RFC Calculator was developed by the non-profit Real Food Challenge (RFC). The Carleton RFC Calculator project is a joint effort between the CCCE, Sustainability Office, and Bon Appétit. Student workers/volunteers work together on this program.

- RFC uses 3rd party standard used by over 130 institutions of higher education
- Way to increase transparency and accountability, keep track of dining hall purchasing
- Student volunteers enter all of Bon Appétit’s purchases in October and February  
  - Keep track of how much “real food” Carleton purchases annually  
  - To make informed decisions about how Bon Appétit can shift its purchases toward  
    more “real food.”  
  - 28% Real Food on average
- Real Food Challenge (RFC) defines “real food” as being  
  - ecologically sound (Monterey Bay Seafood Watch Guide – uses best, good alternatives  
    or avoid choices, USDA Organic); see link or guide attached to minutes  
  - fair (Coalition of Immokalee Workers-Florida tomatoes, Fair Trade Certified)  
  - humanely raised, (certified humane, USDA Cage Free) or  
    community based (local – Farm to Fork)
- To count as Real Food it must fit at least one of the above categories and have no disqualifiers  
  - We research them to determine what is real, enter into Calculator and R-scripts to  
    figure out overall % breakdown by category, etc.
  - Results  
    - Graph at bottom of document (or copy attached to minutes) shows seasonal  
      ability of real food because of Farm to Fork  
      - 15-16 had less real food than 14-15  
      - First year did not increase  
      - Still high – most schools struggle for 20%  
      - Decrease likely because half as much from Carleton Farm, no seeds  
        farm, and lost Thousand Hills for humane bee since they have grown  
        so much
- 2015-2016 Closer Look  
  - 28% overall real food (October and February average)  
  - Local = 19%  
  - Ecologically sound = 9%
- Fair = 5%
- Humane = 2%
- How do we use this data?
  - Work to shift purchasing with emphasis on: cheese, apples, bacon
  - Seeing how other Bon Appétit and RFC schools switch purchasing
  - Making results more available
  - ACE courses

**SOPE:**

- Sayles – move away from clamshells
- Idea is to reduce waste on campus
- Educate on why we are doing this
- Late night always serves in clamshell – they don’t ask (Katie will check into this)
- App for mug club is now available
- Bring in your own cup to leave or bring in your cup to get it filled instead of using a paper cup

**Discussion:**

- Student emailed about mange program – order ahead (e.g., omelet’s in the dining halls)
  - Problem getting to stations electronically
  - Will look into implementing it – didn’t think people would use because it can only be used with schillers and won’t work for dining dollars
    - If schillers, no one would use it
- Kindness Campaign – Pay it forward type of thing. October is Kindness month.
  - Buy coffee, lunch or treat and leave receipt
    - Could be for a specific person or random
  - Bon Appétit will put those purchased and not used at the end of the month into random mailboxes
  - SWA’s are working on this

**Comment Cards:**

**LDC**

- Serve cous cous more often! It’s awesome (warm, not cold) Also, BBQ sauce for the chicken would be really cool
  - Glad you like the cous cous. You will see it more. We will make BBQ available more often.
- I like all of the white pizza you have been serving so far this year. I am allergic to tomatoes so it is always nice when there is pizza I can eat.
  - Glad you enjoy it. We will make other varieties
- All day I was looking forward to ice cream and there was no ice cream at dinner. 😞
- Please bring back Saturday Sundays. They were the best part of the week and now they’re gone. 😔
- We love Saturday Sundaes. If you can bring them back, please do!
- Looking forward to Saturday sundaes is what gets me through the week. Please bring them back. 😊
• Saturday Sundaes were my favorite part of the week in LDC! Please return them to the dining hall! Thank you.
• All I want is a Saturday Sundae!
• It is Saturday and there are no sundaes. This broke my heart. Please bring back the ice cream. 😓
• The thing I look forward to most is Saturday Sundaes. PLEASE BRING THEM BACK! Ice cream is the light of my life.
  o Saturday Sundaes are served weekly at either LCD or Burton. Check menus online to see.
  o Katie – Bon Appétit made a change in the dining halls. Every Saturday night there will be sundaes at either Burton or LDC – every other week one will have sundaes and there will be something special for dessert in the other dining hall.
• There’s no substitute for ice cream!!!
  o We will take that feedback!

Burton
• I love the breakfast burritos. Please do them more. Great Job
  o Thank you, we will do more with berries.
• I miss Marshmallow Mateys!! Please bring them back 😊
  o We have it in rotation. Thank you

Sayles
• Weitz Café used to sell grapefruit juice. Would like to see that return. Thanks.
  o Katie – Grapefruit juice has been discontinued and we are trying to figure out what to replace it with.
• I would appreciate the chance to purchase protein-added smoothies. So using a good-quality protein powder and fruits/veggies – and that’s it. No sugar added.
  o We will try to find it. Dining Board Approves
• The quality of the marinara sauce has fallen drastically since last year. If possible, could you reverse whatever change has been made?
  o We have been using local tomatoes to make the marinara sauce this semester. The sauce consistency is the result of using the local tomatoes. Thank you for your comment.
• Beef pasta was AMAZING! More past forever pls!
  o Thank you! We will let the chefs know you enjoyed it! Thanks
• Could you make broccoli cheddar soup and clam chowder? It’s always so good. Thanks.
  o We will put it into the rotation! Glad you like it. Thanks!
• Could you please bring back the Minute Maid Grapefruit Juice? It’s a favorite among all of Carleton. Thanks!
  o We will look into it and see if it is available. Thanks!
• Where is the hot cider? It’s getting cold outside and I’m ready to spend my money.
  o We have hot cider as the drink special next week! Look for it then. Thanks!

Other Comments:
• Two weeks ago at LDC the fish and chips were amazing! But the chips were chips and not fries.
  o Ran out of fish a lot because the Chef was having trouble keeping up. Should be better at batch cooking. Katie will look into this.
• Vegetarian variety at Burton is lacking.
• Pizza dough was off at times
• New dough machine is temperamental and if the dough is bad, tell the Chef.
• Bring back cinnamon sugar in Burton
  • It should always be there. Ask if they are out of anything! It may have been moved to another location and just not returned.
• Cream sauces are really good. Should do cheese sauce.
• Discussed posting on Facebook about “Vegan inspired Pad Thai”. Is it vegan or not???

Email and On-line Comments:
• What days will the eggs made your way station be in Burton and LDC?
  • For the most part we try to have eggs to order in Burton on Monday, Wednesday and Friday and at the LDC on Tuesday and Thursday. Occasionally we run into staffing issues where we are unable to provide eggs to order on the above mentioned days but we try our best.

Upcoming Events:
• October Wellness Topic: Reduced Sodium
• October 6: Collaboration with Gleaning Club – Apples to Community Action Center
• Hot Dessert at Burton/Ice Cream at LDC
• Sesquicentennial Celebration
  • October 13th – Party in Bridge Square
  • October 14th – Appetizers on Bald Spot after Convo
  • October 15th – Dance in Tent on Bald Spot

Next Dining Board Meeting:
• October 20, 2016 in LDC/Class of ’51 Room
The Real Food Calculator, developed by the non-profit Real Food Challenge (RFC), represents a third-party standard used by over 130 institutions of higher education. RFC defines “real food” as being ecologically sound, humanely raised, community based, or fair. The rigorous standards for each category were developed in tandem with the Association for the Advancement of Sustainability in Higher Education (AASHE). The Carleton RFC Calculator project is a joint effort between the Center for Community and Civic Engagement, Sustainability Office, and Bon Appétit. Student workers analyzed all October and February Bon Appétit invoices in order to keep track of how much “real food” Carleton purchases annually and to make informed decisions about how Bon Appétit can shift its purchases toward more “real food.” Below are highlights from the 2015/2016 results:

28% Real Food on average

Real Food Breakdowns by Category:

- Poultry: 0% Real Food A, 29% Real Food B
- Seafood: 0% Real Food A, 63% Real Food B
- Meat: 0% Real Food A, 10% Real Food B
- Dairy: 0% Real Food A, 73% Real Food B
- Produce: 13% Real Food A, 13% Real Food B
- Eggs: 7% Real Food A, 19% Real Food B
- Baked Goods: 0% Real Food A, 0% Real Food B
- Beverages: 0% Real Food A, 11% Real Food B
- Tea/Coffee: 97% Real Food A, 0% Real Food B

Light green: Real Food B, signifies that the food item fulfills one RFC standard.
Dark green: Real Food A, signifies that the food item fulfills at least two RFC standards.

Where to go from here?
-- Focus on non-seasonally dependent changes in order to increase both the fall and winter percent.
-- Potential changes that would affect fall and winter are increasing real food in meat or poultry.
  - Switching all non-real chicken to real chicken increases real food percentage 5.6%.
  - Buying local, humane, or organic bacon would increase the real food percent by 1.9%

For more complete findings or any questions or comments, contact steinp@carleton.edu.