Carleton Dining Board
Thursday, February 8, 2018
LDC

Present:

Chris Rohr, Daniel Johnson ’20, Karen Chen ’21, Kimberly Driesch, Natalie Sainz ’20

Introductions/Icebreaker:

Name, year, where are you from?
What is your favorite Winter Olympic Sport?

Wellness Topic of the Month: Plant Based Proteins

- Protein works to build and maintain muscles as well as keep your hair, skin, and nails healthy and strong.
- Eating animal proteins isn’t always necessary to reap these benefits – plant proteins are a source as well! Plus, they are beneficial in a variety of ecologic, economic, and health-related ways.
- How much protein do you need? For adults: Weight in lbs x 0.37 = grams of protein needed per day. For example, a 150-lb person requires about 55 grams per day.
- Vary your protein routine. Make one or two meals per week plant-based, dedicate a day to being meatless, or choose to eat vegetarian.
- Handouts: Protein in BEANS, NUTS, GRAINS, VEGGIES (6 handouts)

Open Discussion:

- There has been talk about expanding the salad bar in Burton. Difficult to add options due to the limited space.
- Discussed process of getting a bag lunch for dinner at lunch. It is possible but need to let express lunch cashier know you are doing this.
- Put some comment cards in the table tents to remind students to fill them out as well as have easier access to the cards.
- Discussed need for volunteers for Climate Action Week. (See areas volunteers are needed under Upcoming Events/Happenings below.)

Comment Cards:

Sayles

- More vegan items in fridge would be wonderful – especially peanut butter-banana wraps!
- Please bring back the frozen hot chocolate! Amazing! xoxo
- Pls have lavender white chocolate drink more often/be permanent.
Burton

- Please bring back the garlic aioli.
  - Will be back in rotation every few days. Thank you
- Why does the breakfast sandwich on Wednesdays not have egg on them? How do I get an egg on my sandwich?
  - They all come with eggs.
- Please make more seven layer bars!! It’s been so long, and I crave them every day!
  - Glad you like them. We will have them more often.
- Some things LDC has at their salad bar that would be awesome: garbanzo beans, peas, shaved almonds, feta
  - Thanks for great suggestions. Many of these are frequently on salad bar – we rotate items!
- The “Chinese Pork Sausage w/Bok Choi & Daikon” soup was the best soup I’ve ever had – PLEASE make it again some time!
  - Thank you
- Can you please bring back the fun eggs?
  - Thank you. Yes we like to have fun and will do the eggs that way.
- I love the Brussel sprouts! Can we have them more often?
  - Thank you and yes.
- Please refill gluten free cereal with Sunrise Crunchy Cinnamon! Would be greatly appreciated, thank you!
  - Will do again

LDC

- Please bring back the chocolate chip pancakes! I’m a senior and I miss them dearly.
  - We had them on 1.29.18. They will be back on 2.6.18.
- More carrot cupcakes and cheesecake. Also please refill the unsweetened soy milk faster.
  - Unsweetened soy milk is back. Cupcakes and cheesecake will be added. Thanks
- Hello, could you please bring back the biscotti. Thank you!
  - We will make it so.

On-Line Comments:

- I think it would be really awesome to sell a “Sayles Sampler” where there are sample bits from all/many of the baked goods on a little plate or container or something, that way if someone has trouble deciding what they want, they can just get the sampler!
  - I will talk with the bakery about this. I know that we had talked about it a year ago but we can revisit it.
- Hi! I just wanted to tell you that the Chickpea and Vegetable Coconut Soup that is being served today in Burton is hands-down my favorite thing that the dining hall serves – it is really really good!! I would love if it was served more often!
- I have a question about express lunch. I sometimes use express lunch in the lunchtime, however, I do not have time at evening and night and I would like to keep that express lunch for dinner. In the case, am I still allowed to go in the dining hall for lunch? Clearly, can I get lunch and express lunch on the same day?
Yes, you are able to eat lunch and get an express lunch for dinner. You need to make sure you tell the express lunch cashier that you would like the express meal for dinner. If you do this, keep in mind that you will not be able to eat dinner in the dining halls. Please let me know if you have any further questions.

- I have a nut allergy and was wondering if the pesto in the dining halls and cafes contains any sort of nuts.
  - Our everyday pesto is nut free. *If we do make pesto with nuts, it will state it on the menu. For example: Sundried tomato walnut pesto.

**Upcoming Events/Happenings:**

- February 9th: National Pizza Day – serving Deep Dish Pizza in LDC
- February 13th: Mardi Gras celebration in the dining halls
- February 14th:
  - Valentine’s Day Special Buffet in LDC
  - Decorate cookies in Burton
  - Ash Wednesday – Fish entrée in both dining halls and on Fridays during Lent
- February 18th – 24th: Climate Action Week
  - Promoting the “best choice” for a low carbon diet on the menu signs
  - Removing the disposable cups in the dining halls for one day on Saturday, February 24th for all meals
  - Need folks to talk this up, we will have signs in the dining hall at the cup station about this all week
  - Need folks at the cup station during the meal period to answer questions
  - Handing out stickers for going trayless
  - Need folks at Tray Return to hand out stickers to those going trayless
  - Getting folks to sign up for going meatless one day/week - we will have this information at the table when we table in the dining halls
- February 19th: President’s Day – decorate cookies
- February 20th: Cherry Pie Day

**Next Dining Board Meeting:** February 22, 2018, 12:00-1:00 p.m., LDC Class of ’51 Meeting Room