Carleton Dining Board
Thursday, February 9, 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

Introductions: Name, year, where are you from
What is your favorite dessert for Valentine’s?

Open Discussion:
• Winners of the Chili Contest – Trish Hare and Claire O’Brien with their Good Chili recipe
• Recap of Reginaldo from Main Street Chicken Meeting from Tuesday
  o It was a really good talk.
  o Reginaldo will be back April 4th for the Farm Workers Awareness Dinner (for local farmers). He will also be signing his book.
  o Reducing use of Tyson Chicken in dining halls by replacing chicken breasts with Turkey on Tuesdays in LDC, and on Thursdays in Burton.
  o Serving Main Street Chicken once/week in each dining hall.
• Sushi is fresh every day. Vendor takes back what is left over at the end of the day.
• Olive oil or blend of oil? It is olive oil.
• Climate Action Week – Starts next week and signs will be posted in both dining halls.
  o On Saturday they will be taking away disposable cups for one day (you can still get one if you need to). Chose Saturday because of the lowest participation in the dining halls and so students that want to take hot coffee to class aren’t affected. Also, the reuse of coffee sleeves by putting them in a basket for others to use after you are done is being encouraged. Bon Appétit and Sustainability have agreed to do this.
  o Volunteers are needed to answer questions (brunch and dinner only). Sign up on line.

Wellness Topic of the Month: Plant-based Proteins – Presentation by Jenny Pope
• 5 Plant Protein Nutrition Facts
  1) Plant proteins are a powerhouse of good nutrition and can provide you with your daily protein needs!
  2) Many food habits and choices that are good for the environment are also healthy such as choosing plant-based protein in place of some (or all) of your protein intake.
  3) Protein plays a critical role in the body from building and maintaining muscles to keeping your hair, nails, and skin healthy.
  4) You don’t have to be vegan to reap the benefits of a plant-based diet—even small adjustments to your diet can make a difference.
  5) Eating a diet that is mostly plant-based is not boring—the world of plant-based foods is large and exciting to explore.
• Delicious and full of protein – meet about 1/3 of your daily protein needs
  o Lentils – 1/3 cup raw, 1 cup cooked
  o Quinoa – 2/3 cup raw, 1 ¾ cup cooked
  o Black beans – 1/3 cup raw, 2/3 cup cooked
- Tofu (firm) – 1 cup raw or cooked
- Nut butter sandwich – wheat bread (2 slices), nut butter: 2.5 Tbsp.
- Tempeh – 4 oz. raw or cooked

- **Vary your protein routine**

**Comment Cards:**

**Sayles**

- I am a vegetarian and am pleased with the current options at the taco station, however, the addition of tofu (grilled) would be well-received by many. (P.S. PB&J’s in the cooler would be nice, too)
  - **PB&J’s are in rotation. 😊 We will look into tofu for tacos. Thank you (Katie – Could do made-to-order at taco line, worth trying)**
- We love the peanut butter mountain bar! Thank you Sayles staff. Bless.
  - **Thanks**
- We would appreciate it if there were an option to get tofu instead of meat on tacos.
  - **We are looking into it. Look for it next week. Thank you**
- Spring term egg rolls were so good!!!
  - **We will have them again. Thank you**
- The pastries at Sayles are so beautiful!!!! They all look so delicious & gorgeous, it’s difficult to pick which treat to try. I have no idea how you guys make them look so cute & yummy!
  - **Thank you. We will let the Bakery know how much you enjoy them!**
- Hi, I’ve noticed the vegetable rice paper rolls are gone. Have they been taken out of order? I miss having them. Also, love the mayo!!!
  - **Everything is on a rotation but we will look into it. Thank you**
- **YOU ROCK ALL**
  - **Thank you**
- I strongly dislike rishi tea. The bags leak tea leaves, and the special flavors aren’t great. I wish you offered the normal tea from the dining halls at Sayles.
  - **I’m sorry you dislike the Rishi Tea. We have had a lot of positive comments about the new tea. (Discussed that the way the bags are made and used there may be some tea leaves that leak. Have to be careful with opening the bag so you don’t tear it, causing it to leak tea leaves.)**
- Please make the taco bowls crispier
  - **We will see what we can do. Thank you**
- I’m also in favor of vegetarian taco options. Tofu tacos would be awesome! Thank you!!!
  - **We are looking into it. Look for it next week. Thank you**

**Burton**

- Dairy-free ice cream please! Thanks!
  - **I will look into it**
- More vegan pizza. Yum!
  - **Sure thing, thanks**
- That mac’ n cheese was bomb! Hell yeah!
  - **Thanks**
- Turkey pesto bacon sandwich was the bomb!!!
  - **Thanks**
• Breaded mac & cheese was incredible. Please bring back soon.
  o Thanks
• Can you PLEASE bring back the light Italian dressing? None of the other dressings are as good.
  🙃
  o We rotate our light dressings. Thanks
• Can you bring in flavors for coffee?
  o We rotate our coffee every two weeks
• Please have napkins near the food so I can clean up coffee/tea/other spills. Thank you! Also, loved F-2-F Tuesday!
• Thank you for changing the honey dispenser back to the squeeze bottle! It’s so much easier and cleaner. Also, the white chocolate raspberry bars are the best!
  o Thanks
• Ginger cookie were fantastic. Please make them more w/icing pretty please.
  o Thanks will do
• In Burton, please have more of the extra deep dish pizza squares w/pepperoni. Thank you!
  o Sure thanks
• Please put out more of the deep-dish pizza squares
• Two thumbs up on the Basil Spinach Swiss Quiche! Definitely make it again.

LDC
• Could we have hash browns more often? It seems like they’ve been less frequent. Everyone I know thinks they’re the best potato.
• Please bring cinnamon sugar back to LDC! (they have it at Burton)
  o We can do that
• Any chance LDC could get the gluten-free everything bagels Burton has?
  o We will look into this (Katie - No reason both sides can’t have these bagels)
• Please fully cook your chicken!!!! I had some chicken for dinner and it was pretty much all pink and the fat was still visible. I didn’t notice it until I took my first bite, so now I’m probably at risk for salmonella. Please, Please, PLEASE cook your meats well!
  o Thanks for bringing to our attention. I have talked to the chefs about it.
• Loved the chicken black bean chili! Could you bring back grilled chicken pieces at the salad bar?
  o Glad you liked the chili. Grilled chicken will be back at the salad bar as part of our rotation.

Upcoming Events/Happenings:

• Climate Action Week(s):
  o Mug Club – and re-usable cups in Sayles Café
  o Kiss your Mug Goodbye on February 14th
  o Climate-friendly menu choices in Dining areas
  o Re-usable plates in Sayles – already a good start but we have to keep this running!
• Valentine’s Buffet in LDC and cookie decorating in Burton
• Enjoy the Flavors of Mardi Gras – February 28th during lunch in the dining halls

Next Dining Board Meeting: February 23rd, 12:00-1:00 p.m., Sevy Meeting Room