Carleton Dining Board  
Thursday, April 21, 2016  
Sevy Meeting Room

Present:

Andrew Woosnam ‘18, Anna Thompson ‘17, Eric Walker ‘17, Katie McKenna, Rachel Harris ‘18, Sarah Weiler, Jordan Lee ‘18, Trish Hare ‘17, Chris Rohr, Dan Bergeson

Mindful Eating Exercise – Katie McKenna:

- Exercise on how we are eating
- See exercise attached at the end of the minutes

Comment Cards:

LDC

- Pork patties were great! More, please!
  - Glad you like them. You shall see them more often.
- I always enjoy the grass-fed burgers! Thanks!
  - You are welcome
- Hi! I was just wondering if the Cucina is a vegetarian station now as well? For the last week or so I’ve been having a tough time finding enough high protein options, as well as I’ve noticed the ice cream machine is out of order. Sorry to be particular, I know we keep you all very busy, but some of us athletes have certain protein and calorie thresholds to meet on a daily basis. Thanks so much! We all really appreciate what you all do for us! 😊
  - We try to have a variety of protein options available daily. Please check menus online.
- Hello! I love Wild Thymes! But sometimes it does not show up on daily menu emails. This makes it very hard to dream about my Wild Thymes throughout the day! 😊 Thanks for always having yummy vegan options.
  - Checked and there was an issue but should be fixed now.
- The bitter greens at the salad bare are really bitter, and also mostly stems. Not very pleasant for a salad. 😌
  - Thanks for the input, we will look into a different selection of greens for salad bar.
- Butternut & Udon salad was awesome. Also, the apple fritter from a day ago.
  - Thank you. Glad you enjoyed.

Burton

- Burton’s vegetarian game has been weak this term. Most of the main dishes most of the time have meat, and I’m often only eating side dishes for dinner.
  - Sorry. I will work on that.
- Please don’t run out of organic peanut butter so often.
  - It is not up to us. It is up to the distributor if they have it in. Thank you.
- Thanks for bringing back the Morning Glory Muffins! I’ve missed them and they are so yummy!
  - You’re welcome
- Please bring the organic peanut butter back! It would be very appreciated! Thanks!
  - It will be back as soon as we are able to get it back in. Thank you
Sayles

- Falafel is the perfect study snack!
  - 😊
- I WANT TO EAT YOUR TO-GO KALE CRAISEN SUNFLOWER SEED SALAD EVERY SINGLE DAY! IT'S PERFECT. PLEASE PLEASE MAKE IT MORE!
  - Will do glad you like it!
- We should get some plain chocolate and vanilla ice cream bars, or possibly some ice cream cones.
  - I’ll check into ordering them.
- When will the next quesadilla special be?
  - Look for it the week of May 2nd.

Email/On-line Comments

- I write express my extreme disappointment and frustration with the vegetarian options at Burton Dining Hall. For the past week, there have been no vegetarian entrees at a majority of meals. Even the pizza station often features a meat pizza in addition to the standard pepperoni and cheese. At tonight’s meal (4/11/16), not only were there no vegetarian entrees, some side dishes also featured meat. As a student who lives, works, and takes a majority of classes on West Campus, I should not have to walk to LDC every time I want to eat a quality vegetarian meal. My frustration is only exacerbated by the fact that I am paying so much money each term to eat panninis and cheese pizza.
  - Sometimes it may be difficult to navigate the dining halls, if ever you are not able to find what you are looking for please ask one of the Managers, or a cook and we would be happy to assist you. While we always have Pasta, and vegetarian burgers available, here are some of the other Vegetarian items that are available this week in Burton...
    - Thanks for the feedback, we are happy to assist in any way we can!
- Today I tried to use my OneCard to get a pack out lunch and it said that I had no meals left. I doubted that, since I’m on the 15 plan and haven’t eaten dinner at either dining hall all week. And it’s Thursday. My OneCard dashboard says that I have 2 meals left for the day and 10 meals left for the week. I have a screenshot of the OneCard dashboard if you would like to see it for proof. I would really rather not be on a meal plan. Carleton’s meal plans appear to be expensive and force me to use the dining hall when I really dislike most dining hall food. But since I am on a meal plan, I would like to be able to use it.
  - I had the OneCard office check your card, it appears that you had lunch at LDC, and then tried to get a sack lunch. If you want a sack lunch for your dinner you just need to tell the folks helping you with that, and they will use your swipe for dinner. Bon Appetit doesn’t set the perimeters on the meal plan options, but we do work the College to try to make them work for the students. If you could be more specific on concerns I’d be happy to address them.
    - Thank you for clearing that up so quickly. I think it would be more useful for me to talk to my student rep about getting different meal plans than Bon Appetit, so I don’t have any more questions for you. Thanks again
- I meant to write this sooner but I was debating whether I should submit this piece of feedback and have decided that I should for the sake of the student body. Last Saturday when I went into the LDC for breakfast, I noticed that the slice of wheat bread that I had taken had mould. I then checked the loaf and realized that the mould was present on the entire loaf. I informed the chef who was working then and he simply threw away the entire loaf of bread without a word of acknowledgement or apology. This event has made me question the food that students are
I hope this matter gets looked into, especially since students are paying a large sum of money for the dining services here at Carleton. Thank you

- I appreciate your taking the time to send us this note so we have the opportunity to explain. The bread we make, and the bread that we purchase does not have the preservatives that many of the breads in the grocery store would have. While we feel that it is a better product for our guests because it doesn’t have the preservatives, it does mean that it doesn’t have the same ‘shelf life’ that other breads may have. We will talk with the team to insure that the bread is rotated properly and checked prior to each meal period. We will also talk to them about the customer service. I have full confidence that with all of the systems we have in place to prepare fresh, sustainable food that the food we serve is very safe. We have excellent Chefs, cooks and teams here at Carleton. We train them regularly, and are inspected by the local Health Department as well as a contracted 3rd party inspection service that is top notch. Please don’t hesitate to reach out to me if you have any further specific concerns, as we love the feedback, and it is the best way for us to understand the needs of our guests. Thanks!

April Events:
- April 18 - 22
  - Street Foods will be featured in the dining halls
- April 22
  - Earth Day! Come celebrate by planting your own herbs.
- April 25
  - Cookie Contest in LDC over Dinner
- April 28
  - Live at Sayles

Next Dining Board Meeting: Thursday, May 5th, 12 – 1:00 pm, Sevy Meeting Room
Try this: Take a small square of chocolate and place it in your hand. Look at it, turn it over, and take notice of its texture, color, and weight. Now, bring the chocolate up to your nose and smell it. Slowly, place the chocolate on your tongue, but don’t chew it. Close your mouth and notice the flavor and texture as it begins to melt. Close your eyes and notice how it feels in your mouth. Move it around and then as it becomes small enough, swallow it.

Do you want another, or are you satisfied by this piece of chocolate? OK, maybe you still want another, but are you more likely to be able to stop after one? Reflect on how you feel after this exercise and compare it to how you might normally pop a piece of chocolate in your mouth, chew it quickly and swallow it, then gobble more.

Americans put a lot of emphasis on what we should or should not be eating, or what diet plan is going to miraculously shed that unwanted weight forever. Yet, many of us never think about how we are eating.

A growing body of research suggests that, when it comes to weight management, the way in which we savor or scarf our meals may be as important as what we are eating. Mindful eating, or intuitive eating, refers to the principle of being present — fully in the moment — and using all of your senses while you eat. It is based on the Buddhist concept of mindfulness, or being fully aware of what is happening within and around you. The practice of mindful eating does not dictate what you should eat: you’re encouraged to include foods you enjoy. You can mindfully eat pizza or ice cream by enjoying every bite and moving on. Your body may even tell you that you need a salad for your next meal.

According to the Center for Mindful Eating, the principles of mindful eating include:

- Acknowledging that there is no right way or wrong way to eat.
- Using all of your senses when choosing food that is both satisfying and nourishing.
- Becoming aware of physical cues for hunger and fullness.
- Gaining awareness of how to make food choices that support health and well-being.

At the other end of the spectrum is mindless eating. As a culture, Americans tend to eat mindlessly — at our desks, in our cars, or in front of the TV. Eating while distracted has become the norm for many. Brian Wansink, PhD, and his team at the Cornell Food and Brand Lab have
spearheaded numerous studies that suggest our eating environment and habits, whom we’re eating with, our plate size, and how quickly we eat can dramatically affect how much we eat. These factors can even edge out our ability to recognize hunger and fullness cues.

So, how to eat more mindfully?

- **Remove all distractions:** Step away from your computer, TV, or any other technology that will hold your attention while eating. Instead, focus all of your senses on what’s in your mouth.
- **Take lessons from the French:** Linger over your meals like every meal is a celebration of the food on your plate.
- **Pay close attention** to how you feel throughout the meal. Stop when you start to feel full.
- **Before you eat, tune into your hunger level.** Are you eating out of boredom or stress?
- **Serve meals on smaller plates** and leave the serving dish in the kitchen so you have to actively go back for seconds.
- **Slow down.** Put your fork down between bites, use chopsticks (unless you’re a native chopstick user!), or eat with your non-dominant hand.

Make a resolution to try it for a week, or at every lunchtime, and see if you notice anything different about your relationship to food. After all, you’ve got nothing to lose except bad habits, right?

*At Bon Appétit, we know there’s a lot on your plate that you worry about. That’s why we have a team of registered dietitian nutritionists, aka our “superfoodies,” ready to answer your nutrition questions about which food choices will help you avoid unwanted pounds, work or study (and sleep!) better, and form long-lasting healthy eating habits. Email your questions and feedback to nutrition@cafebonappetit.com.*

- **Advice**
- **Nutrition**