Carleton Dining Board  
Thursday, April 7th, 2016  
Sevy Meeting Room

Present:

Andrea Robinson, Anna Thompson ’17, Eric Walker ’17, Jenny Pope, Jerrilyn Goldberg ’18, Katie McKenna, Rachel Harris ’18, Sarah Weiler, Jordan Lee ’18, Clara Hobbie ’19, Patrick Gordon, Chris Rohr, Dan Bergeson

Presentation by Jerrilyn Goldberg:

- Bon Appétit Sustainability Student shared on her semester abroad in Ethiopia

Meeting Comments:

- Jenny Pope spoke on this month’s **Well-Being Challenge – Explore New Plant-Based Proteins**
  - Good for the Earth! Great for You!
  - Vegan, vegetarian, flexitarian, or omnivore – we challenge you to try at least 3 new alternatives to meat or dairy products this month.
  - Reducing meat and cheese consumption will lower your carbon footprint as well as your intake of saturated fat, total fat, and sodium.
  - If you are an omnivore or vegetarian, substitute out meat or cheese in a recipe or meal choice.
  - If you do not eat meat or cheese, search for a way to incorporate new delicious flavors with plant-based products.
  - Share your experiences by posting comments or photos of your experiences on our Facebook Page wall.

Comment Cards:

**LDC**

- The seafood Ravioli was delicious! 10/10 Would love to eat again!
  - *We are glad you enjoyed it. We will make it available again.* Chef
- The chocolate chip cookies on Sunday, Monday, and Tuesday were really good. Whatever recipe that was, keep using it.
  - *Glad you enjoyed them. We will keep same recipe.*
- The pizza on Thursday lunch “Thai peanut sauce & chicken” was so good. Please continue making this. Have you ever heard of Indian pizza → has curry on it? It is so good! 😊 Thank you 😊
  - *Glad you enjoyed. I will look into “Indian” Pizza.*
- I love the muffins! But I wish there wasn’t added sugar on top because it is unnecessary, takes away from muffin flavor and there are ways to add sugar if people want it, but it is hard to remove! And as a whole, we don’t need more sugar in our diets. Thanks! 😊
  - *We have informed our Bakers of your desire.*
- Please have the flourless chocolate torte in the dessert section more often. It’s so good! 😊 Thanks!
  - *Glad you enjoyed it. You will see it often in some variation.*
- Can there be honey with the tea please
  - *There are 2 squeeze bottles of honey at the coffee/tea station.*
- Can we have the Birchwood breakfast blend more often (in lieu of Blue Ox)? It’s really good!
  - We will rotate it more often.
- Can we bring back sunflower seeds and white raisins in the morning for breakfast?
  - Golden raisins are cost prohibitive. We will bring back sunflower seeds. If price of raisins fall, we will look into it.
- Please make yogurt no longer the consistency of water.
  - Had issues with the yogurt. We have got new in. We are sorry for the inconvenience.
- I love that we get food from HAFA. Please keep it coming. Thanks
  - Thank you for supporting local farmers
- Y’all gotta work on the pricing for a bowl of rice + beans + a topping like ?.
  - I’ve been charged $12 (rice/beans + dressing) and $6 (as a burrito bowl), alternatingly; rice is $1.25, beans are $1.25 adding any toppings meat, cheese, salsa, etc., will be a burrito. $5.50. Cool ty for clarifying.
- Nature Valley lactose free milk 2% PLEASE?
  - I will look into it. Thanks
- I think we should have grapefruit spoons because eating grapefruit is a struggle when the juice splatters everywhere and you can’t properly cut in to it/scoop w/a normal spoon.
  - Use a butter knife to loosen the segments – that will make grapefruit eating easier
- Could there be a non-dairy butter option for people who are lactose intolerant or cholesterol-conscious? Thanks!
  - Margarine contains hydrogenated oils creating saturated fats. We have no healthy butter alternative at this time.
- We loved the kale salad last term! Would love it again this term.
  - We made the kale salad on Saturday and will be making it again. I am glad you like it.

Burton
- Hi! Can we have organic peanut butter in the dining halls again? I eat it almost every day...
  - It’s a supply issue. When it is available we will bring it back.
- Where is the ice cream???
  - Takes a while for the machine to get ice cream ready. Will turn on machine earlier so it is ready.
- No ice cream during finals!?!?
- LOVE the vegan banana craisin cookies. I don’t feel guilty!!!
  - Thank you for all the food!
  - Thanks will do
- No Saturday Sundays?
- Please provide more whole grains – in entrees especially. Also please use vegetarian label correctly.
  - There is a grain bar next to Global Station, you can add as much as you want. Please bring it to the attention of a manager if you think something is mislabeled. Thanks
- Having at least 1 vegan option for entrees and dessert a day would be really great! (Besides the “vegan” burgers – which tend to be super dry)
  - Sorry about the dessert, there were 2 vegan vegetable, vegan rice, veggie burgers and a salad bar full of vegan options.
- Pea soup was so great
  - Thanks
- Hey, where are the Saturday Sundays? ☹ Finals were hard enough...
- It’s Saturday. Where’s the ice cream??
- Why is it that a brownie is all of a sudden a “Mexican Brownie” when you simply add a couple ingredients like cinnamon, etc.? That’s racist because (we) they don’t eat brownies like that and you’re making generalizations & proliferating stereotypes. Just call it something like “cinnamon brownie,” the same way you title other things like “orange citrus bar” instead of racializing the title of something so arbitrary as a dessert? – angry Mexican
  - Jenny will look into this as this was what the recipe was called in the book
- I’m very disappointed there weren’t any Saturday Sundays tonight.
  - We only do Sundaes during regular classes
- Why don’t you serve ice cream Sundays during finals period?
- Could we get Red Bell Peppers at the salad bar every once & a while?
- More fried cod pls!! So delicious!!
  - Thanks and sure
- Mugs
  - Order more

Sayles
- I am usually very pleased with Bon Appétit but on two separate occasions today the cheese I purchased was moldy, once on a sandwich in a to-go lunch and once in a cheese and cracker pack in Sayles. This is a really busy time for students and I don’t think anyone can afford to get sick. Thank you for taking the time to read this, I hope it helps.
  - I am sorry that you had a bad experience in Sayles Café. I wish we had been able to provide you with a different meal yesterday, as I know it is a stressful time in the term. We would be happy to reimburse you, or provide you with a new meal to replace it sometime before you leave campus this term. Just see one of the Managers in Sayles Café and they would be happy to assist you. If ever you are not satisfied with a meal from Sayles Café, it would be very helpful to us in if you returned the product, if possible, so that we could take immediate corrective action. Thank you for contacting us! I hope the rest of your term goes well!

Email/On-line Comments
- Hi Bon Appetit, I (and all the vegetarians/vegans out there) would greatly appreciate it if you would go back to having veggie sausage at breakfast. It is often the only veg protein source. Besides that, thank you for all you do and the great food you make!
Veggie sausage is on the menu every day. We are shorted from our supplier. As an FYI for us, it may not be BA approved on our MOG so we will need to get a different option soon if this is the case...

- Are the brownies at the gluten free station gluten free? They aren’t labeled 😔
  - The brownies on the Gluten Free station are gluten free - the sign is above the station. Please do not hesitate to ask someone while you are in the dining hall so you can enjoy them!

- I’m a vegetarian and I know a lot of foods like beans and tortillas will typically contain lard. These foods seem to always be listed as vegetarian in the dining halls, but I wanted to ask, does Bon Appetite verify that foods like these really don’t contain animal products? I believe tortillas for example are not always explicitly listed on the menu. Thanks so much!
  - Bon Appétit makes everything from scratch, we prepare the beans here on campus, and are able to keep them vegetarian as we know many folks here would prefer that. We also purchase in tortillas that are vegetarian for the same reason. Thanks for checking, we are always happy to give you any information about our food!

- I am coming down to Carleton this Friday for the admit student day and I was wondering if you or another leader of the dining services at Carleton would have any time to meet with me. I am severely allergic to peanuts, nuts, egg, peas, beans, and shellfish. I am hoping that the Carleton dining services will be able to accommodate my allergies, but I need to check before I make any decisions. Thanks very much.
  - We have staff trained in dealing with students with dietary restrictions due to Allergies. I have copied our Registered Dietician, Jenny Pope, our Executive Chef, Britton Good, and Vale Riggs, our Sous Chef trained in Allergens on this note. These three folks would be your best resources for dining on campus. I don’t know what free time you have during your visit, if you could reply to all with your availability, one of us will make it a priority to meet with you. Thanks for reaching out to us!

**April Events:**

- April 5
  - Dinner with local farmers in observation of Farmworkers Awareness Week

- April 7
  - 7th Inning Stretch celebrating baseball with baseball-themed menus in the dining halls
  - Grill out in Sayles
  - Dining Board Meeting

- April 13
  - Well-Being Wednesday – Plant Based Proteins – Hummus Bar at LDC and Sayles Café

- April 15
  - Giant Sundaes for Dinner in LDC

- April 18 - 22
  - Street Foods will be featured in the dining halls

- April 22
  - Earth Day! Come celebrate by planting your own herbs.

Next Dining Board Meeting: **Thursday, April 21st, 12 – 1:00 pm**, Sevy Meeting Room