Think With Your Fork: 5 Areas of Intervention for Kimball Dining Hall

Taking Action

Kristin Lane ‘17, Christina Nee ‘19, Julia Metzger ‘19
Areas of Intervention

Research done lead us to suggest five areas that we should intervene in our dining hall to create an environment that fosters learning, social justice, and conscious student decisions regarding food.

1. Signs
2. Recipes and Featured Items
3. 5 Ingredients or Less
4. Utensils and Plates with Guidance
5. Educational Space
Signs

● Pairs of Montserrat students created signs to advertise the new changes and showcase important aspects of dining
● Purpose: create a dialogue between students about Kimball
  ○ This was done through one large sign to gain attention with a supplemental smaller sign with additional information on the topic
  ○ This was a collaboration with graphic arts fostered by Katherine Badenhausen (art major)
● Ideas Showcased:
  ○ Sourcing
  ○ Nutrition of Products
  ○ Environmental Impact
  ○ New Recipes (Salad Bar & Omelette Station)
  ○ Cultural Significance
ONE LESS TRAY A DAY, KEEPS THE WATER WASTE AWAY!

Without trays, Kimball saves more than fifteen pools 16x32 feet of water each year!

Food and Water Waste Statistics

<table>
<thead>
<tr>
<th></th>
<th>WITH TRAY</th>
<th>WITHOUT TRAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Breakfast</td>
<td>90 lbs</td>
<td>50 lbs</td>
</tr>
<tr>
<td>Lunch</td>
<td>261 lbs</td>
<td>174 lbs</td>
</tr>
<tr>
<td>Dinner</td>
<td>362 lbs</td>
<td>252 lbs</td>
</tr>
<tr>
<td>All day beverage</td>
<td>101 gal</td>
<td>62 gal</td>
</tr>
</tbody>
</table>

Saving 257 lbs of food and 39 gallons of water per day

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>MEAL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food Waste</td>
<td>135,117 lbs</td>
<td>93,995 lbs</td>
</tr>
<tr>
<td>Liquid Waste</td>
<td>18,358 gal</td>
<td>12,484 gal</td>
</tr>
</tbody>
</table>

Saving 41,122 lbs of food and 5,874 gallons of water per year

WATER USAGE
- Takes 64 oz of water to wash each tray
- 469,973 trays used per year = 224,987 gal saved

SWEET POTATO, EVEN SWEETER HEALTH BENEFITS

Fat-FREE and Cholesterol-FREE!

EGGS-TRA! EGGS-TRA! READ ALL ABOUT IT!

Eggs contain 18 essential vitamins and minerals and 6 grams of high-quality protein!
Recipes and Featured Items

● Pairs of Students researched items to showcase in different stations in Kimball.

● Local Food
  ○ One group researched local products that could be accessed in the New England winter such as sweet potato and radishes.

● Culturally Significant Food
  ○ One group researched different cuisine from across the country to create an inclusive environment in Kimball.
  ○ One group researched different fusion cuisines to unite groups of students around their culture.

● New Ingredients
  ○ One group created recipes for all stations that included a surprise ingredient: lentils! This included lentils in the salad bar, vegan lentil stew, and lentil brownies.
5 Ingredients or Less

- Based off of Michael Pollan’s research.
  - The station was created to rotate throughout Kimball with recipes with 5 ingredients or less: with real food ingredients, no additives or preservatives
- Culturally significant recipes
  - This included a collaboration with groups such as LASO and ASIA.
- Local restaurants
  - Contacted for inspiration as to their minimal ingredient and culturally significant recipes.
  - This included places like:
    - Nu Cafe
    - B. Good
    - Pomir Grill
    - Armsby Abbey
Utensils and Plates with Guidance

- Changes to Promote Discussion
  - Plates with Guidance
  - Measuring Cup at the Pasta Station

- Unnoticed Changes
  - Decreasing the size of the spoon for rice
  - Decreasing the amount of sauce at stir fry
Educational Space

- Ingredient Research
  - research as to which recipes have potentially harmful ingredients that should be replaced

- Sourcing Research
  - Research on where the current food is sourced from and if more ethically sound food could be found

- Alumni Contacting
  - Asking alumni in the food industry for suggestions

- Supplier Contacting
  - Contacting Kimball suppliers to ask for recipes and suggestions
Future Goals

We are hoping to continue the collaboration in the future to cultivate thought and cura personalis throughout the dining hall.

Any Questions, Comments, Or Suggestions?