

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

Taking Action

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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

DAILY FOOD AND LIQUID WASTE					
MEAL	WITH TRAY	vs	WITHOUT TRAY	⇒	
Breakfast	90 lbs		50 lbs		Saving 257 lbs of food
Lunch	261 lbs		174 lbs		and
Dinner	382 lbs		252 lbs		39 gallons of water
All day beverage	101 gal		62 gal		per day

YEARLY FOOD AND LIQUID WASTE					
	WITH TRAY	vs	WITHOUT TRAY	⇒	
Food Waste	135,117 lbs		93,995 lbs		Saving 41,122 lbs of food
Liquid Waste	18,358 gal		12,484 gal		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= **234,987 gal. saved**

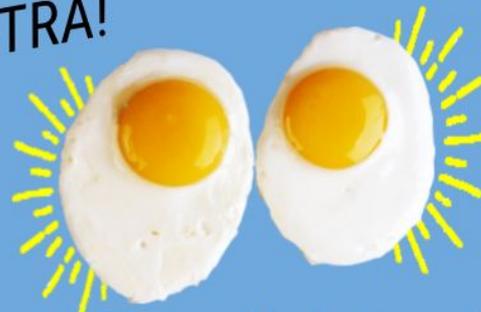
SWEET POTATO, EVEN SWEETER HEALTH BENEFITS

**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.

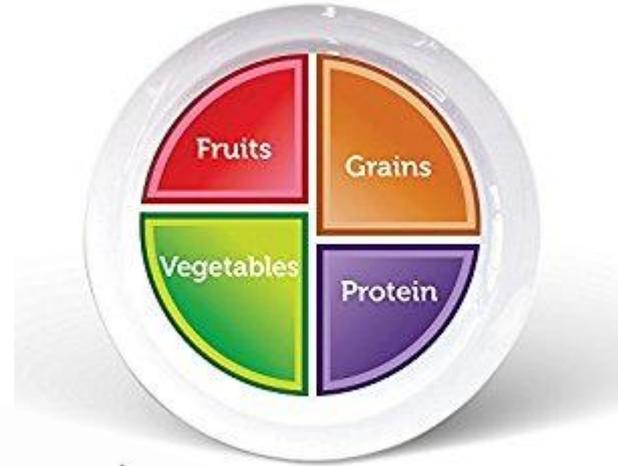
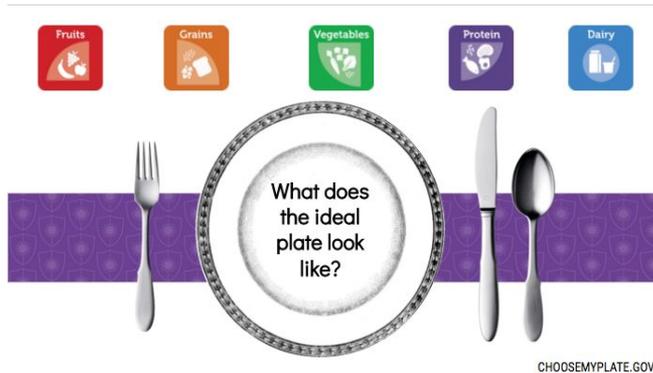
5 Ingredients or Less

- 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?

