

University Dining Service

Newsletter

February/March 2005

New Dietary Guidelines for Americans

Many people are confused about how to select foods and physical activities that are healthful yet realistic for their busy lifestyles. The federal government recently released the newest edition of the Dietary Guidelines for Americans. These guidelines provide advice to help the general public (those aged 2 years and older) learn what specific dietary habits promote health and reduce the risk for developing a chronic disease such as diabetes or high blood pressure. The new guidelines really encourage calorie control and physical activity to reduce or maintain desirable body weight.

Following is a summary of the nine updated dietary guidelines. For more specific information, check out the website at www.healthierus.gov/dietaryguidelines.

Guideline #1-Consume adequate nutrients within calorie needs. Consume a *variety* of nutrient-dense foods and beverages using the Food Guide Pyramid or DASH eating program as a guide. *Limit* foods that contain saturated and trans-fats, cholesterol, added sugars, salt and alcohol. Women of childbearing age who may become pregnant should eat foods high in iron and consume adequate synthetic folic acid (either through fortified foods or a multivitamin supplement that contains folic acid.)

Guideline #2-Maintain your weight in a healthy range. If you are overweight, make small decreases in food and beverage portions and caloric intake AND increase physical activity.

Guideline #3-Engage in regular physical activity and reduce sedentary activities. To help manage body weight and prevent gradual weight gain, engage in *60 minutes* of moderate to vigorous-intensity activity *at least 5 days per week*. To lose weight, participate in 60-90 minutes of moderate-intensity physical activity every day.

Guideline #4-Increase consumption of the following foods. Eat at least *2 cups of fruit* and *2 ½ cups of vegetables* each day. Choose dark green, orange, starchy and non-starchy vegetables and legumes for nutritional variety. Consume at least *3 ounces of whole grain products* per day (1 slice bread, ½ cup cooked rice or pasta or 1 cup cold cereal equals one ounce). Drink *3 cups* per day *or fat-free or low-fat milk* or equivalent dairy products per day.

Guideline #5-Limit total fat intake to between 20-35% of calories. On a 2,000 calorie diet (more typical for men) that translates *to about 40-75 grams of fat* per day. Most fats should come from *polyunsaturated or monounsaturated fat sources* such as fish, nuts and liquid vegetable oils. Choose lean or low-fat meats, dairy products and beans. Reduce consumption of saturated and trans-fatty acids that come from animal foods, solid fats and hydrogenated vegetable oils.

Guideline #6-Choose carbohydrate foods that are high in fiber such as fruits, vegetables and whole-grains. Choose and prepare foods with little added sugars or caloric sweeteners.

Guideline #7-Limit sodium consumption. Limit sodium to *less than 2,300 mg per day* (equal to 1 teaspoon of salt). Consume potassium-rich foods such as fruits and vegetables.

Guideline #8-Limit consumption of alcoholic beverages. If you choose to drink, do so in moderation. That is defined as up to one drink/day for women and 2 drinks/day for men.

Guideline #9-Handle food safely to avoid foodborne illness. Wash hands and food contact surfaces before and after preparing foods. Cook foods to a safe temperature. Refrigerate food promptly. Avoid raw milk or food containing raw eggs, raw or undercooked meat or poultry, unpasteurized juices and raw sprouts.



February

1988 Linda Potter, Cook
1997 Donna Zerbian, Service Lead
1999 Barb Stephens, Service Lead
2000 Pat Niles, Assistant Director

March

1989 Barb Merten, Salad Cook
1992 Sandy Richards, Cook

Midnight Breakfast A Success

The Midnight Breakfast was held on the eve of exam week, December 15, 2004, from 10:00 p.m. – 12:00 a.m. The breakfast, which was free to hall residents, offered a meal and an opportunity to relieve stress by playing Bingo. This event was held at both the Commons and Tainter Dining Halls and was co-sponsored by University Dining Service and Housing and Residence Life.

Event attendees totaled 670 at the Commons and 421 at Tainter – a total of 1091 individuals. This hungry bunch consumed 583 donuts, 850 servings of eggs, 949 servings of French Toast, 545 muffins, 1032 servings of fresh fruit and much more. This was sure to fuel them up for a long night of studying. Three mountain bikes were given away. The lucky winners were: Tiffany Clarno, Chelsea Rickert and Curtis Brzezinski. Housing & Residence Life staff kept the bingo games going and other prizes were given out to many participants.

Approximately 281 items were collected for the Dunn County Food Pantry. Thanks to all who contributed!!!

Pawn Changes

The Pawn will now offer a wider variety of prepackaged sandwiches. This was done to follow the recommendations set forth by the Dining Advisory Committee. The committee asked for more variety in the prepackaged offerings in the Pawn and the management at UDS agreed that it was time to add some different options. We hope that the additional offerings will satisfy our customers and be a profitable venture for UDS. Most of the new sandwiches will be made using baguettes instead of our traditional sub buns or wraps. Salads in this area will also move to a more modern, attractive package. UDS hopes that this will aid in the presentation of these items

Off Campus Catering

University Catering has undertaken a process by which to market our services to off site customers. This is a growing part of our business in catering with requests to do this type of service increasing each year. We will develop a marketing program and special off site catering menus to compliment this type of service. This is an ongoing project which we hope to have developed by the end of the school year.

“A Cruise”

On Tuesday, February 22, Commons and Tainter Dining Halls will offer students the opportunity to experience “A Cruise” during regular dinner hours.



Mexican

Southwestern Style Chalupas
Spanish Rice
Mexican Seafood Salad
Tostadas & Salsa
Refried Beans
Apple Churros
Mexican Hot Chocolate

Asian

Teriyaki Chicken & Tofu Skewers
Fried or White Rice
Oriental Vegetables
Crab Sushi
California Sushi
Fortune Cookies
Sherbet

Italian

Italian Meatballs w/Marinara Sauce & Spaghetti
Garlic Bread
Mixed Greens & Salad Toppings
Antipasta Trays
Focaccia w/Olive Oil
Tiramisu

Dinner will be served from 4:00 p.m. – 7:30 p.m. at Price Commons and 4:00 p.m. – 7:00 p.m. at Tainter Dining. Prices: Baseline \$2.20, Flexline \$5.75, Cash \$6.75

Diners will be able to enter to win 42 movie tickets. These are part of a Kellogg’s cereal promotion.

Student Employees of Month



Month

September 2004
October 2004
November 2004
December 2004

Price Commons

Ryan Carlson
Jessica Diehn
Sara Ruehr
Diana Krajewski

Tainter Dining

Callie Duncanson
Kala Schmuck
Jennie Markquart
Katie Ploog

Student Center

Josh Guckenberg
Megan Hanson
Holly Decker
Jessica Bivens

Prime Vendor Partnership Established

University Dining Service (UDS) recently completed a successful Request for Proposal (RFP) process to select a prime vendor to provide groceries, meats and cheeses. The successful vendor that will partner with the University is Reinhart Institutional Foodservice of La Crosse.

The use of a prime vendor will provide a partnership offering increased operational efficiencies and lower product cost, saving money for the students at UW-Stout. Efficiencies will be recognized in several ways: fewer deliveries at the dock, interfaces with current menu management software for automated price updates, invoicing and ordering.

The vendor will also partner with the University to provide educational and professional development opportunities to students and staff.

The contract was awarded on January 1, 2005 and is renewable through December 31, 2009.

Terrace Café Changes

You may notice a change in the Terrace Food Court this semester. Our Italian concept has changed in appearance and name. The new concept is called Villa Frizzoni and has replaced the Arrezzio Italian Cafe. This change was necessary due to the switch to our new prime vendor: Reinhart Foodservice. Arrezzio was a Sysco concept and Villa Frizzoni is a Reinhart concept.

North Campus Dining Changes

A remodeling of the Tainter Dining Hall ala carte areas is being planned for the summer of 2005. This remodeling will provide for expanded and enhanced convenience offerings that will better meet the needs of north campus residents. The PM operation will begin to utilize the Tainter co-ed lounge for a seating area, which will enhance the dining environment for customers.

North campus residents will see a change in the dining schedule and a reduction in dining options for the 2005-2006 school year.

Here is a quick summary of the major changes:

- There will be no breakfast meal period service.
- Lunch offerings will be reduced by one specialty bar and one kitchen classics item.
- Dinner service will not offer the Lakeside Deli or Taco's and More option.
- Weekend service will not include the Kitchen Classics area.
- No weekend late night service will be offered.

These changes are all in response to the changed lifestyle options being offered to only upper-class student on north campus and will allow for a reduced board fee to these residents.



February

11 Ken Sebranek, Baker

March

9 Susan Block, Registered Dietician

31 Danielle Tuschl , Catering Lead

University Dining Service National Benchmarks

In October & November of 2004, University Dining Service administered customer satisfaction surveys in the six dining operations on campus: The Pawn, Terrace Café, Heritage Café, Commons Dining Hall, Tainter Dining Hall and Expressway Carts (four locations).

There were 1335 surveys completed on campus. These were sent to Industry Insights for compilation and benchmarking against 61 other college foodservice operations from across the nation. A total of 89,698 surveys were completed in total from all institutions involved in the benchmarking.

UW-Stout's Dining Services overall ratings for each operation were equal to or higher than the industry average for each category. Scores were based on a 1 to 5 scale with 1 being very dissatisfied and 5 being the most satisfied.

Summary by Type of Operation

	UW-Stout	Industry Average
Commons Cafeteria	3.7	3.7
Tainter Cafeteria	3.8	3.7
Terrace Café (Food Court)	3.8	3.7
Pawn (Convenience Store)	3.8	3.7
Heritage Café (Sit-Down)	4.0	3.9
Express Carts (Express Units)	4.1	3.7

The overall ratings for each factor assessed in the survey are listed below.

	UW-Stout	Industry Average
General Satisfaction	3.8	3.6
Food	3.8	3.7
Menu Variety	3.7	3.5
Value of Food	3.6	3.3
Service	4.0	4.1
Cleanliness	4.1	4.1

Gap Analysis

A gap analysis, as part of this same survey, provided insight into those factors which are most important to customers and would most directly impact customer satisfaction. University Dining Services top ten gap analysis factors, for all operations combined, match those of the industry.

The top five are:

- 1 Freshness
- 2 Value
- 3 Taste
- 4 Variety of Menu Choices
- 5 Variety of Healthy Menu Choices

Gap Analysis Factors vary by operation. Each operation will review and share the top five factors with the staff. Initiatives to address raising the score in these factors will be a focus of the operation in the next year.