



- BABSON COLLEGE MARCH UPDATE**  
3.1.11 – 3.31.11
- National Nutrition Month*
- 3.01 **Celebrate Nutrition** w/ "Fueled By Nature" Themed Entrées
  - 3.02 **TOP CHEF** at Dinner: Antanay's Southern Cuisine
  - 3.03 Nat'l Berries Month: **Shortcake Bar**, Lunch
  - 3.08 Celebrate Mardi Gras: **LOW-FAT TUESDAY** Health Fair at Lunch
  - 3.09 **TOP CHEF** at Dinner: Mirlande presents her Haitian Cuisine
  - 3.10 Celebrate Camping: **Smore's Bar**, Lunch
  - 3.14 **SPRING BREAK 2011** Return on Sunday 3.20
  - 3.22 **TRAVELING CHEF** from Curry College: Venezuelan Cuisine
  - 3.23 **MIDDLE EASTERN Club** Hosts Dinner in Trim
  - 3.24 Celebrate American Chocolate Week: **Choc. Sensations Bar**
  - 3.30 **TOP CHEF** at Lunch: Baker Steve & Ralph's Cakes of the World
  - 3.31 **Happy Birthday** March Babies!

**CREATING EXCEPTIONAL STUDENT EXPERIENCES**



**STUDENT INSIGHTS**

Student Feedback, achieved through the SGA's Dining Advisory Board, Undergraduate & Graduate Culinary Clubs, Babson Dining Service's Facebook Fan Page, Life@Babson Page, Website Comment Cards, and most importantly, personal Face-To-Face time, provide Babson Dining Services the opportunity to create exceptional student experiences for the Babson College community.

Students recently said:

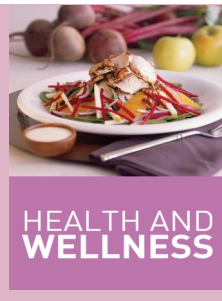
- We love AUTHENTIC FLAVORS!
- We want to help in the Kitchen!
- We need Free Food for our Club Events!

This month, we delivered on all three.

Please visit our Facebook Fan Page to stay up to date on Babson Dining Services' events & promotions.

[www.Facebook.com/BabsonDining](http://www.Facebook.com/BabsonDining)

**BALANCE, MIND, BODY & SOUL**



Health and Wellness are two of life's key ingredients. A healthy mind, body, and soul will empower students to achieve their goals and reach new limits.

**FUELED BY NATURE - Fresh For Life**

All the splendor and health benefits of nature's best are highlighted in this engaging promotion that celebrates spring in a fresh, fun way. FUELED BY NATURE – FRESH FOR LIFE not only features a menu of comfort foods that take on a healthy twist, but also entertains the Babson College Community at the same time with a variety of educational and culinary activities that celebrate eating and living healthy.



**3.8.11 Kick-Off Event:** Fresh4Life Health Fair Low-Fat Tuesday Mardi Gras Celebration with our Registered Nutritionist! Filled with Healthy Info, Fun Games & Prizes!

**Green Rocks!:** Celebrate Being Green!

**Nat'l Contest:** Fitness Tips & Tricks Contest <http://forstudentsbystudents.com/prize.html>

**Balanced Way:** Enjoy a healthy life style!



**ENVIRONMENTAL FOCUS**

**BABSON DINING SERVICES CONTINUOUSLY TAKING STEPS TO REDUCE OUR CARBON FOOTPRINT**

**Tri-Green Fridays**

**Babson Tri-Green Fridays**

- Wear Babson Green
- Practice Green Behaviors
- Eat a Green Vegetarian Meal

Tri-green lunch at Trim is only \$3 for Babson employees – but only if you eat a vegetarian.

Mark Your Calendar: Feb. 25, March 11, March 25, April 1, April 8, April 22, May 6

Want to try a greener way of living? Your opportunity has arrived with Tri-Green Fridays! Eating vegetarian is good for your health and our environment. Hundreds of studies suggest that diets high in fruits and vegetables can reduce cancer risk. The US estimates the meat industry generates nearly one-third of the man-made greenhouse gas emissions that accelerate climate change. We estimated 1,000 to 2,500 gallons of water go into a single pound of beef.

- 3 Ways to A Greener Way of Living:**
1. **Wear Babson Green**
  2. **Practice Green Behaviors**
  3. **Eat a Green Vegetarian Meal**

Babson Dining Services has introduced a simple and fun opportunity for the Babson College Community to reduce their carbon footprint. Tri-Green Fridays encourages interested participants to **try** a Vegetarian Lunch. This simple modification to one meal for one day of the week is intended to benefit one's health and the environment. Some studies have linked vegetarian diets to lower risk for heart disease, diabetes, high blood pressure, obesity, and certain types of cancer, such as colon cancer<sup>1</sup>. Studies also suggest that vegetarian diets reduce methane gas emissions<sup>2</sup>. Methane emissions, most commonly sourced from animal agriculture, cause nearly half of the planet's human-induced warming<sup>2</sup>. So, on Fridays, come to Trim, **try** a discounted vegetarian lunch for just \$3, and reduce your carbon footprint with a heart-and-body-healthy meal.

<sup>1</sup> [www.cancer.org/Treatment/vegetarianism](http://www.cancer.org/Treatment/vegetarianism)  
<sup>2</sup> [www.earthsave.org/globalwarming.htm](http://www.earthsave.org/globalwarming.htm)

**"A Better Tomorrow starts today."**



Customer Service is making YOU feel at home.

- **Graduate Culinary Society**  
Club Fair Event on 3.2.2011 in the Graduate School, featuring donated culinary from Babson Alum's **Café Spice** and Babson Alum's **FoodShouldTasteGood** Chips!



- **Middle Eastern Club Dinner**  
The Middle Eastern Club partnered with our Culinary Team to host dinner in Trim with their authentic recipes!



- **OLIN & BABSON Connection**  
Notice the cross promotional calendars? Now it's even easier to know what is happening in Dining here at Babson and over at Olin!

- **MBA Fridays**  
Discounted Trim Lunch for Graduate Students. Always!

- **Word to Know, Trivia & Prizes**  
Keep a close eye on our Facebook Fan Page for a fun Word-to-Know or Trivia Question. First to answer correctly wins a prize!



**CUSTOMER SERVICE**



**CULINARY INNOVATIONS**

**TOP CHEF**

**Wednesdays @ Trim**  
\* TOP CHEF \*

Babson Dining Service's Executive Chef Gary is mentoring our Cooks and giving them the guidance to advance their skills to a Head Chef Level. Each Wednesday, one cook presents their designed, prepped, and complete Dinner Menu. The cooks are passionate about their heritage, and like to theme their menu with recipes that express their cultural background. With Executive Chef Gary teaching them the ropes, Wednesdays have become the selected "Top Chef's" night to show off their creativity and mastery of the Culinary Arts.

This month, Trim showcased:

**Antanay's Southern Cuisine**

**Mirlande's Haitian Cuisine**

**Baker Steve & Baker Ralph's Cakes Around The World**

