

Memo

To: Pam Neff
From: Katherine Hudgins, Marketing Program Manager
Date: October 8, 2002
Re: Vegan Action Meeting Minutes, September 17, 2002

Below are comments from the Vegan Action meeting.

Attendees: Katherine Hudgins, Amy Ellenhorn (phunky_deba@partycbudy.com), Namasha Scheeling (scheelingnh@vcu.edu), Kelley Sanford (bb16_2002@yahoo.com), Devon Johnson (johnsondo@mail.vcu.edu)

Attendance Breakdown: 1 vegetarian, 3 vegans, all new students living on academic campus

Hubs Board:

Students feel Hubs is the most important center of vegan/vegetarian change

A comment was made as to the absence of Veggie/Meatless Burgers at the grill station

Students would like to see non-iceberg lettuce added to the salad bar - they are concerned about iceberg's nutritional value, and the lack of proteins found in greens such as spinach or romaine

Students commented on the "When in Rome" salads from granary/wraps and salads (which all four had eaten) being too unwieldy to eat (made with a half bunch of romaine), and how many more salads could be made if cut up. (They like the salad, though)

Weekends are the weak link in a vegan/vegetarian week

Hot options are rarely vegan - most contain cheeses or other dairy - making the options not an option for vegans

A comment was made that tofu has not been available in a few weeks on the vegan bar - will it be coming back?

Students would like to see fruit salad (other than fruit cocktail or other syruped can fruits) on a more regular basis - perhaps as a dessert option at the dessert station (there are fresh-frozen fruit mixes available, yes?)

Students were glad to see the return of granola, the appearance of plums, and the addition of oil and vinegar to salad bar.

The vinegar cruets has been gone (stolen?) since a few days after addition. Student asked for replacement with balsamic vinegar (student amended request with acknowledgment that it would be too costly)

Specific to the center island, students found chefs to be generally very helpful and willing to accommodate. Special mention was made of the efforts of the amaranth attendant (Jean?) and pita wraps and salad attendant (??). Students miss the amaranth attendant, moved after modifying recipes.

Students like the center section, but lament the same menu at both lunch and dinner

A student commented that the baked potatoes are very dry.

Students commented on the use of rice as a filler in vegetarian options (as in stirfrys, etc) - would like to get more vegetables without so much rice.

Students expressed desire to see more non-rice grains (couscous, or even varied rices)

Retail:

No students had eaten at HCE

Meal Exchange said to offer no vegan/vegetarian options for late night dining (some Gardenburgers have cheese in them, and brand is in question on the ones at commons) Students were invited to ask to look at containers and ingredient lists; point made as to this not intending to replace meals

Sushi contains egg whites in all except the seafood combo, so not vegan friendly

Salads at Bene - students questioned why side salads could not contain romaine lettuce (as Caesar salads do) but dressing makes vegetarian unfriendly

Concern at World's Fare not living up to expectations (?? From name?) by having only salads and wraps. Concern that meatless salads made in same unwashed bowls as meat and dressing salads

Burritos (Border Cantina) offers no vegan options but beans and rice Lettuce, salsa, tomatoes unaddressed, as topic moved very quickly