

Salad @ Yale:

Student Recommendations



YALE COLLEGE COUNCIL

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Authored By the Yale College Council's
Committee on Undergraduate Dining

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RESULTS

On November 4, the Yale College Council sent the following report to Yale Dining's Head Chef Ron DeSantis. By December 8, Yale Dining adopted all of the YCC's recommendations to create its new salad bar. The following are now staples for all 12 dining halls for every day of the year:

- **Better, and twice as many, salad dressings:** The top four student-selected salad dressings (Balsamic Vinaigrette, Raspberry Vinaigrette, Caesar Dressing, Low Fat Ranch Dressing) are now staples, in addition to two dressings served on a cyclical basis.
- **Students' favorite toppings:** Craisins, Feta, Sunflower seeds, Almonds, Grapes.
- **Twice as regular servings of romaine lettuce:** In response to student demand, romaine will now be served nearly every week, alongside mixed greens lettuce. More attention will now be taken to washing and chopping fresh lettuce.
- **New ladles for salad dressing:** The previous salad dressing bottle system has now been phased out for a system with containers and ladles.
- **Labels:** Yale Dining has now ensured that all salad dressings are labeled.

Yale Dining will follow a 7-group cycle system that will rotate toppings, dressings and lettuces on a weekly basis. For the full 7-group system, see the excel spreadsheet here:

<http://ycc.yale.edu/files/2013/01/Deconstructed-Salad-Bar.pdf>.

SUMMARY

On October 2, the Yale College Council sent the student body a survey about Yale's salad bars and received 773 responses. Students voted on the most popular dressings, Balsamic Vinaigrette, Raspberry Vinaigrette, and Italian Vinaigrette. Caesar, the most popular "creamy" dressing, was a close fourth. 77% of students voted for there to be a Low Fat salad dressing. 250 responded with comments, many of which repeated several key points discussed below. The YCC also conducted an audit of the available salad dressings and toppings, finding differences in dining hall salad bar options. The following are recommendations based on the survey results:

1. **BERKELEY:** BK has the most popular salad bar and should be a model for other dining halls. Recommendations based on the Berkeley salad bar include standardizing BK's high-quality croutons, Smoked Paprika dressing, Ginger Sesame dressing, its excellent selection of toppings, and its practice of putting out grilled vegetables in addition to toppings. Silliman also has a popular and wide selection of salad dressings.
2. **STANDARDIZE:** Standardize the available toppings and dressings by increasing options at dining halls with less variety.
3. **Increase the amount and variety of the following toppings:**
 - a. High-quality croutons, like Berkeley's.
 - b. Protein options: eggs, tofu, grilled chicken, ham squares not slices, tuna strips
 - c. Fresh fruit options: strawberries, raspberries, blackberries, mandarin oranges, apple slices, pineapples, pears.
 - d. Cheese: mozzarella balls, goat cheese, feta cheese, blue cheese, parmesan, cheddar
 - e. Craisins (very popular), sunflower seeds, and an assortment of nuts
 - f. Lemons, lemon and lime juice.
 - g. Others: avocado, corn, edamame, sun-dried tomato
4. **Salad dressing comments:**
 - a. Always have options that are Low-Fat, Vegan-Only, Low-Oil, Low-Dairy.
 - b. While respondents had preferred dressings, many commented on the importance of variety and cycling through options.
 - c. Provide ladles instead of bottles for dressings (easier to pour, doesn't spill).
 - d. Provide labels and nutrition facts (taking note of allergies and vegetarian diets).
5. **WASH, CHOP & FRESH:** Wash vegetables more thoroughly and chop vegetables into small pieces. This is mostly but not always done; some seem not washed enough, and some chunks are too big. Lettuces sometimes do not seem fresh but should be.
6. **ROMAINE:** Students overwhelmingly prefer romaine lettuce, which should always be one of the lettuce options. That said, other comments preferred arugula, spinach, and other lettuces; it would be good to cycle through lettuces for the non-romaine option.

Many respondents commented on the importance of diverse and appetizing salad options. It is hard to keep a healthy diet in college, and salad is one way to. Given the large number of responses, we hope these recommendations will be well received in improving Yale's salad bars.

SURVEY

“Choose THREE of the following salad dressings”

1. Balsamic Vinaigrette (288, 38%)
2. Raspberry Vinaigrette (181, 24%)
3. Italian Vinaigrette (178, 23%)
4. Caesar (161, 21%)
5. Ginger Sesame Vinaigrette (158, 21%)
6. Honey Mustard (141, 18%)
7. Sun-Dried Tomato Vinaigrette (125, 16%)
8. Fiery Cilantro-Lime Vinaigrette (102, 13%)
9. Avocado Ranch (97, 13%)
10. Citrus Vinaigrette (69, 9%)
11. Blue Cheese (67, 9%)
12. Buffalo Ranch (64, 8%)
13. Peanut Vinaigrette (64, 8%)
14. Red Wine Vinaigrette (63, 8%)
15. Champagne Vinaigrette (61, 8%)
16. Parmesan Peppercorn (57, 7%)
17. Thousand Island (53, 7%)
18. Herbed Vinaigrette (53, 7%)
19. BBQ Ranch (46, 6%)
20. French (43, 6%)
21. Creamy Garlic (40, 5%)
22. Shallot Vinaigrette (38, 5%)
23. Bacon Dill (28, 4%)
24. Gorgonzola Herb (26, 3%)
25. Plum Vinaigrette (25, 3%)
26. Lemon Vanilla Vinaigrette (24, 3%)

“Should one of the three salad dressing options be Low Fat?”

Yes – 583 (77%)

No – 175 (23%)

AUDIT

Special thanks to all YCC representatives for auditing the 12 residential college dining halls. These results were given to Yale Dining to highlight the discrepancies in colleges' salad bars.

Salad Dressings by Residential College (October 1, 2012)

1. **Berkeley:** balsamic vinaigrette, italian vinaigrette, creamy garlic, smoked paprika
2. **Branford:** balsamic vinaigrette, garlic vinaigrette, ranch
3. **Calhoun:** balsamic vinaigrette, Italian, raspberry vinaigrette ranch
4. **Davenport:** balsamic, ranch, french
5. **Ezra Stiles:** ranch, garlic vinaigrette, balsamic vinaigrette
6. **JE:** ranch, balsamic herb vinaigrette, garlic vinaigrette
7. **Morse:** Balsamic Vinaigrette, Garlic Vinaigrette, Ranch
8. **Pierson:** Balsamic Vinaigrette, Garlic Vinaigrette
9. **Saybrook:** Balsamic Vinaigrette, Garlic Vinaigrette
10. **Silliman:** Ranch, Balsamic Vinaigrette, Parmesan Peppercorn, Bacon Dill, Lemon, Vanilla Vinaigrette, Red Wine Vinaigrette, Asian Sesame
11. **TD:** Balsamic Vinaigrette, Ranch, Thousand Island, Red Wine Balsamic Vinaigrette
12. **Trumbull:** Balsamic Vinaigrette, Ranch, Caesar

Salad Toppings by Residential College (October 21, 2012)

1. **Berkley:** mushrooms, red peppers, cauliflower, shredded carrots, grape tomatoes, cucumbers, kidney beans, crispy noodles, croutons, variety of seeds, raisins
2. **Branford:** mushrooms, peppers, shredded carrots, cherry tomatoes, cucumbers, kidney beans, green and black olives, broccoli, chickpeas, jalapenos, blocks of white cheese, sliced cheddar cheese, grilled chicken
3. **Calhoun:** peppers, shredded carrots, other carrots, cherry tomatoes, cucumbers, kidney beans, chickpeas, croutons, white cheese
4. **Davenport:** cucumbers, cherry tomatoes, olives, chickpeas, tofu, carrots, mesclun lettuce, romaine lettuce, white cheese
5. **Ezra Stiles:** shredded carrots, cherry tomatoes, cucumbers, red peppers, green beans, kidney beans, tofu, chickpeas, black olives, croutons, shredded cheese
6. **JE:** cherry tomatoes, red peppers, banana peppers, black olives, shredded carrots, sliced cucumbers, broccoli, alfalfa sprouts, cranberries
7. **Morse:** shredded carrots, red onions, kidney beans, cherry tomatoes, black olives, shredded cheese, croutons, arugula
8. **Pierson:** carrots, cherry tomatoes, onions, cucumbers, peas, corn, sprouts, shredded mozzarella, raisins, garden mix
9. **Saybrook:** carrots, cherry tomatoes, onions, mushrooms, peas, corn, chickpeas, shredded cheese
10. **Silliman:** mushrooms, cherry tomatoes, red peppers, banana peppers, green and black olives, sliced cucumbers, mixed greens, broccoli, shredded carrots, croutons
11. **TD:** cherry tomatoes, olives, tofu, cucumbers, carrots, celery, kidney beans, chickpeas, peppers, croutons, cheddar cheese, sunflower seeds, raisins
12. **Trumbull:** tomatoes, cucumbers, carrots, green peppers, red peppers, olives, lentils and mushrooms, couscous salad

GRAPH: Salad Dressings by Residential College

	Balsamic Vinaigrette	Garlic Vinaigrette	Ranch	Gorgonzola Herb	Italian	Creamy Garlic	Raspberry Vinaigrette	French
Branford								
Berkeley								
Calhoun								
Davenport								
Ezra Stiles								
JE								
Morse								
Pierson								
Saybrook								
Silliman								
TD								
Trumbull								
	Balsamic Herb Vinaigrette	Parmesan Peppercorn	Bacon Dill	Lemon Vanilla Vinaigrette	Red Wine Vinaigrette	Thousand Island	Caesar	
Branford								
Berkeley								
Calhoun								
Davenport								
Ezra Stiles								
JE								
Morse								
Pierson								
Saybrook								
Silliman								
TD								
Trumbull								

GRAPH: Salad Toppings by Residential College

	Broccoli	Carrots (Shre Cauliflower)	Celery	Cheese (Shre Chickpeas)	Corn	Cranberries/ Crispy Noodl	Croutons	Cucumbers	Grapes			
Berkeley		x	x			x	x (BEST)	x	x			
Branford	x	x		x	x		x	x				
Calhoun		x		x			x	x				
Davenport		x		x			x	x				
Ezra Stiles		x		x	x		x	x				
JE	x	x				x	x	x				
Morse		x		x			x					
Pierson		x		x	x	x	x	x				
Saybrook		x		x	x		x					
Silliman	x	x					x	x				
TD		x	x	x		x	x	x				
Trumbull	x	x	x	x			x	x				
Total numbe	4	12	2	1	7	6	2	2	2	12	10	1
	Kidney Beans	Mushrooms	Olives	Onions	Peas	Peppers (Rec Raisins)	Seeds	Tofu	Tomatoes	White Cheese		
Berkeley	x	x				x	x		x			
Branford	x	x	x			x			x	x		
Calhoun	x					x			x	x		
Davenport			x					x	x	x		
Ezra Stiles	x		x			x		x	x			
JE			x			x			x			
Morse	x		x	x			x		x			
Pierson				x	x		x		x			
Saybrook		x		x	x	x	x		x			
Silliman		x	x			x			x			
TD	x		x			x		x	x			
Trumbull		x	x			x			x			
Total numbe	6	5	8	3	2	9	3	2	3	12	3	