

Fall 2016 Food Preference Form

Hey everyone! This is Daniel, your kitchen manager, here. I very excited to have the opportunity to order food for the house, it's a task that I find fun and fulfilling. Of course, being kitchen manager is a big job, so I invite everyone to help out to make our food experience the best it can be this semester. On this form you will indicate essential things I should know about your dietary needs/preferences as well as other kitchen necessities. Thank you for filling out this form!

* Required

1. **Name:** *

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2. **Do you have any food allergies?** *

According to the Mayo Clinic... A food allergy causes an immune system reaction that affects numerous organs in the body. If you have a food allergy, even a tiny amount of the offending food can cause an immediate, severe reaction. In some cases, an allergic food reaction can be severe or life-threatening.

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3. **Are you a...** *

Mark only one oval.

Vegan

Vegetarian

Omnivore

Pescatarian

Other:

4. **Do you have any food intolerances?** *

In contrast, food intolerance symptoms are generally less serious and are limited to digestive problems. If you have a food intolerance, you may be able to eat small amounts of the offending food without trouble. You may also be able to take steps that help prevent a reaction. For example, if you have lactose intolerance, you may be able to drink lactose-free milk or take lactase enzyme pills that aid digestion (such as Lactaid).(Mayo Clinic)

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5. I want to post an allergies/intolerances chart in the kitchen along with your name and vegetarian/vegan/omnivore preference. Is this OK? *

This should help head cooks plan meals that provide a protein, grain, and vegetable option to meet your needs. Having your name just helps cooks put a face to a particular set of dietary restrictions/allergies.

Mark only one oval.

- Yes
- Yes, but keep my name off of it (I like being a mystery)
- No
- Other:

6. Have you seen the food request google doc? It is at: <http://tinyurl.com/hipfoodrequestfall2016>

Mark only one oval.

- Yes!
- Not yet.

Skip to question 7.

Your Favorites

7. Could you tell me more about your food philosophy?

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8. Pick your top 3 to 5 favorite types of vegan protein?

Check all that apply.

- Black Beans
- Black Eyed Peas
- Edamame
- Fake Meat (made from Vital Wheat Gluten)
- Garbanzo Beans
- Kidney Beans
- Lentils
- Nuts
- Pinto Beans
- Split Peas
- White Beans (cannelini, navy, great northern)
- Tempeh
- Tofu
- TVP
- Yellow split peas
- Other:

9. Non Dairy Milk Preference?

Check all that apply.

- Wildwood Soymilk - Unsweetened
- Wildwood Soymilk - Sweetened
- Rice Dream
- Almond Breeze Vanilla Unsweetened
- Almond Breeze Original Unsweetened
- Sweetened Almond Milk
- Sweetened Vanilla Almond Milk
- Other:

10. Cow milk preference?

Check all that apply.

- Whole Milk
- 2%
- Nonfat
- Half & Half
- Lactose free cow milk
- No cow milk for me!
- Other:

11. We cannot get organic milk for the milk machine, only conventional milk is available at the moment. The organic milk that we buy comes in half gallon containers. Organic milk costs about \$7.40 per gallon, conventional milk costs about \$3.66 per gallon. What's more important to you in terms of milk?

Mark only one oval.

- I prefer organic milk even though it costs twice as much!
- I don't mind conventional milk, plus it is half the cost!
- No cow milk for me!
- Other:

12. What kinds of cereal do you like to eat?

This is a pretty exhaustive list of what I can get... check what you like, I will switch it up from time to time.

Check all that apply.

- Cinnamon Toast Crunch
- Cheerios
- Honey Nut Cheerios
- Frosted Mini Wheats
- Honey Bunches of Oats
- Grape Nuts
- Kasha Go Lean Crunch
- Kasha Go Lean Crisp - Toasted Berry Crumble
- Raisin Bran
- Frosted Mini Wheats
- Peanut Butter Panda Puffs
- Heritage Flakes
- Other:

13. Favorite Sweet Frozen Deliciousness?

Frozen fruit, ice cream flavor, or something else?

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14. What is your favorite food? Is there one food that makes your life substantially better to have around?

for me, ice cream makes life better...

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The Meat Questions

As far as expenses go, we have about \$250-300 a day for all of our food. About half that is spent on fruits and veggies. When we have a meat meal for dinner, pork is the cheapest, then chicken/turkey, followed by beef, and fish tends to be the most expensive

I also try to have bacon and individual servings of meat (such as lunch meat, cans of tuna/salmon, or individual chicken pieces) on hand for people who want meat more often. These are usually commercial grade.

So, given all of this information.....

15. Please indicate where you fall on the scale/spectrum below. Would you rather have....

Mark only one oval.

1 2 3 4 5 6 7 8 9 10

As much
meat as
possible.
Cheaper
meat that is
not
organic/local
/grass
fed/cage
free is fine.

I want only
organic,
local, grass
fed/humanely
raised meat
even if that
means we
have less
meat overall.

16. **Out of 5 dinners a week (Sunday through Thursday), how many meat meals would you prefer?**

Typically we have 2 or 3 dinners that include meat a week. All dinners have vegan protein options. Vegetarians get represented too.

Mark only one oval.

- 0
- 1
- 2
- 3
- 4
- 5

17. **What ratio of chicken, pork, beef, and fish (i.e., tilapia) do you want at dinner?**

For example, you could answer: 2 chicken dinners to one pork dinner; no beef; one or two tilapia meals per semester.

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Kitchen Nuts and Bolts

18. **This Fall, I want to really encourage everyone to do their part in keeping the kitchen and dining room clean. It would be great if we all could remember to pick up just one extra thing when we are heading to the dishroom or cleaning up after ourselves in the kitchen. Will you help us be cleaner this semester?**

Check all that apply.

- Yes, I will help!
- No
- Other:

19. **Do you know what constant cups is? (It's the practice of cleaning your cup and placing it face down on a dish rack, and also running it through the sanitizer when full. It allows us to have clean cups throughout the day!)**

Mark only one oval.

- Yes!
- No. What is it?

20. Do you have a personal bin in the fridge or pantry? Have you cleaned it out, wiped the mold off the outside, and run it through the sanitizer lately? *

Personal bins are where you store your personal food and drinks. 3 people should be able to share each bin in the walk in. If you are new, find one and put your name on it. Follow city food safety regulations by storing everything in a container with a tight fitting lid. Do NOT store anything on the floor of the walk in - a big no, no according to the City. Also, no open cans!
Check all that apply.

- My bin is beautiful, the envy of all other personal bins
- I will clean it this week, I swear!
- I don't have a personal bin, but i would like to get one
- Nah, I don't have/want/need one.
- Other:

21. Do you want to cook this Fall?

Cooks will play an important role in budget reduction. We need people who are committed to using less expensive ingredients, using up older produce before diving into the fresh stuff, working well with your co-cook, and are committed to putting the needs of the house first. With that said, do you want to cook?
Check all that apply.

- Yes
- No

22. If you would like to cook, what days are you available to cook?

Check all that apply.

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday

23. Anything else you want to tell me? Any ideas or anything I can do to make your kitchen experience awesome this Fall?

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Thank you!!! As always email me or come find me if you have kitchen/food related questions!

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