

MM Food Committee Mission

In keeping with Mainely Men's goals of creating an inclusive environment that welcomes and nurtures diversity in sexual orientation, ethnicity, race, and economic status, etc, the food committee wishes to endorse and support dietary diversity.

In as much as food is an intimate and integral part of each of our lives, and in much as eating meals together at Mainely Men provides us with a regular forum for the on-going work individual members come to MM to pursue and for the continual re-creation of Mainely Men as a great, the food committee wishes to incorporate diversity into its food planning and delivery and to do so with plentiful and flavorful nourishment. Our goal is not to have individuals meet nutritional needs through deprecation or stoicism nor, in the opposite direction, to contribute to disease and debilitation and through excessively fat or altered food.

We therefore affirm that we wish to serve foods that are:

- 1) whole, nutritious, and healthy
- 2) low in fat, sodium, and cholesterol
- 3) rich in vegetal protein
- 4) respectful of lactose intolerance
- 5) etc?

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Questionnaire

On a scale of 1 (poor) to 10 (great)

1. How would you rate the food at Mainly Men for
_____ a) Variety
_____ b) Nutrition
_____ c) Meeting specific food needs
2. _____ Mainly Men is sensitive to food issues/needs of its members.
3. _____ The Pilgrim Lodge dining room is a pleasant room in which to eat.
4. _____ I am vegetarian _____ a vegan _____ an omnivore _____
5. The food was sufficiently
_____ plentiful
_____ whole
_____ and nutritious
6. _____ I am lactose intolerant.
7. _____ The coffee is good.
8. _____ The juices were good.
9. I would like to see served at Mainly men: _____

10. _____ Fruit is sufficiently accessible.