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Terror at Towers

It was a Howling good time!

Towers Café celebrated Halloween this year with a Fear Factor themed monotony breaker. The menu was not designed for the squeamish as the items were purposely designed to repulse more than entice.

The Freaky Friday offering included dementor eye balls (strawberry stuffed lychee fruit), dirty ear wax (mini marshmallows with melted butter-scotch chips), stuffed roaches (dates and prunes stuffed with

cream cheese and nuts) and kitty litter cake (white cake with vanilla pudding, vanilla sandwich cookies and topped with Tootsie's Rolls and candy).

The event also included a costume contest with Flex Dollars awarded to the best dressed students. Winners received flex dollars for their efforts and participation.

Overall it was a fun and well received promotion.



Chartwells By The Numbers

| | | | | | | | |
|---|--------------------------------------|--------------------------------------|--|--|---|----------------------------|--|
| Number of Participants in the Halloween Costume Contest | Miles traveled by from fear (shrimp) | Value of the March of Dimes donation | Ounces of food waste per person at Towers Cafe | Ounces of beverage waste per person at Towers Cafe | Types of Sustainable Seafood served during Ocean Friendly Visiting Chef | Current Cost of Trim Waste | Bowls of chili served in 1 week at Rowdy's |
| 4 | 13 | \$7,000 | 256 | 9 | 2 | 12,000 | 148 |

Ocean Friendly Awareness

Students were educated on Seafood Watch while sampling local seafood.

March-of-Dimes

Chartwells was honored to participate in the Signature Chef Dinner Action hosted by the local March of Dimes Chapter. The event included a showcase of local chefs and caterers from Southeast Missouri as part of a fund raiser to save babies.

As part of the menu, Chartwells featured togarashi seared sushi grade tuna on a wonton spoon with wasabi creme.

In addition to the entrée, Chartwells provided a auction item, an evening with Chef Michael. The top bidder for this item would win a dinner in their home for up to 10 guests prepared by Executive Chef Michael Reitman.

The event was hosted at the River Campus and helped showcase the facility along with the great service provided by Chartwells.

October is Sustainable Seafood Awareness Month. Chartwells is partnered with Monterey Bay Aquarium's Seafood Watch Program. We made a commitment to be Ocean

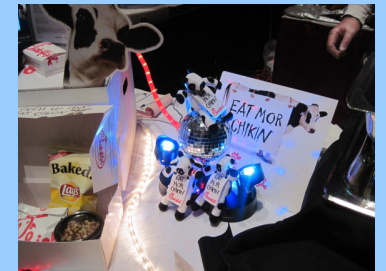
friendly and serve fish listed by the program as a "Best Choice" or "Good Alternative" and not feature any item on the "Avoid" list. On our daily menus we either serve catfish, or sustainably

caught or farm raised pollock or tilapia.

This year, we wanted to feature something a bit more special. As part of a Visiting Chef function, Executive Chef Michael Reitman



use an electric skillet and grilled fresh Arctic Char for those dining in Towers Café. We also served local shrimp ceviche that were farm raised in Chaffee, MO.



Project Clean Plate

Chartwells hosted Project Clean Plate again this semester. Project Clean Plate is a program where we make students aware of global hunger while educating them on how much food they waste. Project Clean Plate begins by measuring food waste at the tray disposal area during select meal periods. In the fall, we collect a "control" amount and then set up goals in the spring semester and challenge our students to waste less. These results are then communicated to the students to help them understand how much food they are wasting each semester.

We are proud to report that our waste numbers are the lowest they have ever been. Students are only throwing away approximately 2.56 ounces of food per person, and less than an ounce of beverage per person.

