

# GILL GRILLING

## Portion Sizes & Leftovers

### What Does The Contract Say About Portion Sizes?

The contract requires that we work together to gather input from you, our client, and use that input and our reasonable discretion in determining both portion sizes and the menu itself. This document is meant to be our guide regarding what we think is reasonable for Fraternity and Sorority Meal Service. Importantly, we don't restrict or count portions. Rather, defining portion sizes helps us to make sure we are providing the right amount of food to fit your needs and your budget.

### Can Bigger Portions Be Made So We Can Eat Leftovers?

The short answer is yes! Once food has been cooked and served on a buffet, it generally cannot be served again by the chef. We will not always have leftover buffet food; in fact, we aim to cook just the right amount of food so we can be efficient and keep your costs as low as possible. If we do have buffet leftovers, we will leave them for you to eat.

In order to "guarantee" that there are leftovers after every meal, this in effect is another meal service entirely. We would need to build this into the cost of the contract.

### Portion Size Tiers

Your chapter may elect one of the below portion size tiers. We use this to make sure we are ordering enough food, and to make sure you pay only for what you need!

	Lite Bite	Standard	Athlete's Upgrade
Chicken	8oz	12oz	16oz
Beef/Pork	6oz	10oz	16oz
Seafood	6oz	10oz	16oz
2" Buffet Pan =	25 Portions	20 Portions	15 Portions



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## Can We Have Seconds?

Yes. We ask that when going through the buffet, you start by taking a reasonable portion size. After everybody has gone through the buffet once, if there is food leftover, you are welcome to take as much as you like. If the buffet food runs out on a regular basis, please contact our client service team so we can understand the cause of the problem, and can discuss any changes that need to be made.

Some meals, especially during lunch, offer made-to-order service. Chapter members are limited to ordering one meal from the *a la carte* menu, along with a side and the salad bar (if available).

## Portion Sizes, Body Issues, and Empathetic Dialogue

The meal plan should be a source not only of wholesome nutrition, but also of comfort. Even if chapter members desire to have food requests that might be outside the scope of the contract, it's our commitment to address that issue in a respectful and empathetic way.

Our ethos is that there are only two acceptable answers to client questions:

1. "Yes, we can do this for you right away".  
or
2. "Yes we can do this, but I may need to talk with our team about the best plan."

This has an important role in portion sizes. We take care not to 'shame' members for their choices, avoiding comments that suggest that a particular food behavior is not appropriate.

Rather, we may ask that everyone have the chance to go through the buffet once before seconds are taken, or we might say 'yes' to all requests at the time the requests are made, and then follow up with the House Corporation afterwards to adjust the contract if necessary.

## What's The Bottom Line?

Fraternity and Sorority students have unique needs. Menu design and portion sizes cannot be compared to restaurants. We are prepared for this and our contracts already account for the unique nature of our clientele. By working together to set reasonable portion sizes we can balance the joint goals of adequate portion sizes and a cost-effective meal plan.

