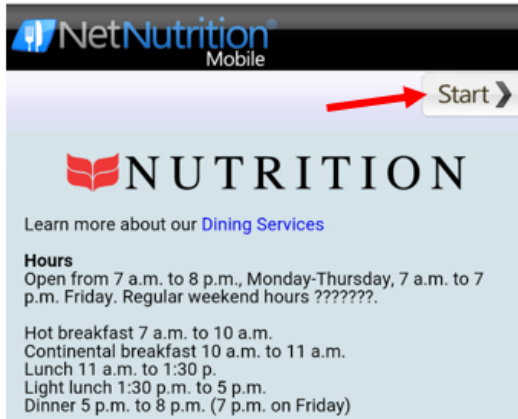


How to use NetNutrition® on Your Mobile Device

1. Go to <http://nutrition.grinnell.edu/> from your mobile device.
2. Select **Start**.



3. Select **Marketplace Dining**.

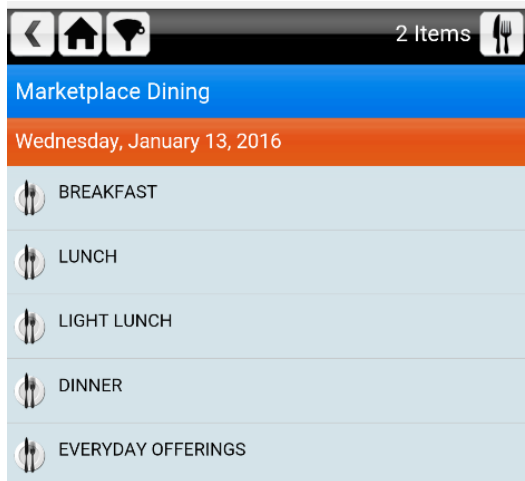


4. Select the desired **Date**.

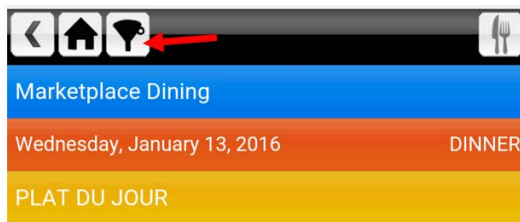


Dining Services

5. Select the **meal of your choice** for the menu to be displayed.



6. Select the **funnel icon** at the top to see a list of allergens/intolerances.



7. Select the **Allergens/intolerances items** that you wish to filter out of your meal selection.

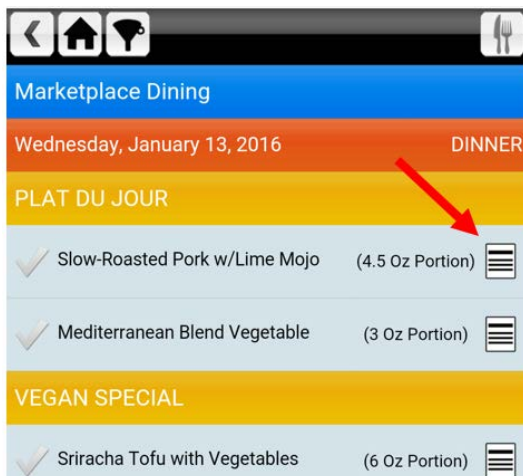


8. Select the **back button** and only foods meeting your criteria will appear on the menu.

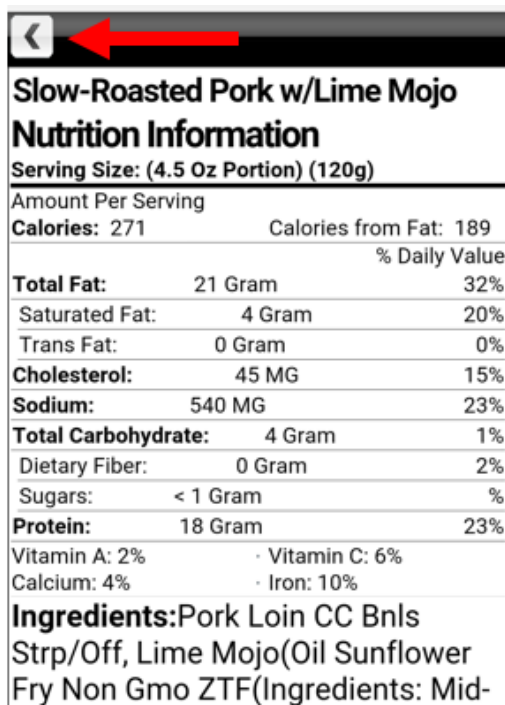


Dining Services

9. Select the **page icon** to the right of the food to view nutritional information/ingredients.



10. Click the **back arrow** to continue

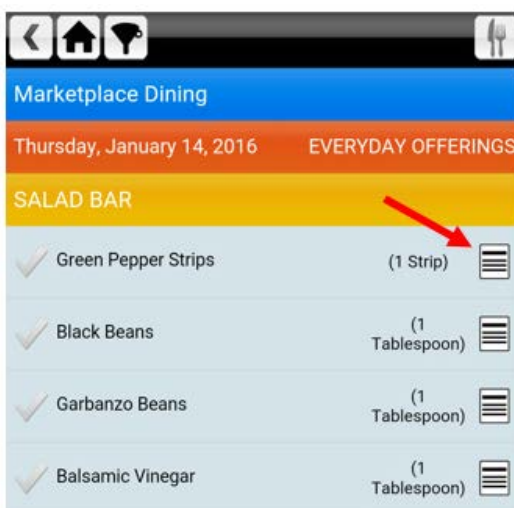


Dining Services

11. **Everyday Offerings** consists of the Salad Bar, Vegan Salad Bar, Salad Bar Dressings, and Ice Cream Dream.
12. Information and meal choices can be made from the Everyday Offerings section by choosing **Everyday Offerings** under the meal date.



13. Select the **page icon** to the right of the food to view nutritional information/ingredients.



NetNutrition® at Grinnell

Nutritional information for this site is calculated using a respected nutritional analysis software program. Information provided is approximate and intended to be used as a guide only; it is not intended to be used for the diagnosis or treatment of a health condition or as a substitute for consultation with a licensed health professional.

While information is based on recipes specific to Grinnell College, nutrient values and allergens of each food may vary due to selected portion size, the guest's use of condiments and seasonings, growing

Dining Services

conditions, manufacture formulations, or substitutions. In addition, recipes may be modified from time to time, revising the nutritional values.

All of our foods are prepared in a facility where peanuts, tree nuts, fish, shellfish, wheat, soy, milk, and eggs are also prepared. Cross-contamination is possible. For the most up-to-date information, guests are encouraged to visit our website regularly. If you have questions or concerns please contact the office of Dining.

Service Hours

Marketplace

Monday-Thursday: 7 a.m.-8 p.m. (continuous service).

Friday: 7 a.m.-7 p.m. (continuous service).

- Hot breakfast 7-10 a.m.
- Continental breakfast 10-11 a.m.
- Lunch 11-1:30 p.m.
- Light lunch 1:30-5 p.m.
- Dinner 5-8 p.m. (7 p.m. on Friday)

Saturday: Breakfast 9-10 a.m.; Lunch 11:30 a.m.–1:30 p.m.; Dinner 5–7 p.m.

Sunday: Brunch 11:30 a.m.–1:30 p.m.; Dinner 5 p.m.–7 p.m.

Contact Us

Office of Dining Services

Joe Rosenfield '25 Center (JRC) Room 218

Phone: (641) 269-3661