



April

Monthly Dining Newsletter

Leadership Letter



Mother's Day is coming up. It is very important that you make a reservation to come and eat in the bistro for brunch. Seating is limited and spots fill up fast! We may have to turn you away if you don't have a reservation.

The superfood contest in April is Leafy Greens. Come to superfood contest on the 10th and let our amazing cooks surprise you. We made a couple of changes in the snacks that are out each day, be on the lookout for Oreos.

The always available menu is available in all areas of living here at Casey's Pond. From 7:30am – 6:30 Pm. If you don't like what is being offered in your neighborhood that day feel free to take advantage of this menu.

Brian Keberlein
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- ❖ We will be hosting a brunch in observance of Mother's Day. We kindly ask that all guests make reservations in advance, as we are unable to accommodate families without reservations due to capacity and scheduling considerations.
- ❖ We have received requests from our residents for specific food items to be included on the dinner menu in the Veranda. We are making efforts to incorporate these requests to the greatest extent possible.



Duet Diversions

G U D P Q G C T D H P Y M V P T L K
 G P E Y C A P S E C E E Q H Z U U H
 K T Q F R N E B V H Z W E S B A I B
 E R F R E O V V I D R K O P H A M N
 M U O P T Q C X L F Q U Q R S D Z Y
 U T S A O R R S E R G L A U G G E C
 S C T E Z B N S D L Q S K P T B I S
 Y O L R E H N Y E Q U I C H E J B L
 P P D L T I O D G J S Q L A E Y B S
 J A O R A N B J G S S U I L N X J A
 U H M D L A H D S L O R L G C D I L
 D G I R O N I D K R K Y Q S T T Y M
 Y F G K C B W B A M B S A D U O Q O
 C I C W O G R D M E J A K V U X Q N
 V E C F H U B E A A K H P R S R Z J
 I E Y P C P M N H O L P K K G J A I
 M A B Q Q J S I G N T L T H M F N C
 Z T M F S Y Z P A I R Y T Z O Y Z W

Easter Day Word Search

Find the word in the puzzle.
 Words can go in any direction.
 Words can share letters as they cross over
 each other.

Candy	Carrots	Chocolate
Deviled Eggs	Ham	Jelly Beans
Lamb	Peeps	Potatoes
Quiche	Roast	Salmon



Trainings

- ❖ Fire Safety & Prevention: A quick and appropriate reaction to a fire situation helps minimize personal injury and material losses. It is important to identify the hazards that cause fires and take the right steps to prevent fires from occurring.
- ❖ Foreign objects found in food
- ❖ Food Allergen Group Training

Supply Chain News

Global supply chain conditions remain volatile due to geopolitical unrest, driving sharp increases in fuel and freight costs. Oil prices have risen significantly, and distributors are passing along higher transportation expenses. As a result, operators may see fuel surcharges added to invoices, including recent surcharges implemented by distributors such as Sysco.

These costs impact all categories and may be more noticeable on frequent or smaller deliveries. To help reduce exposure, operators are encouraged to consolidate orders and review delivery frequency where possible. Foodbuy continues working with distributor and supplier partners to monitor conditions and limit disruption.

Coming this April...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Passover begin April fools day	2 National Peanut butter and Jelly Day	3 Good Friday	4
5 EASTER BRUNCH 11AM- 2PM	6 CHIP CHAT 2PM	7 National Beer Day	8 National Empanada Day SPRING SOCIAL 2PM	9	10 SUPERFOOD CONTEST: LEAFY GREENS 2PM	11
12 National Grilled Cheese Day	13 Yom Hashoah	14	15	16	17	18
19	20 NEW CYCLE MENU COMES OUT	21 Yom Ha'atzmaut	22 Earth Day SOCIAL 2PM	23 National Cherry Cheesecake Day	24	25
26 National Pretzel day	27	28 National Blueberry Pie day SNACK 2PM	29 Stop Food Waste Day	30 National Oatmeal Cookie Day		

Operations Highlight

Operations Update

Costs Are Increasing

- Beef - Ground beef is softening but still elevated compared to previous years
- Oil - Oil pricing remains elevated, with slight increases tied to market conditions
- Seafood - Seafood pricing remains elevated due to tight global supply, reduced quotas, and ongoing regulatory and geopolitical pressures. Cod and haddock are particularly impacted, with no near-term relief expected.
- Pork - Steady, slight decrease on some items. Belly markets are down, but other cuts shoulder, loin, etc. are trending up.

Culinary Update

We are currently working on the new Spring/ Summer menu for Assisted living and Doak Walker house. This menu will be out on April 20th. We will see some summer favorites, Corn, BBQ, citrus, fresh tomatoes, summer squash, shrimp, and crab cakes. I am trying to make a nice salad once a week for lunch. I have put taco salad and cobb salad on the menu.



Meet the Team!

Nadia Charlton

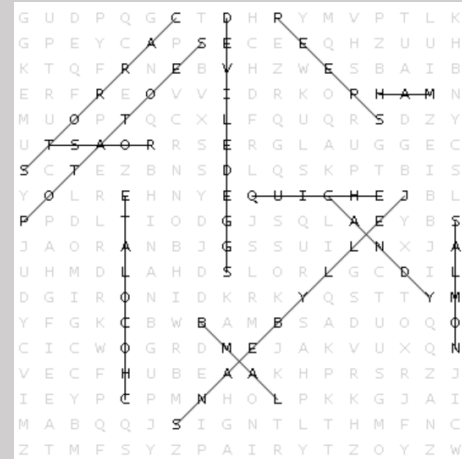
Where are you from?: from the beautiful and tropical country of Jamaica.

What is your favorite food?: rice and red peas with fried chicken and creamy potato salad

Why do you enjoy working here?: I enjoy working at Casey's Pond because the environment is filled with laughter and appreciation. Also, interacting with my coworkers, residents and families are always a pleasant experience



Word Search Answers



Did You Know? Leafy Greens

Leafy greens are high in vitamins, minerals, fiber and antioxidants. Adding a variety of different leafy greens to meals is a great way to boost brain health and lower risk of some chronic illness!

- ♥ Many leafy greens, such as Kale, Spinach, Collards and Cabbage are packed with vitamins A, C, E and K. These are integral for bone health, blood clotting, vision and many more benefits!
- ♥ They also contain an abundance of carotenoids-antioxidants that protect cells and play roles in blocking the early stages of cancer.
- ♥ They are also high in folate. Several large studies have shown that high intakes of folate may lower the risk of colon polyps by 30 to 40 percent compared to low intakes.
- ♥ Adding more green vegetables to a balanced diet increases the intake of dietary fiber which, in turn, regulates the digestive system and aids in bowel health and weight management.
- ♥ Caution: Increasing intake of dark green leafy vegetables raises vitamin K levels, which can affect blood clotting and may not be appropriate for individuals taking certain blood-thinning medications. A consistent intake is generally acceptable, as long as there is no significant increase.

Standard Serving (Varies by item)

1 Cup raw leafy greens
½ cup cooked

Nutrition

Calories: ~20
Fiber: ~2-4g
Carbohydrate: ~2-6g





Dietitian's Dish

Chop Once, Eat All Week

Food waste often isn't from big mistakes—it is a half-used bell pepper forgotten in the crisper, kale that wilts before it is used, or carrots we never got around to. One simple habit can significantly reduce this everyday waste: **intentionally chopping vegetables to use across multiple meals during the week.**

Meal prep doesn't mean cooking everything in advance or eating the same meal on repeat. At its most effective (and sustainable), it focuses on preparing ingredients, especially vegetables, rather than complete dishes.

The Power of "Prep Once"

Instead of prepping vegetables for individual recipes, think of them as versatile building blocks. Spending 30–45 minutes

once or twice weekly prepping vegetables creates flexibility, saves time, and increases the odds they actually get eaten.

Here's how it works:

- Buy vegetables with overlap in mind
- Chop them all at once
- Store them properly
- Use them across different meals all week

A chopped onion can be in a stir-fry on Monday, a soup on Wednesday, and a roasted vegetable tray on Friday. Same ingredient, three meals, zero waste.

The Hidden Benefits

Beyond reducing waste, this approach also:

- Saves money by using what you buy
- Reduces decision fatigue

- Encourages home cooking
- Makes healthy choices more convenient
- Lowers the urge to order takeout "because there's nothing ready"

Chopped vegetables are a subtle form of self-care. How more sustainable can you get?

Cleaned and prepped vegetables make easy snacks. Raw carrots, zucchini, and peppers pair well with hummus or yogurt-based ranch. When better-for-you options are easy to grab, you're more likely to reach for them.



What to Chop & How to Think About It

Start with vegetables found in a variety of dishes:

- **Onions & garlic** – the base of countless meals
- **Bell peppers** – enjoy raw, sautéed, or roasted
- **Carrots** – useful in salads, soups, stir-fries, or as snacks
- **Celery** – perfect for soups, grain bowls & sauces
- **Broccoli & cauliflower** – great for roasting, steaming, or stir-frying
- **Zucchini & squash** – ideal for pasta, casseroles, and sautéed dishes
- **Leafy greens** (kale, chard, spinach) – chop for quick cooking & added nutrition

Stick with neutral cuts like dicing, slicing, or rough chopping. They easily adapt to various cuisines and cooking styles. **Tip:** *If you're unsure how you'll use something, chop it slightly larger. You can cut it smaller later.*

Turn Prepped Veggies Into Real Meals

The magic of chopped vegetables is how easily they enhance meals:

- **Weeknight stir-fry:** combine with protein & sauce
- **Sheet-pan dinner:** toss with oil & roast
- **Soups & stews:** add & let simmer
- **Egg dishes:** incorporate into omelets, scrambles & frittatas
- **Grain bowls & salads:** add for immediate color & crunch
- **Pasta & noodles:** sauté & fold in

Storage: A Make-or-Break Step

Proper storage turns “optimistic prep” into a food waste solution.

- Use clear containers to easily identify contents
- Label containers if needed (especially for similar-looking veggies)
- Store sturdier vegetables together like carrots, broccoli & peppers
- Keep delicate greens separate with a paper towel lining
- **Place prepped veggies at eye level in the fridge**

When chopped vegetables are the first thing you see, they become the first thing you use.

