



MARCH

Monthly Dining Newsletter



Leadership Letter

This March we will be having superfood Legumes on the 7th. A traditional St. Patties Day celebration lunch with corned beef and cabbage and Lamb shepherd's pie. Later in the month of March we will have to celebrate National Waffle Day. Waffles will be served for breakfast in all the neighborhoods, and we will have a chicken and waffles special that day. Superfood was won by Kathya this last month with her chocolate stuffed churros.

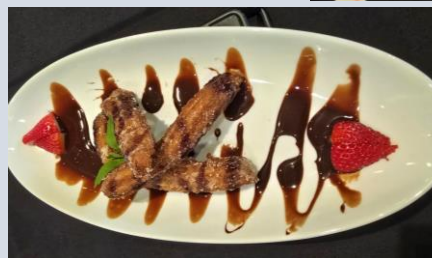
Brian Keberlein
Director of Dining Services



BE THE BEST PART OF SOMEONE'S DAY.

We Heard You!

- ❖ We met with residents from all neighborhoods in menu committee to discuss what food items they would like to add/ remove from the always available menu, since we will be making changes to it soon.
- ❖ We will continue to set up the dining room differently for holidays (such as Valentine's Day)



Trainings

- ❖ Infection Prevention and Control- we will learn how infectious diseases are spread, learn when to report symptoms of infectious diseases, review the Associate Health Reporting Agreement, and practice hand hygiene techniques.
- ❖ Bloodborne pathogens and eye protection
- ❖ Reducing food waste in your business

Supply Chain News

The Colorado market is experiencing a 5.6% cost inflation including food, wages, and transportation and materials.

The recent announcement of new tariffs will reflect a 25% duty on all products coming from Mexico and Canada, Chinese products will receive an additional 10% tariff.

Eggs are still experiencing a significant shortage due to the avian influenza. Cost of chicken has also seen an increase. Beef and pork are also seeing higher prices due to demand as well.

Produce updates:

cilantro: limited supply, shorter shelf life due to wet conditions

green leaf lettuce: lighter head weight, some cupping
iceberg lettuce: improved head weight, presence of cracked ribs/discoloration, wind

romaine heads: less presence of frost, light cupping and blisters on ribs, high core

watermelon: pricing slightly up, colder weather in the fields



Wellness Corner

9 Dimensions of wellness Financial

Financial wellness includes setting aside time to evaluate finances, planning for fixed and variable expenses, and finding stress relief outlets and gratitude for things that do not cost money.

- 1. Planning:** Spend some time analyzing cash flow to create appropriate and realistic budgets. What expenses can be negotiated, and which are fixed and unchanging? Review budgets monthly to adjust for the month ahead.
- 2. Prioritize:** Prioritize paying fixed budgeted items and negotiate on any other items that can be moved or be put towards savings/emergency.
- 3. Saving Hacks:** Take time to find deals, renegotiate payments with carriers, internet, etc... Find deals and use coupons that can help save you money.
- 4. Find help:** Leverage resources to help with financial management and money allocation such as a CPA.
- 5. Protect yourself:** Don't put all your finances in one place. Try to save as much as able and create a separate account for emergencies.
- 6. Find happiness in things that don't cost money:** focus on simple pleasures like spending time outdoors, connecting with loved ones, pursuing hobbies you enjoy, listening to music, engaging in acts of kindness, practicing gratitude, and simply appreciating the little moments in life.

Last Months Happenings

Events

- Superfood: Chocolate 02/07
- Valentine's Dinner 02/14
- Menu Committee 02/12
- Chocolate covered strawberries 02/27

What's Coming Up

Events Ahead

- Superfood: Legumes 03/07
- St. Patrick's Day 03/17
- Waffle Day Special 03/25

Upcoming Holidays:

- International Women's Day 03/08
- St. Patrick's Day 03/17
- Spring Solstice 03/20

Operations Highlight

Operations Update

- We sent our prized Hobart 20qt mixer to Denver to be fixed and it will be back on the 10th
- The maintenance team pulled a late night and fixed out steam wells and our lights above the hot cooking line.

Culinary Update

We just had our menu committee for the veranda menu on the 5th of March. Those changes to the always available and veranda dining room menu will be happening in the coming weeks. The new Cycle menu for the neighborhoods will be up and running on April 13th. We will have some spring and summer flavors coming back to the menu, while keeping the classic favorites.

Eggs – Avian influenza continues to heavily impact the industry, and shortages are now expected through at least March. This is currently impacting our pasteurized whole eggs, and we are currently not receiving any whole eggs at all. Our whole eggs need to be pasteurized by law. So, we just can't get some from the store.



Meet the Team!

Josh Harrison

Where are you from?: Jamaica

What is your favorite food?: Curried goat, rice & peas

Why do you enjoy working here?: Because I enjoy the people I work with and enjoy spending time with the residents.

