

# Something to Chew On

## Dining Trends: Top Trend That Will Shape Food Products In 2018

### More Than A Feeling

"Unexpected tactile experiences in food and beverage will be a new realm for manufacturers to explore in 2018."

Companies have opportunities to add not only color, but textures with natural ingredients such as fruit and vegetable pulp, spicy peppers that make your mouth tingle, and carbonation.

This is expected to manifest into other novel experiences for consumers by companies using chewy or crunchy elements in beverages, and popping candy in baked goods.

Bubble Tea made with Tapioca has become increasingly popular and has made chewy elements in beverages unsurprising to some consumers, but there is a push to create s memorable and sharable tactility in food.

"Virtual reality and Google glass, restaurants that hand out Instagram aids so diners can better document their experiences and other non-tactile sharing of dining is leading food products to new and unforeseen areas.



Bubble Tea made with Tapioca.  
[www.forbes.com](http://www.forbes.com)

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## What's Cooking? Hot Chocolate Float for Two

### Ingredients:

- 2 cup Whole Milk
- 2 TB Cocoa Powder
- ¼ cup Sugar
- 1 tsp Vanilla Extract
- 6 oz Chocolate Chips
- 2 TB Chocolate Sauce, for Serving
- 2 scoops Vanilla Ice Cream, for Serving
- 2 oz Chocolate Shavings, for Serving

### Directions:

1. Bring milk to a simmer in a small saucepan over medium heat. Whisk in cocoa powder and sugar and stir until no lumps remain.
2. Stir in chocolate chips and vanilla and cook, stirring occasionally, until the chocolate is completely melted. Turn off the heat.
3. Pour chocolate sauce in a small dish. Dip cups in the chocolate to rim the cup. Pour hot chocolate into each glass, then top with a scoop of ice cream and chocolate shavings.
4. Serve



### Nutrition Facts

Nutrients	Amount
<b>Calories</b>	<b>200</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	5 g
Cholesterol	0 mg
<b>Sodium</b>	<b>170 mg</b>
<b>Total Carbohydrate</b>	<b>38 g</b>
Dietary Fiber	1 g
Total Sugars	29 g
Added Sugars	0 g
<b>Protein</b>	<b>1 g</b>
Vitamin D	0 mcg
Calcium	0 mg
Iron	8 mg
Potassium	0 mg

# Food Safety Tips: Game Day

With the Superbowl right around the corner, make sure your food is safe with these tips.....

1. Keep It Clean
  - a. Wash your hands
  - b. Wash your cutting board
  - c. Wash fruits and vegetables under running water
2. Cook It Well
  - a. Use a food thermometer to test meats to get rid of harmful germs
    - i. Chicken to 165°F
    - ii. Ground Beef to 160°F
  - b. Follow frozen food package cooking directions
3. Keep It Safe
  - a. Keep hot food hot at 140°F or warmer
  - b. Keep cold foods cold at 40°F or colder
4. Watch the Time
  - a. Track the time that the food sits out
  - b. Throw out any food that has been at room temperature for 2 or more hours.
5. Avoid Mix Ups
  - a. Separate raw foods from ready-to-eat foods when preparing, serving, and storing.
6. Store and Reheat Leftovers the Right Way
  - a. Divide leftovers into smaller shallow containers
  - b. Refrigerate at 40°F or below
  - c. Refrigerate 3-4 days
  - d. Reheat to at least 165°F before serving



## Congratulations to the following Managers for a 100% Survey or Sanitation Inspection:

Diane V.  
Karla R.  
Crystal H.  
Peggy S.  
Clara V.  
Mary B.  
Jeff K.  
Jennifer D

## Employees of the Month

October: Kimberly W.-MN  
December: Tracy N- MA  
January: Roger C - MN

## RD of the Year

Paulette B- MN

## Managers of Third Quarter

Donna J.-Senior Programs-MN  
Steve M- Residential- MN  
Katie P- Senior Programs-WI

## 5 Tips to Curb Bad Eating Habits

### Eat Breakfast

There's no better way to start your morning — and the year — than with a healthy breakfast. "It provides your body with the fuel it needs to make energy to keep you focused and active throughout the day. The key to a good breakfast is balance. Include lean protein, whole grains and fresh, frozen or canned fruits and vegetables.

### Cut Back on Caffeine

Too much caffeine can interfere with sleep, make you jittery and cause you to lose energy later in the day. Keep your caffeine intake in check by limiting regular coffee to 3 cups or less per day, and watch what you put into it. Skip unwanted calories

and sugar by drinking it as plain as possible. Need to wean off? White says to try three things: switch to half decaf or tea, drink plenty of water and eat small, frequent meals to keep up energy.

### Bring lunch to work or school

How do you make bringing lunch to work/school easy? "Have your arsenal of food for the week. Have the right foods to put together. By stocking up the fridge, you're setting yourself up for success. Prepare the week's lunches over the weekend. It doesn't have to be a full meal. If you're crunched, get a snack. Go for fat-free or low-fat yogurt and fruit, whole-wheat crackers and low-fat cheese or hummus and

baby carrots.

### Eat More Fruits and Vegetables

Fruits and veggies add color, flavor and texture, plus vitamins, minerals and fiber to your plate. Don't let winter stop you from enjoying produce either. It might be harder to find fresh options, but frozen and canned are great alternatives.

### Cook/Eat Dinner at Home

Making/Eating meals at home doesn't have to zap the last bit of your time and energy. The trick is to plan ahead. If the week is cramped for you, then prepping on the weekend is a great time saver. Choose options you can make in advance.

## Fun Food Facts Trivia: Put Your Knowledge to the Test



1. Pound for Pound, hamburgers cost more than new \_\_\_\_\_.
2. \_\_\_\_\_ were originally invented for Christian lent.
3. \_\_\_\_\_ is the chief food for half the people of the world.
4. Smelling bananas and/or green apples (not eating) can help you lose \_\_\_\_.
5. Spinach consumption in the U.S. rose 33% after the \_\_\_\_\_ comic strip became a hit in 1931.
6. Strawberries have more vitamin C than \_\_\_\_\_.

### Answers from December Issue:

1. 99%
2. Flammable
3. 5 years
4. Flavor
5. 4.6 million
6. Peanuts