

Something to Chew On

Dining Trends: Food Trends 2018: The Top 10 Predictions

A [list was compiled by GrubHub](#) called "Year in Delivery," which predicts what the top food trends of the year will be. The selection looks at the top items from 2017, as well as items that are expected to gain momentum throughout the course of this year.

One of the top food trends for 2018 comes in the form of poke, which saw a 643% rise in popularity throughout the course of last year. Here's the full list for this year, which includes poke at the number two spot:

1. **Lettuce chicken wraps:** 184 percent rise in average monthly popularity
2. **Poke:** 91 percent rise in average monthly popularity
3. **Bulgogi bibimbap:** 89 percent rise in average monthly popularity
4. **Roasted cauliflower:** 88 percent rise in average monthly popularity
5. **Spicy tonkotsu ramen:** 76 percent rise in average monthly popularity
6. **Kimchi fries:** 75 percent rise in average monthly popularity

7. **Cinnamon buns:** 74 percent rise in average monthly popularity
8. **Pumpkin soup:** 64 percent rise in average monthly popularity
9. **Brisket sandwich:** 54 percent rise in average monthly popularity
10. **Yellowtail belly:** 54 percent rise in average monthly popularity

It appears as if the year will be another health conscious one as many of the predicted food trends for 2018 include vegetable dishes, but there is still some decadence for those who love delicious food, including brisket sandwiches and cinnamon buns.

Rounding out the top 15 are mini corn dogs, pork belly, brick pressed chicken, shio ramen and Korean fried chicken wings.

<https://investorplace.com/2018/01/food-trends-2018/>

April 1, 2018
Volume 1, Issue 2

Inside this issue:

Dining Trends	1
What's Cooking	1
Food Safety Tips	2
Nutrition	2
Fun Food Facts Trivia	2

What's Cooking? Honey Rhubarb Crumble

Ingredients:

- 5 ½ c sliced rhubarb
- ¼ honey
- 1 tsp lime zest
- 1/3 c oats
- 1/3 c all purpose flour
- ¼ c packed brown sugar
- 3 TB butter, cut into small pieces
- Vanilla Frozen Yogurt for serving

Directions:

1. Combine the first 3 ingredients in a bowl, and toss well. Spoon into baking dish that is coated with pan spray.
2. Place oats, flour, and sugar into food processor and pulse 2 to 3 times. Add chilled butter and process until mixture resemble coarse meal; sprinkle over rhubarb.
3. Bake at 375°F for 40 minutes or until rhubarb is tender.
4. Serve warm with a scoop of Vanilla frozen yogurt.



Nutrition Facts

Nutrients	Amount
Calories	237
Total Fat	6.4 g
Saturated Fat	1.2 g
Cholesterol	0 mg
Sodium	107 mg
Total Carbohydrate	43.4 g
Dietary Fiber	1.3 g
Total Sugars	29 g
Added Sugars	0 g
Protein	4.2 g
Vitamin D	0 mcg
Calcium	178 mg
Iron	1 mg
Potassium	0 mg

Food Safety: Foodborne Illness *Know the Symptoms*

Despite your best efforts, you may find yourself in a situation where you suspect you have a foodborne illness. Foodborne illness often presents itself with flu-like symptoms. These symptoms include:

- Nausea
- Vomiting
- Diarrhea
- Fever

If you suspect you have a foodborne illness, follow these general guidelines:

1. Consult your physician or health care provider, or seek medical treatment as appropriate. As an older adult, you are at increased risk for severe infection.

2. Preserve the food. If a portion of the suspect food is available, wrap it securely, label it to say "DANGER." This can be used in diagnosing your illness and in preventing others from becoming ill.

3. Save all the packaging materials, such as cans or cartons. Write down the date and time consumed, and when the onset of symptoms occurred. Write down

as many foods and beverages you can recall consuming in the past week (or longer), since the onset time for various foodborne illnesses differ. Save any identical unopened products.

4. Call your local health department... if you believe you became ill from food you ate in a restaurant or other food establishment. The health department staff will be able to assist you in determining whether any further investigation is warranted. To locate your local health department, visit [Health Guide USA](#).



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

Lena K
Kay M
Peggy S
Tammy B
Brad P
Brooke J
Debra L
Amy W
Danielle J
Luz S
Louis W

Employees of the Month

January: Danielle J-MN
February: Doug G-WI
March: Lena K- MN

Managers of the Quarter

Jason M- Residential-MN
Tara H- Senior -CO
Shannon K- Residential-MN

How to Reduce Physical Inactivity

What is physical inactivity?

Physical inactivity is anytime you are not standing or moving. Sitting at your desk, watching TV or being in your car for a long commute all fall into this category. Our health is impaired by how many hours we spend each day sitting, as well as the duration of those stints of inactivity.

Even those who exercise for 150 minutes each week aren't safe from the dangers of sitting for too long.

What are the risks?

Many parameters to assess disease risk include blood sugar, insulin, HDL (the good cholesterol), waist circumference, triglycerides and blood pressure. The more you sit, the greater your risk for disease and early death.

How can we reduce physical inactivity at home, work & school?

While there is no published recommendation for "safe" sitting time yet, a good rule of thumb is to move for at least 1 to 2 minutes each hour in addition to 150 minutes of moderate

physical activity each week.

- *Park far away from your building or use public transportation.
- *Use a standing or walking desk.
- *Have walking meetings, instead of sitting in the conference room.
- *Take a brisk walk after lunch.
- *Rather than send an email, walk to your co-worker.
- *Stand during phone calls.
- *Drink enough water that you use the restroom often.
- *Play pool, go for a walk or play lawn games instead of watching TV.

Source: Eatright.org

Fun Food Facts Trivia: Put Your Knowledge to the Test



1. Sweet Potatoes were grown in Peru as early as _____?
2. The 'vintage date' on a bottle of wine indicates the year grapes were _____, no the year of bottling.

3. The average American consumes 9 pounds of food _____ every year.
4. The average American eats at _____ more than 1,800 times in their life.

Answers from February Issue:

1. Cars
2. Pretzels
3. Rice
4. Weight
5. Popeye
6. Oranges