



# MARCH

## Monthly Dining Newsletter

### Leadership Letter



February was filled with joy and laughter here at Casey's Pond. We enjoyed some fun events and special meals. Our Valentine's Day dinner was a big hit community wide, our chefs competed in our monthly superfood contest with the classic dark chocolate covered strawberries taking the win, and the menu committee met to go over changes for our menu cycle, so you will see some changes coming soon. We look forward to making March even better.

Kimberly Villa  
Director of Dining Services



# MARCH

## SEASONAL PRODUCE GUIDE

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In February we implemented our waste not program, which will allow us to see exactly what is wasted in each location. This will help us cut down on overproduction waste as well as lower costs. Supply Chain remains a large issue nation wide, we are not receiving about 15-20% of the items that we order. Recent things include Plastic spoons, straws, lids for soup cups, pudding, Oreos, Cleaning Chemicals and supplies, Cheerios, Cream of Wheat, Jell-O, Etc.. Chef is currently working on the Always Available menu, the goal will be to change about half of this menu seasonally. Please remember if you have any feedback please reach out to Chef Brian or Kimberly.

## Culinary Update

## Events

- National Pizza Day was celebrated 2/9
- Menu Committee met on 2/9
- Superfood Contest for Dark Chocolate 2/11
- Super bowl Lunch 2/13
- Valentines Day Dinner 2/14
- Chocolate covered strawberries for National Strawberry Day 2/27





## ASSOCIATE SPOTLIGHT

### Lizeth Vertiz



Where are you from?: Mexico City  
 What is your favorite food?: Grilled Salmon  
 Why do you enjoy working here: The love that you get from the residents can turn a bad day into a great day!

## Wellness Update

### All about Chocolate!

After being picked, cocoa beans are scooped out of their pods, allowed to ferment, dried, blended, roasted and their hull and germ removed to reveal what are called "nibs". The nibs are ground and mixed with cocoa butter that gives chocolate its characteristic "melt-in-the-mouth" appeal. Once used as currency, this ancient delight is now enjoyed in various capacities around the world. In fact, Americans consume ~2.8 billion pounds of chocolate every year, or ~11 pounds/person.

#### Facts

- ❖ White chocolate is not recognized as chocolate as it contains no chocolate liquor.
- ❖ The World's Biggest Chocolate Bar Weighed Approximately 12,770 Pounds.
- ❖ It takes 400 cocoa beans to make 1 pound of chocolate
- ❖ Cocoa is rich in flavanols, which are plant chemicals that are great for health. The unique flavan-3-ols in cacao beans are what gives pure cocoa a bitter taste.
- ❖ Chocolate (especially dark chocolate) in moderation has been shown to have health benefits such as: Lowering blood pressure, improving vision, increasing brain function and reducing heart disease risk.

## ST. PATRICK'S DAY MARCH 17

## FUN FACTS

**1962**

Chicago dyed a portion of the Chicago River green for the first time\*

**40lbs**

of dye is what it takes to dye the Chicago River green for the day\*



**1737**

the first St. Patrick's Day parade took place in Boston\*

**1 million**

spectators attend the New York City St. Patrick's Day parade\*



**14**

is the highest number of leaves found on a clover\*

**10,000 : 1**

chances of finding a three-leaf clover to a lucky four-leaf version\*

**hope, faith, love and luck**

are what each leaf represents\*

**34.7 million**

U.S. residents with Irish ancestry, which is

**7x**

the population of Ireland and is also the

**2nd**

most frequently reported ancestry, behind German\*

**144,588**

current U.S. residents were born in Ireland\*



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## WHAT'S COMING UP

### Events

- Mardi Gras
- Travel the World: Ireland
- Superfood Contest: Leafy Greens

### Special events/Holidays

- Daylight Savings
- St. Patrick's Day

