



North Texas Café News

Our Celebrations:

NASCAR Day Barbeque
National Nutrition Month



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About us

The purpose of this monthly newsletter is just another attempt from us to get closer to you- our customers. The editors are Dawn Payne (Assistant director of Dining Services) and Naveena Reddy (Dietitian). The content is contributed by everyone in the department of dining services.

We want to hear from you- please write to us about any comments, questions or suggestions about our products and services. We will publish your letter and our response.

You could also reach us through phone at ext. 1604, or via email at tharris@iammorrison.com.

Morrison Management Specialists

Department of Dining Services at North Texas Hospital is contracted by Morrison Management Specialists, which is a part of an International contract food service company called Compass Group.

Compass Group is a market leader in providing food and a range of selected support services to customers in the workplace. We operate as a group in around 64 countries, with more than 360,000 employees, to deliver the same superior standards of service globally, daily, personally. To know more about Compass, please visit www.compass-group.com and to know about Morrison, visit www.iammorrison.com.

Although Morrison's primary focus is quality patient care, at the retail end you will see our practices on the cutting edge of creating healthcare retail programs and promotions to drive customer

satisfaction. Our goal is to offer our clients quality and convenient food service through a host of customized internal and external branded concepts.

Here are some of the Morrison programs we run for you:

All Spice Café: Morrison's branded food court concept, includes an upscale dining environment that offers you a variety of food venues such as grill, hot foods line, grab-and-go salads etc.

Outtakes: Cold Salads and fruit entrées prepared and packaged fresh.

Show Time Cooking: Made to order entrées prepared and presented right in front of you. Some examples are made to order Omelets, Pasta bar, etc.



Giveaway item for employees .

NASCAR Day

March 28th 2008 was NASCAR day here at North Texas Café. We had a great turn out for BBQ and fun. As you know we are big NASCAR fans and enjoy celebrating the heritage and tradition of NASCAR. Beth & Jason from Vitamin water stopped by with samples for everyone to try. They also had music and games, but as always it was a cold and dreary day. We had lots of great giveaways, congrats to all of our winners. We would like to thank Ron Dassinger account

manager from Coca Cola for donating our grand prize, tickets for Sunday's race. Congratulations to Renea Barton and Ralph Triesch, they were our big winners. We would also like to thank Mike Jones district manager, Tammy Blythe Sales manager, Cristy Young Sales Rep all from Coca Cola and Scott Bush from The Home Depot for joining us. Coca cola participates in all of our theme days and we appreciate their help. Hope to see you at our next NASCAR day.



North Texas Cafe

National Nutrition Month

Each year National Nutrition Month is celebrated during the month of March. This year's theme was Whole grains! American Dietetic Association recommends that we include up to 3 servings of whole grains per day into our diet for a healthy life.

North Texas Café celebrated National Nutrition Month through several activities: We encouraged our customers to play BINGO game, Word search puzzle, and cross word puzzle for prizes; we served whole grain items in the café; and offered a whole grains presentation as Lunch and Learn.

The Prizes include Healthy breakfast for a department who completes the cross word puzzle as a team; and Pedometers, water bottle, coffee mug, jump rope and fitness tote bag for those who complete word search puzzle and enter into the drawing. Congratulations to our following winners: Lori Davis, Tammy Wright, Renee Barton, Karen Lillie, Teresa Baugh, and Sue Fortenberry. Step down department is the grand prize winner of healthy breakfast.

We hope everyone enjoyed whole grain foods in the café during the month of March.



North Texas Cafe

Nutrition Corner- Fats that you *SHOULD* eat

We heard over and over again that fats are bad for our health and we should avoid them for weight control and good health. But all fats are not created equal- there are 5 types of foods that we should eat *because* of their fat content. They are Avocado, Canola or Olive oil, Nuts, Fish and Dark chocolate. These foods have

unsaturated fats that protects us from heart disease when we eat them in moderation. Research shows that it is as important to have high levels of good cholesterol as it is to have low levels of bad cholesterol. These five foods when we eat in moderation, will contribute to raising our good cholesterol levels in blood.