

THE DAILY CHOICE

CALENDAR

FEBRUARY 14TH:
ONLINE SUBMISSIONS
FOR THE BAY AREA
TRADE SHOW DUE

MARCH 15TH-17TH: BAY
AREA CONFERENCE
AND EXHIBITION

FEBRUARY 2019
ISSUE

QUOTE OF THE MONTH

"A healthy diet is a solution to many of our health-care problems. It's the most important solution." - John Mackey

INFORMATION

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GOOD NUTRITIONS IS KEY TO GOOD HEALTH. TASTE THE RAINBOW OF FRUITS AND VEGETABLE FOR BETTER HEALTH!

Choosing in-season fruits and vegetables with a variety of colors like red, orange, yellow, green, blue, and purple will give you a variety of healthy nutrients. Vary of veggies!! Go dark green with spinach, broccoli, Brussels sprouts, and lettuce, or go orange with carrots, sweet potatoes, and squash!

1.

FRUIT FOCUS:

Fruits are great for mealtimes and snacks. include fresh, frozen, canned, or dried.

2.

GRAINS:

Make half your grains whole. choose grains like whole wheat bread, brown rice, or oatmeal.

3

PROTEIN:

Go learn: Eat lean meat, chicken, turkey, and fish. Try more dried bean and peas



FreshChoice 1

IMPORTANCE OF FOOD AND ITS EFFECTS IN HEALTH

A healthy diet helps pave the way to a healthy heart and blood vessels, strong bones and muscles, a sharp mind, and so much more.

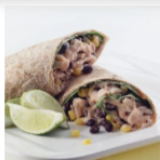
Confused about what constitutes a healthy diet? You aren't alone. Over the years, what seemed to be flip flops from medical research combined with the flood of diet books and diet plans based on little or no science have muddled the water. But a consensus has emerged about the basics, which are really pretty simple.

An important take-home message is to focus on the types of foods you eat and your overall dietary pattern, instead of on individual nutrients such as fat, dietary cholesterol, or specific vitamins. There are no single nutrients or vitamins that can make you healthy. Instead, there is a short list of key food types that together can dramatically reduce your risk for heart disease.

Eat more of these foods: fruits and vegetables, whole grains, fish and seafood, vegetable oils, beans, nuts, and seeds.

Eat less of these foods: whole milk and other full-fat dairy foods, red meat, processed meats, highly refined and processed grains and sugars, and sugary drinks.

HEALTHY RECIPE OF THE MONTH:



Barbecued Chicken Burritos



Cook
15 m

Ready in
15 m

Recipe By: EatingWell Test Kitchen

"These burritos are something of a Tex-Mex wonder: tangy barbecue sauce, some roast chicken (or rotisserie chicken) and vegetables, all wrapped up in tortillas. For the best taste, look for a fiery barbecue sauce without added corn syrup."

Ingredients

- 1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)
- ½ cup prepared barbecue sauce
- 1 cup canned black beans, rinsed
- ½ cup frozen corn, thawed, or canned corn, drained
- ¼ cup reduced-fat sour cream
- 4 leaves romaine lettuce
- 4 10-inch whole-wheat tortillas
- 2 limes, cut in wedges

Directions

- 1 Place a large nonstick skillet over medium-high heat. Add chicken, barbecue sauce, beans, corn and sour cream; stir to combine. Cook until hot, 4 to 5 minutes.
- 2 Assemble the wraps by placing a lettuce leaf in the center of each tortilla and topping with one-fourth of the chicken mixture; roll as you would a burrito. Slice in half diagonally and serve warm, with lime wedges.

Eat neat: Keeping the filling inside a wrap or burrito can be a challenge, especially if you're on the go. That's why we recommend wrapping your burrito in foil so you can pick it up and eat it without losing the filling, peeling back the foil as you go.

BENEFITS OF HAVING A HEALTHY BODY



Low risk of heart disease or Heart Attacks.



Keeps bones as well as your teeth strong and can help to slow bone loss.



Losing weight can help to reduce the risk of chronic conditions.

WHY SHOULD YOU MAKE HEALTHY FOOD CHOICES?

To truly understand the importance of establishing healthy eating habits, you need to ask yourself a very simple question: “Why do humans need to eat?” (Note the use of the word “need,” not “want.”) Simply put, humans need to eat to supply their bodies with nutrients (carbohydrates, protein, fat, vitamins and minerals) that then supply the body with fuel for energy, aid in tissue growth and repair, act in various biochemical reactions, and much, much more. The basic need for food is pretty simple and could be compared to putting gas in your car. If you put the right fuel into your car, it will spring to life with a single turn of the key and run smoothly for many years, but if you put sodas or sugar in your gas tank, it’s going to ruin your car. In this sense, your car and your body are very much alike. They both run well on the right kind of fuel, but will deteriorate over time if you neglect their basic fueling needs.

Why Should I Strive for a Healthy Lifestyle?

At some point in your life, you will be faced with the realization that the health of your body is the determining factor for what kind of lifestyle you can lead. Just like a smoker faces a possible future of emphysema and lung cancer, if you neglect healthy eating habits you not only face a possible future of being overweight or obese, you also run the risk of depression, heart disease, diabetes, cancer, bowel complications and much more. The choices you make each day – from what to eat for breakfast to whether or not to have that extra slice of pie – affect how you feel and how you perform, which as you may be able to guess, affects everything you do. Choose wisely, and you will soon find that feeding your body well translates into a longer, healthier, more enjoyable life.

Once you decide that learning healthy eating habits is worthwhile for you, it’s time to make some changes to your diet. Challenge yourself to come up with some new healthy eating habits every day and put them to good use, like drinking more water or using mustard on your sandwiches instead of mayo. Instead of trying to cut out all the “bad” foods you currently eat, like any processed foods, sweets, soda, candy, and other junk food, it’s much easier and safer to start by adding more healthy foods to your diet, such as fresh fruits and vegetables, whole grains, lean meats, low-fat dairy products, nuts, and legumes. This way, you will slowly be replacing your bad diet with a good diet and won’t be left with a huge, gaping void where your bad foods once were. As you start filling up on healthier foods, you’ll have an easier time letting go of some of your most coveted unhealthy foods.



FreshChoice Department Tasks

Human Resources

Complete Newsletter/Handbook
Prepare for trade show
Pay February Bills

Marketing

Finish Company Brochures
Prepare for trade show
Pay February Bills

Sales

Submit FreshChoice contracts
Pay February Bills
Prepare for Trade Show

Finance

Finish Payroll
Pay February Bills
Pay Taxes
Process contracts
Prepare for Trade Show



Don't Forget

Our Mission:

To make the world a
healthier, and happier
place, starting with
the customer and
ending with those in
need.

California State Conference & Exhibition



(FreshChoice @ Rabobank Arena and Convention Center)

The company competed in the California State Conference and Exhibition on January 15th-17th. Multiple departments took part in competitions such as the State Business challenge, Human Resources competition, and the National Business Plan Competition. There were multiple speakers at the trade show, one being the CEO of Virtual Enterprises, Nick Chapman. Although we didn't receive any awards, the company had made a large amount of sales, which calculates out to \$21,000 on the trade show sale day. Everyone had a good time in discovering what trade shows are like as well as meeting and networking with other companies around the state of California.



(FreshChoice @ The BLVD)