



Nurture News

January

Volume 1, Issue 4

Company Events

LA Tradeshow Submissions 1/24

Bakersfield Trade Show 1/15-1/17

LA Trade Show 2/18-2/19



Mission Statement

Nuture's mission is to create a profitable brand that conveniently delivers nutritious smoothie bowls, specifically selected for our customers mind, body, and soul. Nuture will make a healthy profit for its owners and provide a rewarding work environment for its associates.

January Birthdays

Claire Grady 1/16



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Bakersfield Tradeshow

It's Competition Season!



We attended the Bakersfield Tradeshow and our team finished in the Top 5 out of 72 teams in 8 out of 11 competitions. Congratulations to all of our departments and thank you for all of your hard work!

Congratulations to our Business Plan team, qualifying for the New York finals!



Next
Tradeshow-
Pasadena, CA!

Employee of the Month



Makenzie Madden is our employee of the month for January because of her hard work and dedication in PR. She gladly took control of the Instagram and not only plans out each post, but continually reaches out to her VP to make sure it's up to standards. On her free time, Makenzie enjoys photography, drinking coffee, and going on adventures. Makenzie is actually co-enrolled with a part time job yet still leaves time to communicate and be present in class daily.

Around Town Events

- Community Service Opportunity! Hospice volunteers are needed at Hospice of the Valleys for anyone who can bring compassion and companionship to a hospice patient.
- January 26th at 10AM-1PM Veterans Expo
Beaumont Civic Center, 550 E 6th St,
Beaumont, CA 92223 "Come join us as we honor all branches of the military!"

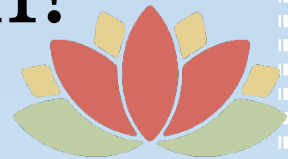


Martin Luther King Jr.
Day is January 21st!



Follow our Instagram!

@nurtureco_ve



National Spaghetti Day! – January 4th

Recipe of the Month

Ingredients:

- | | |
|---------------------------------|-----------------------------------------------------------|
| • 1lb. ground beef | • 1 12 oz. can of tomato sauce |
| • 1 med. Onion | • 6 oz. tomato paste |
| • 2 cloves garlic | • ½ tsp. each of: dried oregano, basil, salt, and pepper. |
| • 1 green bell pepper | |
| • 2 128 oz. cans diced tomatoes | |



1. Combine ground beef, onion, garlic, and green pepper in a large saucepan. Cook and stir until meat is brown and vegetables are tender. Drain grease.

2. Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

Bowl of the Month “The LA Bowl”

Ingredients:

- Avocado
- Blueberries
- Almond milk
- Collagen Powder
- Almond Butter
- Hemp Seeds
- Vanilla Protein Powder
- Cauliflower



At Nurture, we adore the culture of LA. That's why we decided to dedicate a smoothie bowl entirely to the people in the City of Angels. This bowl boosts overall wellness using our Avocados, Blueberries, and Hemp Seeds.

Top 5 Resolutions

- #1. Travel
- #2. Exercise more
- #3. Learn a new skill
- #4. Read more
- #5. Spend more time with family



Employee Shout out!



Congratulations to our VP of Sales, Desirae Manley! Desirae got her license this month. We are so excited for you and so glad your hard work paid off!

