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FOOD & BEVERAGE

AUGUST 2019

MAGAZINE

WILD TONIC

THE BEST BUZZ
COMES FROM
THE BEES

CHANGING YOUR EATING HABITS

EMPOWER YOUR SHOPPING EXPERIENCE

DINING OUT AND HEALTHY EATING

THE LOGIC OF BEVERAGE PACKAGING



CHEF/RESTAURATEUR

PINKY COLE

SLUTTY VEGAN
RESTAURANT

ADDING
SALAD
TO YOUR
MENU

**EATING
HEALTHY**
ON A
BUDGET

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PUBLISHER

Michael Politz
Phone: 888-959-7260 ext 101
Email: michael@fb101.com

EDITORIAL

Editor: **Lauren McIndoo**
Email: editor@fbmagazine.com

DESIGN

Creative Director:
Gary Coles
Email: gcoles@fb101.com

ADVERTISING

Sales and Marketing:
Collin Millington
National Sales Manager
Email: fb101.com
Barb Rogers
Email: fbmagazine.com

LOCATION

1930 Village Center Circle 3-197
Las Vegas, NV 89134
Phone: (888) 959-7260x101
Email: assets@fbmagazine.com

Website: www.fb101.com

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ON THE COVER



BACK OF THE HOUSE

ORIGINAL ADVISORY BOARD

FOOD & BEVERAGE MAGAZINE was created by Publisher Michael Politz with the expert help of original advisory board members: Bobby Flay, Mario Batali, Wolfgang Puck, Emeril Lagasse, and Kerry Simon.



Kerry Simon



Bobby Flay



Mario Batali



Wolfgang Puck



Emeril Lagasse

MICHAEL POLITZ
PUBLISHER

STAFF

COLLIN MILLINGTON
DIRECTOR OF SALES

ALISHA BARNES WERBOWSKI
BUSINESS DEVELOPMENT MANAGER

GARY COLES
ART DIRECTOR

LAUREN MCINDOO **TRACY WASICEK**
EDITORIAL SOUTH EAST SALES

BARB ROGERS
PROGRAMMATIC

CONTRIBUTING WRITERS

SUBSCRIPTIONS

SUBSCRIBE ONLINE
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CONTACT US
1-888-959-7260 ext 101

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COLE

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**MOVIES 4
FOODIES**

FOOD CHAINS\$

THE REVOLUTION IN AMERICA'S FIELDS



FEATURING ERIC SCHLOSSER & EVA LONGORIA

A SCREEN MEDIA FILMS RELEASE. ILLUMINATE AND TWO MOONS PRESENT A FILM BY SANJAY RAVAL "FOOD CHAINS" PRODUCED BY SMRITI KESHARI, SANJAY RAVAL, EVA LONGORIA, HAMILTON FISH
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NARRATED BY FOREST WHITAKER



CHANGING YOUR Eating Habits

Here are some ideas that you can use to change your eating habits. Most people want to eat healthy, but old eating habits are hard to break. Try these ideas. Also listed are some of the foods you should try to eliminate from your diet.

Because all of us have been brought up eating junk food, well most of us, it is not easy to change our eating habits. Your eating habits have developed since childhood based on what your mothers or fathers cooked and what your psychological make-up was during that time. The foods you eat and crave help keep past trauma and present anxiety in check. Food helps make you feel good when you start to feel bad. Eating is a natural defense mechanism that the brain-body uses to keep you from going crazy. So, you see, it is very difficult to change our eating habits. When we do, we start to feel bad.

We start to feel uncomfortable, we feel pain, we have withdrawal symptoms, and we may feel sick. Is it any wonder that any of us ever succeed in changing our eating habits? I consider every thing that has been packaged to be junk food.

There are a few exceptions and you need to read ingredient labels carefully. Very few food manufacturers and even restaurants prepare food with your health in mind. Of course, they want to satisfy you, but they don't use foods that are in your best interest.

Most people eat junk food 85% of the time and then eat good food the other 15%. It should be the reverse of this - eat good food 85% and junk food 15% of the time. To have better health, here are some foods to stop eating. Eliminate these foods over the next two to three weeks.

- **Milk (non-fat or no-fat also)** - is a mucus and acid forming food. Milk creates mucus in the body and makes the lymph liquid (we will talk about lymph later) in your body acidic, which attracts parasites and other pathogens. (In the place of milk almond milk or goats milk) Cancer thrives in a body that is acidic.
- **Bread - white bread** is also acid and mucus forming. It is also more difficult to pass through the colon and gives rise to constipation.



- Choline is one of the main chemicals in our cell membrane. It is used in our brains to create the neurotransmitter acetylcholine, which is required for thinking and memory.

- Consider lecithin brain food. It is used by the liver, which helps to prevent a fatty liver. A fatty liver prevents you from losing weight around your belly. it helps to break up fats into tiny globules so that they are easily digestible and will reduce your cholesterol. it helps to keep cholesterol from clinging to your artery walls.

- Sugar the #1 food additive. Sugar is in most of all the products that you buy.

- Sodas (regular or diet)- are extremely high in sugar or artificial sugar - 7 teaspoons per can. Most people drink over 35 gallons per year. Sugar is a body poison and leads to many disease - diabetes, obesity, tooth decay and osteoarthritis and so on. Sugar, also, depletes your B-vitamins and calcium and magnesium from your bones and teeth.

- In addition, since sodas are in aluminum cans, aluminum can go into the soda because most sodas contain phosphoric acid. Aluminum has been associated with senility and Alzheimer disease.

- Calcium is also leached from your body to neutralize the phosphoric acid. (Its healthier to drink juices of all kinds) There is just no way around it. Sodas suck health right out of your body.

- Regular salt (NaCl) - excessive salt intake is related to high blood pressure, edema, and imbalances in the minerals in your lymph liquid. Sodium, Na, in salt attracts water so the more sodium you eat that more water your body will hold. (Use sea salt, it has 25% less sodium, use low salt soy sauce, and herbs to flavor your food). Most people eat too much salt - over 10,000 milligrams per day. We only need around 200-300 mg per day.

- Excess salt is also involved with kidney problems, cardiovascular disease, stomach cancer, and excess sensitive to stress.

- Get your Sodium from eating vegetables that are high in sodium. When you get your salt from vegetables it is organic salt, which does not have the same effect in your body as inorganic salt from a shaker. You need a lot of organic salt or Na in your body. Your stomach is a Na organ. It needs organic salt, Na, to keep its lining from being eaten by the hydrochloric acid in your stomach - an ulcer.

- Foods high in organic sodium are apples, apricots, asparagus, greens, red cabbage, carrots, celery, dulse, egg yolks, figs, fish, raisins, prunes, and lentils. For the next two weeks try adding the following foods to your eating habits. lecithin - is 30-40% choline, which is used throughout your body. This is why you want to include it in your diet.

- Flax seed oil - is an essential oil, omega 3. This means your body does not make it and it is necessary for you to eat it so that you can live without illness or pain. it helps to detoxify the liver it stimulates the production of bile. Remember that bile helps to breakdown fat so that the liver can better metabolize. It stimulates the body to burn fat.

- Apple juice and apples - are high in vitamin A, and Potassium and have other minerals that strengthen the blood. They contain malic and tartaric acids, which keep the liver healthy and promote good digestion. Apples help you to lose weight by providing fiber and keeping you regular.

- Fiber - you need 30-35 grams of fiber every day. Most people only get up to 10-15 grams. Fiber is one foods that reduce your transient time in the colon. Fiber helps to keep your colon clean, reduce cholesterol, remove toxins from your body and eliminate constipation.

- There you have it. If you can accomplish these changes in one year , you will notice a big difference in the way you feel and the health that you have.





HEALTHY EATING WHEN ON *Sea Cruise*

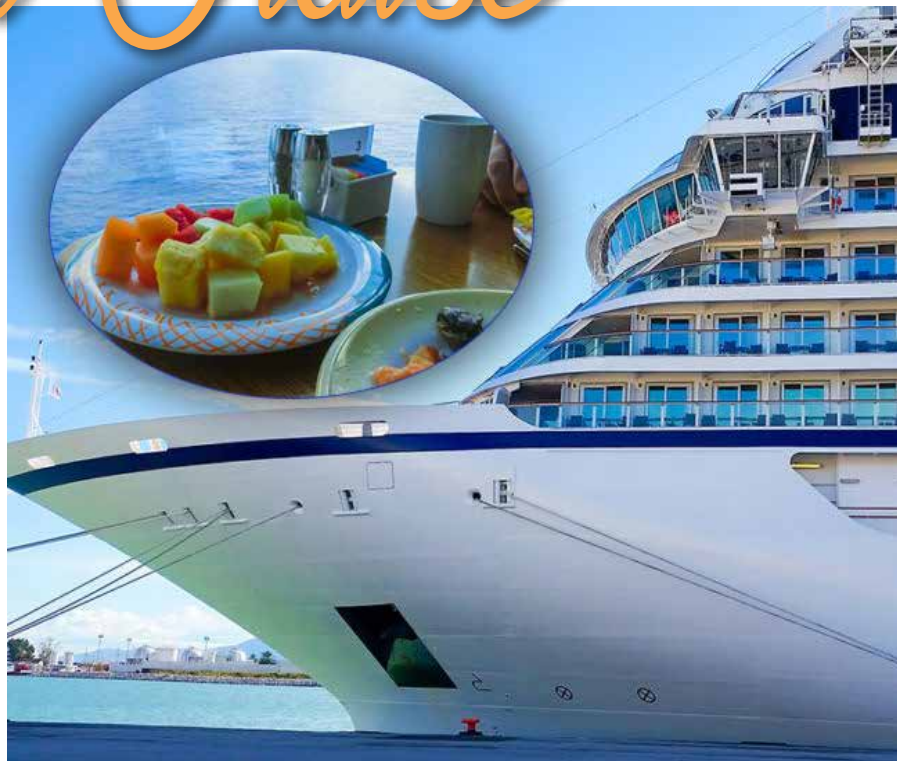
With all the buffets, finger food, and drinks around it is almost unthinkable to go on a cruise and maintain your weight. Or is it? Eating healthy on vacation was never easier and this is why?

The temptation of lavishing meals, endless buffets, and tall, frosty beverages can become too much to avoid or consume in moderation. Did I mention the early breakfasts and midnight buffets, this lets you can eat around the clock making it more difficult to eat healthy on vacation. In most cases, the cost of food is included in your payment for the cruise, so you'll never see a price—essentially, the caviar is free! So is the chocolate croissant, and the filet mignon, and the fettuccine Alfredo, and the crème brulee, etc.

But you should enjoy yourself right? So you see how easy it is to overeat on a cruise as food is everywhere. Even the best low-calorie, small-portion intentions can add up at 2 a.m. you're still encouraged to nibble on wedges of sea creature-shaped cheese and olives stuffed with lobster. Don't avoid everything but use these tips to help you enjoy on 08cruise without overeating completely.

CRUISE BUFFET TEMPTATIONS

- Before going back for seconds give yourself a couple minutes to digest and rest as you might find yourself satisfied.
- Eat at a slow pace, enjoy the food and really emphasize chewing and all the taste of different foods.
- When you have your plate of food, sit in another room or far away from the buffet for a place to eat.
- Become a fan of fruit and vegetables as they will be a lot healthier for you.
- Choose foods you normally don't get to eat so you will enjoy your meal more.
- Walk around the whole buffet before you load up your plate so you know exactly what you want.



STAY ACTIVE AS WELL

- Use the chances to go snorkeling, diving, or playing on the beach.
- When visiting different places walk instead of taking a bus or taxi as much as possible.
- Use the pool not just for relaxation but for enjoyable lap swim.
- Use the deck for a nice walk after a meal.
- Other activities are dancing, fitness facility, and running on the ship's deck.

You must remember that you are on vacation though so have fun and enjoy it as much as possible and I guarantee you that eating healthy or just not gorging yourself will make the trip more forth wild.



BMI MUSIC MATTERS IN BARS & RESTAURANTS



93%



SAID THE RIGHT SONG
HAS THE POWER TO
CHANGE THEIR MOOD
OR MAKE THEIR DAY

CONSUMERS
EAT, DRINK AND
SPEND MORE
WHEN LIVE
MUSIC PLAYS

87%

SAY MUSIC IS AN
IMPORTANT PART OF
THEIR DAILY ROUTINE



82%

WOULD RECOMMEND A BAR/RESTAURANT
WITH LIVE MUSIC TO THEIR FRIENDS*

85%

HAVE A BETTER EXPERIENCE WHEN
MUSIC IS PERFORMED LIVE*

83%
OF CUSTOMERS
MORE LIKELY TO
RETURN IF THERE IS
LIVE MUSIC*



80%
OF CUSTOMERS
WILL STAY LONGER
IF THERE IS
LIVE MUSIC*

70%
SPEND
MORE MONEY ON
FOOD AND DRINKS
IF THERE IS
LIVE MUSIC*



Drink and Stay Healthy



Since there is a tremendous grouping of healthy drinks in Seychelles, the costs of these items are getting to be more aggressive. Simply look at the costs of these items in different shops, and pick the particular case that suits your budget.

A higher energy beverage should permit you to keep up pressing the genuine limit or maybe make you stay caution as the night progressed. It truly is intended to provide for you the hoisted energy that you oblige that will help you remain lengthier at the system and complete upward. At whatever point utilized moderate amounts, the majority of these drinks shouldn't be dangerous - you have to peruse the headings around the way to guarantee its hazard free that you ought to drink. On the off chance that you're bad, address your specialist before you take these sorts of drinks.

At whatever time attracted over the top amounts, exceedingly energized drinks could result in symptoms, for example, getting to be effectively chafed, sleep deprivation and tachycardia (raised heart pulsated charge), that are besides regular markers with people which have great coffee consumption. A sizable energy devour isn't intended to supply the terminus treatment for standard tiredness furthermore genuine shortcoming. Maintaining wellness, obtaining satisfactory rest and having incredible sustenance can be a method to these grumbings. Incredible nutrition is vital so as to everybody, regardless of age or even size. Incredible nutrition is a couple of consuming and drinking the best nourishments and also beverages that keep your body and brain solid and healthy. It can be hard to devour an eating regimen brimming with nutrition all the time. Study further to get some helpful tips on preparing great nutrition. Are you mindful that as per WebMD, examination demonstrated that subjects' digestion system expanded 30 % in both ladies and men in the wake of expending 17 oz. of water? Furthermore, drinking at least two shares of water before expending will help you truly feel fuller along these lines you're not as prone to over-enjoy inside your next supper.

VEGETABLE JUICE

A serving connected with tomato or carrot foods grown from the ground juice has the majority of the supplements show in products of the soil juices alongside fewer calories from fat. An eight-ounce aiding of tomato tree grown foods juice for example, has just 45 calories from fat, yet you are getting an essential serving connected with veggies. Veggie juices alongside mash likewise incorporate fiber that leaves an individual feeling bigger longer thusly you're not as liable to over-consume.

GREEN TEA

For example, coffee, green tea provides for you a decent energy support. However surprisingly better, based on a 08 study discharged in the United states Journal connected with Clinical Nutrition, the real dynamic become ingredients inside green tea expand muscle to fat quotients oxidation, the methodology which changes over your own particular fatty tissue into practical energy! Believe it or not green tea truly empowers weight diminishment!

CRISP "GREEN" JUICES

There's a reason squeezing is all the pattern at this moment crisp pressed mixes of the appreciates of him, apple, oranges, cucumber, ginger, and also lemon not simply give a few servings of leafy foods in one situated, yet are furthermore shockingly extraordinary and satisfying. Additionally they make healthy skin. Without having a juice extractor and need to assemble your own, think about utilizing as a blender then a strainer!

Gold



90
points



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Sweeten Up Your Diet With
**HEALTHY, DELICIOUS
FRUIT SALAD DRESSINGS**



Fruit salad is even better when topped with a rich, creamy dressing, but where can you find a good fruit salad dressing that's high in nutrients and low in calories? It's easy - make your own from blended tofu.

Fresh fruit makes a natural and delicious addition to most any healthy eating plan, and fruit salad is one of the best ways to incorporate a wide variety of fruit into your diet. One of the best ways to keep fruit salad interesting is to add a creamy, flavorful dressing. But how to make a dressing that isn't high in fat and calories? Just use tofu! When blended thoroughly, tofu takes on a creamy consistency which makes an ideal base for dressings and sauces. Use the soft or silken variety of tofu, and process it until completely smooth in a blender or food processor. Here are a few tofu-based fruit salad dressings which are sure to tempt your palate and liven up your fruit salads.

SWEET AND SOUR FRUIT SALAD DRESSING

INGREDIENTS:

- 1/2 cup soft or silken tofu
- 1/2 cup apple cider vinegar
- 1/3 cup honey, sugar, or artificial sweetener
- 1/4 cup oil
- 2 Tbsp. minced onion, fresh or dried
- 2 Tbsp. poppy seed
- 1 tsp. dry mustard
- 1 tsp. salt
- 1 1/2 tsp. paprika

Combine all in a blender or food processor and process until smooth and creamy. Makes about 2 cups, at about 32 calories per tablespoon serving, or less if artificial sweetener is used.

SWEET DELIGHT FRUIT SALAD DRESSING

INGREDIENTS:

- 1/2 lb. soft or silken tofu, mashed to loosen
- 1/4 cup lemon juice
- 1/4 cup honey, sugar, or artificial sweetener
- 2 Tbsp. oil
- 1 tsp. cinnamon
- 1/2 tsp. vanilla
- 1/4 tsp. salt

Combine all in a blender or food processor and blend until smooth and creamy. Makes about 1 3/4 cups, at about 24 calories per tablespoon serving, or less if artificial sweetener is used.



VERSATILE TOFU DRESSING

Ingredients:

- 1/2 lb. soft or silken tofu
- 2 Tbsp. oil
- 2 Tbsp. apple cider vinegar
- 1 Tbsp. artificial sweetener
- 1/4 tsp. salt

Combine all ingredients in a blender or food processor and blend until smooth and creamy. Makes about 1 1/2 cups, at about 20 calories per tablespoon serving.

HEALTHY LIVING BEGINS WITH HEALTHY EATING AND HEALTHY EATING BEGINS WITH HEALTHY SHOPPING...

Regardless of what nutritional program you are following - whether it is low fat, no-sugar, low carbohydrate, or based on some other method - there are always healthier choices that can be made when you are shopping.

Support your nutritional program week-by-week and day-by-day by ensuring that you stock up on the wholesome foods you need for your meals and snacks. Having the right food on hand helps you avoid eating the wrong things such as food, which are too high in fat, calories, sodium, and sugar. Additionally, shopping wisely helps you eat more of the good things like fibre, vitamins, minerals, and antioxidants.

Use the suggestions below to avoid supermarket
“traps” and help stay on track...



**EMPOWER YOUR SHOPPING
EXPERIENCE**

PLAN THE SHOP & SHOP THE PLAN

Put on your ‘thinking cap’ and make a list of the foods you need before you shop and stick closely to it. Plan your shopping around your favourite meals and recipes & don’t be tempted by those wayward specials that may fall outside of the foods best for your program.

HALT! DON’T SHOP WHEN YOU’RE HUNGRY-ANGRY-LONELY-TIRED

Heed this word and make sure to eat before you shop to avoid impulse buying or stocking up on items you may regret later.

BEGIN WITH COLOURS

Fill up your shopping cart first in the produce section with lots of vitamin-rich vegetables and fruits. Select a variety of colours, flavours and textures to add interest and variety to your meals. Be adventurous and go for exotic fruits or vegetables that you may not usually choose.

CHOOSE INDIVIDUAL SERVINGS

When buying chicken, fish or meat, get single meal-size servings that you can freeze and use as needed. That way you’ll always have good-quality fresh protein on hand and won’t be tempted to eat more than your body wants. Likewise, buy fresh vegetables like mini carrots in small packages too. They’ll stay fresh and make convenient “on-the-go” snacks.

READ LABELS

Supermarket aisles are avenues to greater nutritional knowledge as the food label offers more complete, useful and accurate nutrition information than ever before. Become a fervent ‘label reader’ and scrutinize packaged foods, dressings and sauces before purchasing.

AVOID THE “AISLE OF WEAKNESS”

In all honesty, everyone has their “aisle of weakness”-be it the ice cream, cakes or sweet section. Do yourself a favour and avoid mouth watering temptation by steering completely clear of the entire area. And this “aisle” (or “aisles”) is usually found in the centre! So, shop the perimeter of the store first, which is where you find the healthier foods. Tantalize & Excite Your Taste Buds

Stimulate your palate and your recipes with the inspiration of fresh herbs like basil, ginger, lemongrass and cilantro. In addition, stock up on spices that can literally transform an ordinary meal into an exotic dish. Actively pursue variety. Expand your range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition but also provides us with the ‘pleasure factor’.

DON’T FEEL DEPRIVED

Even though there are certain foods you’ll want to avoid on your nutritional program, the supermarket is packed with a great variety of health-friendly food items. By choosing a variety of the foods you enjoy, and watching your portions, you need never feel deprived -no matter what foods you choose. Make moderation your goal, you decide how much and how often. Healthy eating doesn’t mean feeling deprived or guilty.

FINAL CHECK

Before you check out, ask yourself (honestly!) if there is any item in your shopping cart that you could remove to better support your program. Put yourself and your optimal nutritional program before all else.

When you shop healthily, it is a great contributor to the ‘feel good factor’!! Additionally, consider clearing your cupboards and fridge of any foods that don’t support your program. With only great-tasting nutritious foods around you can cook up a healthy storm and enjoy your meals & snacks to the fullest -and enjoy the pleasurable aspects of eating and... living!



HOT DRINKS VENDING MACHINE

A GREAT WAY TO SERVE HOT DRINKS



Have you every analyzed the importance of a hot drinks vending machine at a public place? These machines can be used for both personal as well as professional purpose. You can easily find these vending machines in offices and hotels where they are supposed to enable smooth serving of hot drinks to employees and other people. In this way, people can enjoy fresh beverages in an easy way. If you're searching for hot drinks vending machine for professional purpose, then you must need to know that this machine is very seasonal and can be inconsistent to set and running in the right location.

Before going to install a hot drinks vending machine, it is extremely important to first analyze your needs. By using these highly quality vending machines, you can enjoy fresh beverages in a new and refreshing way. Moreover, these machines take very less time in preparing a fresh cup of coffee for you. You can simple buy something such as hot drinks vending machine or a hot chocolate vending machine in a bid to serve the purpose of preparing and serving the freshest beverage right on the spot.

In today's highly competitive working environment, it is very important for companies to take immense care of their employees. This is because a happy staff led to enhanced work efficiency and good employee retention. Everybody knows the addiction of hot drinks among people as they tend to drink it every often. In order to facilitate easy serving of hot drinks, companies are now using hot drink vending machines that provide employees with hot drinks instantly. Such machines play an important role in encouraging staff interaction and generate satisfaction among the employees.

There are large numbers of benefits associated with installing hot drink vending machine in your office. The most basic advantage is that the drinks are not seasonal and therefore you can mix and match choices of drinks like plain water, sodas, cold teas, and others to cater to varying tastes of employees.

ELIJAH CRAIG[®]

BOURBON

ELIJAH CRAIG MINT JULEP

2.5 oz. Elijah Craig Small Batch Bourbon

.5 oz. Simple Syrup

5 Mint Leaves

1 Sprig of Fresh Mint for Garnish

In either a julep or highball glass, place mint leaves on the bottom and gently muddle. Next, add simple syrup and fill the glass with cracked ice. Add Elijah Craig Small Batch Bourbon and stir until the glass is frosted. Garnish with a mint sprig.

ELIJAHCRAIG.COM/RECIPES



Part of the reason why drinks are packaged as they are is for marketing purposes. Companies want to market their products so they look as attractive as possible to the consumer. But packaging is not just about the look; it is also about practicality. Certain types of drinks are packaged in certain ways for a variety of reasons, including to keep them in the best condition possible and to keep costs down.

MILK

One of the first drinks to be sold in bottles was milk. The reason for clear bottles being used was so consumers could see the contents. This was partly for a marketing purpose – to make it look fresh and tempting to drink – but also for practical purposes. Nowadays products contain best before dates but this wasn't always the case. Milk was placed in clear bottles so people could see if it was going off. Milk bottles are now usually only used for milk delivered to homes with cartons and plastic bottles more common in shops. Cartons were originally used for marketing purposes with manufacturers able to illustrate them with text and images to attract consumers. The use of plastic bottles is simply cost as they are cheaper to produce.

WINE

A distinguishing feature of wine bottles is the inward concave shape at the bottom of bottles. This didn't just come about because of aesthetics though. It is called a punt and was originally necessary to prevent the opposite; an outward concave shape. This goes back to when bottles were hand-blown. It was not possible to ensure that the shape could be perfect and to mitigate the risk of an outward concave, meaning the bottle could not stand, a deliberate inward concave shape was created. Bottles are not typically hand-blown these days but this trend has continued, though not for any practical reason. Another distinguishing feature of wine bottles is corks. These are used because they release a small amount of oxygen into the bottle which helps it mature. Bottles are then usually stored on their side to keep the cork moist. This is to prevent the cork shrinking, something that would otherwise result in too much oxygen entering the bottle. This is not so important for sparkling wines, such as Champagne, as there is enough humidity from the gassiness of the wine to prevent the cork from shrinking too much. The colours of wine bottles are partly for marketing purposes although there is a practical reason too. This is more about distinguishing wines rather than absolute necessity. Some wine makers have certain types of wines poured into particular colour bottles so they can more easily identify them. Darker coloured bottles can also be advantageous in protecting wine from the sunlight.

CREATIVE BOTTLE PACKAGING



CARBONATED DRINKS

A well-known cola brand created a now iconic class bottle which was used to market the product. A clear bottle was used to make the contents seem tempting with the bottle shaped with grooves and curves to make it look roughly like a cocoa bean. Carbonated drinks are not completely filled to the top. This is not, as some might believe, so consumers don't get as much as they think they are paying for, but because there is a risk of expansion. If the contents got too hot there could be slight expansion causing the bottle to explode.

CANS

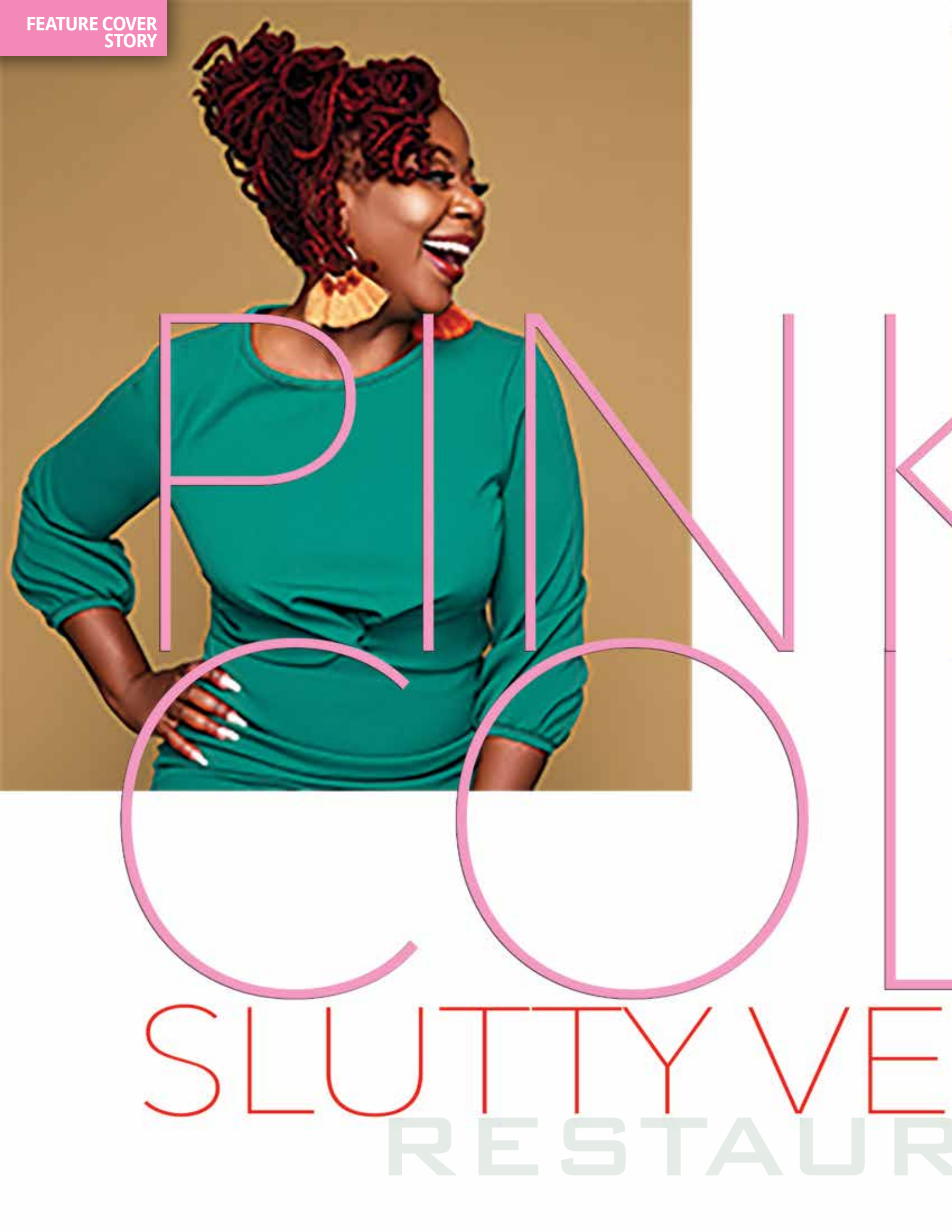
Drinks cans were introduced in the 1960's. They are made of aluminium or tin-plated steel and were first used for beer followed by carbonated drinks. The main reason was that it made drinks cheaper to package. There was originally a problem though, with some drinks reacting with the metal therefore affecting the taste. An interior plastic lining is now used to prevent this.



THE LOGIC BEHIND BEVERAGE PACKAGING



FEATURE COVER
STORY



PINK
GO

SLUTTYVE
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WITH F&B MAGAZINE
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LE
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RANT



PINKY COLE'S SLUTTY VEGAN RESTAURANT

After breaking ground just months ago, Slutty Vegan has risen to fame through Instagram (nearly 250K followers) as a 100% plant-based vegan burger joint that has thousands upon thousands of vegan and non-vegan fans lining up across the country for hours. With food as provocative as the name implies and menu titles that intrigue (Fussy Hussy, Sloppy Toppy & One Night Stand), this Atlanta-based burger shop is on an ongoing national pop-up tour that has celebrities, senators, sports stars, and skeptics getting #Sluttified. We would love to arrange an interview with you and Pinky Cole to share how Slutty Vegan is swiftly becoming America's go-to 100% plant-based burger destination. After breaking ground just months ago, Slutty Vegan has risen to fame through Instagram (nearly 250K followers) as a 100% plant-based vegan burger joint that has thousands upon thousands of vegan and non-vegan fans lining up across the country for hours.

With food as provocative as the name implies and menu titles that intrigue (Fussy Hussy, Sloppy Toppy & One Night Stand), this Atlanta-based burger shop is on an ongoing national pop-up tour that has celebrities, senators, sports stars, and skeptics getting #Sluttified. We would love to arrange an interview with you and Pinky Cole to share how Slutty Vegan is swiftly becoming America's go-to 100% plant-based burger destination.

After a tragic fire in 2014 devastated her first restaurant in NYC, Pinky Cole lost everything--her restaurant, her apartment, her car--and was forced to start from scratch. With a background as a TV producer, an opportunity back in Los Angeles presented itself for the now NAACP Award-Winning BET's "Fix My Life." Saving up money earned from the show, Pinky used her savings to step back into the restaurant scene.

Creating vegan recipes in her home, she knew she'd struck gold again with her burger recipe. Always pushing ahead with bold ideas and unparalleled confidence, Pinky started out in commercial kitchens, renting a space to share her new recipes. The first week, only four customers showed up. By the second week, there were 150 people waiting outside and from there, the numbers grew so quickly she was forced out of the commercial kitchen and onto a food truck, popping up into different sectors of Atlanta each day. Within four



Beginning her professional career as a TV production assistant, Pinky quickly rose through the ranks to become producer at the age of 21; this background would inform her ability to create and excel quickly as an entrepreneur. Slutty Vegan is provocative enough to get attention of the masses, but it's the taste, quality, and Pinky's incredible attitude and relatable climb to the top that keeps communities nationwide and celebrities including presidential hopeful Cory Booker, Colin Kaepernick, Issa Rae, Tyler Perry, Martin Lawrence, 2Chainz, B.O.B, Missy Elliott, Usher, and dozens more lining up to take a bite.

When Pinky isn't running her culinary empire, bottling her now nationally craved sauces, or touring nationally on the road for the next pop-up stop (which she holds exclusively in minority-owned businesses), she spends her time giving back to her community, holding business workshops and donating computers to schools in need.



Q&A with Chef Cole on next page >>





PINKY

With Chef Cole



EVERYONE HAS A STORY. TELL US HOW YOU KNEW YOU WANTED TO BECOME PART OF THE FOOD INDUSTRY...WHAT WAS YOUR “LIGHT BULB” MOMENT?

Honestly, I have always been a foodie. Growing up in a Rastafarian household i grew up with flavorful and health vegan and vegetarian options around me. The creation of Slutty Vegan was just an extension of that. I was just hungry, and had a hankering for vegan junk food. Boom! Slutty vegan was born and Pinky the hungry girl overnight became Pinky the food industry mogul.

WHAT MADE YOU DECIDE TO INCORPORATE THE TAGLINE? “SLUTTY VEGAN?”

I decided on Slutty Vegan after deciding that whatever i named my creation it had to be attention grabbing. I knew i wanted to also change the narrative on veganism, and what sells more than sex, and the misconception of what it meant to be a “SLUT”. Now we have lines down the block of people looking to become vegan sluts. Perception is a funny thing. Change the perception, change the culture.

IN ONE WORD DESCRIBE YOUR RESTAURANT.

“Reimaginative”, I say reimaginative because our sole mission, is for our “sluts” to reimagine food, and what it means to live a healthy lifestyle. Slutty Vegan is more than burgers and fries. Slutty Vegan is a shift in consciousness, a reimagining of one’s relationship with food.

DESCRIBE THE DINING SCENE IN ATLANTA?

The Atlanta dining scene is fast evolving. Becoming more of a metropolis daily, Atlanta’s booming real estate market has brought many new culture and flavors into the city. It always an adventure experiencing new restaurants.

WHAT IS YOUR FAVORITE SAVORY DISH?

I love flavor. Growing up in a Jamaican household was always full of flavors and smells. All my favorite foods are super flavorful; overwhelming even to some less developed pallets. However, of all the domestic and international cuisine experiences I’ve had none have been as amazing as the love I found in “AUTHENTIC” Indian masala. The flavors are all so savory.

HOW IMPORTANT IS PRESENTATION?

Presentation is majorly important on a number of levels. From a personal standpoint how you present yourself and business can make or break your and its success. Half stepping for even an instant can close doors and ears. First impressions are often lasting. Often customers or people gauge their engagement and consumption on how you present.

WHAT MADE YOU DECIDE THIS WAS YOUR CAREER PATH?

This literally was a universe decision. I was on a completely different path. I was working as a relatively successful casting director for Iyanla Fix My Life when Slutty Vegan was born, before that a producer on The Maury Show. I was coming from the entertainment world and though I had restauranting experience had completely left that world. You know what they say you want to make God laugh tell him your plans.

WHAT IS YOUR COMFORT FOOD?

I’ve always been a health food nut, and really find my most solace in fresh fruits and veggies. I was even raw vegan for sometime. However, nothing brings me more joy than fresh mango. So much so, that my employees have figured it out and will bring to meetings to ensure I’m not cracking the whip to hard on them. It’s my pacifier.

WHO WAS YOUR GREATEST COOKING INFLUENCE?

My mother was my greatest influence in the kitchen. As I've said I grew up Rastafarian 1st generation Jamaican American. Her vegan and vegetarian meals were staples in my upbringing and constants in my adulthood. I can't say for certain I'd be the cool or vegan I am today without her.

WHAT IS YOUR FAVORITE INGREDIENT TO COOK WITH?

Onion. I put that sh***t on everything, no Frank's Hot. I love flavors and often I find onion amplifies the flavor experience in more foods I cook.

WHAT IS YOUR FAVORITE WHITE WINE? FAVORITE RED?

Honestly, I'm no drinker. Never have been. I will partake when the social experiences warrant it, but otherwise I can do without. I did have the opportunity recently to taste test for a black owned winery called the McBride Sisters I have to say it was definitely one of the better wines I've had.

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WHAT CELEBRITY YOU WOULD LOVE TO COOK DINNER FOR? OR HAVE COOKED FOR?

Anyone who knows me knows how much I love Erykah Badu. Earlier this year I had the pleasure of catering for her when she was in concert here in Atlanta. Meeting and feeding her was definitely on the bucket list.

WHAT IS YOUR FAVORITE DESSERT?

I love many different desserts I'm a huge fan of baked pastries. In the restaurant we sell one of my favorites sweet potato pie and they are extraordinary. I love a good pie.

CHEF WHOSE STYLE OF COOKING YOU REALLY DIG?

There is a young black female chef I have come to adore her name is Jennifer Hill Booker. Though I don't necessarily agree with all her coolin choices (she still cooks meat), her business savvy is inspiring. I love to see people maximize their brand and turn there one trick pony into a fully stocked and functional stable.

BEST THING ABOUT BEING ON THE CUTTING-EDGE OF THE FOOD TRENDS?

The best thing about being on the cutting edge is you truly get to set the tone and standard for the industry. Ever since our inception there have been so many restaurants major and small taking note of our vegan menu options and attempting to duplicate. Though initially these copycats were unnerving, I know realize that imitation is the highest form of flattery and what's for you is for you. Our secret is I. The sauce and experience. We continue to set the bar higher and higher for ourselves and copies.

HOW DO THE TERM GLUTEN-FREE, MAKE YOU FEEL?

I feel about them. I offer gluten free options in the restaurant. Food allergies are serious and many people have gluten allergies. It's just a matter of fact. I adhere to what my sluts need and make sure we can provide it.

LASTLY, WHAT DO YOU DO WHEN RELAXING?

Honestly my whole existence has been creating, brainstorming and business building. Literally favorite past time is to throw ideas around with my team and friends and compound upon them. True greatness never turns off it becomes intermingled in your daily life. It sounds cliché to say but I'm always on. I often jokingly ask my friends "What is a day off?" My comfort zone is where I can create uninterrupted.

Thank you, Chef Cole





EATING HEALTHY TIPS

DINING OUT AND EATING HEALTHY

Many of us feel that when we are trying to lose weight or just trying to keep up a healthy eating style, that we need to cut dining out of our lives. Not true! We can enjoy dining out just as much as we did before as long as we know how to do it.

When going to a restaurant, either call ahead to ask some of these questions or ask your server if they

- Serve margarine instead of butter
- Provide fat free (skim) milk instead of whole milk or creamer
- Serve salad dressing on the side
- Cut off any visible fat from meat or poultry
- Grant special requests

Make your meal selection based on how the food is prepared. Here are some healthy choices:

- Steamed
- Broiled
- Baked
- Poached
- Roasted
- Garden Fresh

Try to avoid ordering any appetizers and try not to grab for bread. You can even ask your server to not bother bringing bread to the table. Going out to dinner is usually a treat to ourselves, so if you want to splurge a little, have a half a piece of bread or order half of an appetizer to split with the others you are dining with. Same with desserts, share a dessert and only have one or two tastes. Don't skip those going out to dinner plans, just make healthier choices.

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EATING HEALTHY ON A BUDGET

Eating Healthy is a challenge, but eating while trying to maintain a food budget can seem nearly impossible. It's easy to get stuck in a rut with eating the same processed foods over and over again, especially when raising children. After all, you know what your family likes to eat.

Fruits & Vegetables – the key is to select fruits and vegetables that are in season for your region and base meals around them. You can easily figure this out by reading the grocery market flyers that come in the mail or by stopping by your local vegetable stand to see what's being sold. You will save a good deal of money by buying items that are in season and it will give your family mealtimes plenty of variety of healthy food year round.

Brown Rice – Switching from white rice to brown rice is not only healthier; it only costs pennies more to do this. Brown rice is tastier, includes more nutrients and is less processed than white rice, which is made up mostly of starch. The trick with brown rice is that it takes a little longer to cook, but it is so much better for your family and tastes a lot better. Buy brown rice in bulk bags for an even greater savings in your food budget.

Wheat Pasta – Families love pasta, especially kids. If you are on a budget, you can stretch your dollars a little farther by including whole wheat pasta into your meals instead of potatoes and other starches. Buy them in bulk or whenever they are on sale. Some stores even have a cheaper store brand now for extra money savings.

Beans and Lentils – The nutritional value of beans and lentils is outstanding. If you want to save a lot in your grocery budget, then start buying a bag or two of dried beans and include at least one meal a week made with beans or lentils instead of meat. Beans are high in protein, fiber and many other things that the body needs to be healthy. Try using beans in soups and stews in the family crock pot for added convenience.

Herbs – If you want to create delicious and healthful meals on a budget, there's nothing better than adding some fresh herbs in to your cooking. The best part about herbs is that many have disease-prevention qualities, in addition to adding flavor to your meals. You can buy them fresh or grow your own herbs in your kitchen window and cut a few when you need them. Herbs are relatively inexpensive and last forever in air tight containers.

It's time to get your family healthier with better food choices. So take charge of your family's meals with these budget-conscious food choices.

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THE ADVANTAGE OF ADDING SALAD TO YOUR MENU



Seems like such a simple thing, a salad a day and yet this can be a very transformational lifestyle change. There are many ways in which eating a salad a day can transform your life.

Seems like such a simple thing, a salad a day and yet this can be a very transformational lifestyle change. There are many ways in which eating a salad a day can transform your life.

To begin with a salad is filled with veggies like carrots, beets, etc and no matter which ones you choose to enjoy in your salad you'll find that this is an incredible way to give your fruit and veggie count a large boost. Most people do not consume enough fruits and vegetables each day and a salad can contain as many as 5-10 vegetables which can really help play a role in better health.

As part of your better overall health a salad can also help lower your chances of getting cancer. Since many wonderful vegetables contain antioxidants a salad a day can considerably help to reduce your chances of getting this life threatening illness. Weight loss is another fantastic benefit of eating a salad a day. Did you know that those who eat a salad a day find that they are hungry less frequently? For the most part this is most likely due to the high fiber nature of a salad. Higher fiber foods not only help to improve the function of your digestive tract which can help to bring down your weight but can also help to increase your metabolism while providing you with a natural colon cleanse. Since most people don't have enough fiber in their diets a salad a day can really be of substantial help to your elimination process as well.

Salads are by nature very low calorie which makes it possible for you to fill up your plate with a ton of healthy foods and overindulge. Of course it is best to eat a low calorie dressing and only use it in moderation. Fat free dressings, while they might seem like a healthier alternative, actually block some of the health benefits of eating that salad you are better off selecting a dressing which contains at least some fat for maximum health benefits.

If you're considering making some healthy lifestyle changes and are not really sure where and how to begin try eating a salad for lunch each day. You will find that doing so affords you the ability to get healthier and also allows you a tremendous number of choices for a variety that you will be happy with and an opportunity to eat out at practically any restaurant. A salad a day may just beat out the apple as a way to keep the doctor away.



GETTING YOUR KIDS TO EAT HEALTHY

Eating together as a family more regularly is a good way to bring up healthy-eating kids. The fact that you are all sitting down together for a meal will make meal times more of an occasion. This will help you to plan what your family is eating more carefully. And as soon as you start thinking about the food that you're eating, you are taking the right steps to get your children to eat healthy.

Teaching your children about healthy eating requires common sense. Forbidden foods will be more appealing to your kids. Instead, make these foods a treat for eating the healthier options first. Keep the treats lower in moderation and that way everyone is happy and you kids will start to enjoy eating healthier food.



Kids are drawn to foods that have different shapes, and bright colours. There are many fruits that you can incorporate into cool shakes and smoothies. Be creative, instead of handing your child a whole apple, why not put it together with other similar coloured fruit and create a smoothie like Hulk Juice, or split an orange and, together with other fruit, create a face on the plate, a little creativity and fun will make a lot of difference.

Putting more vegetables in their diet will truly make a difference to their healthy eating habits. Training them to eat healthy at an early age will also lead them to lesser health problems in their adulthood. Again, create a meal that's good to look at for the child and they will find it more fun to eat. Use the vegetables to create a picture and you will be amazed at the difference in your child's attitude towards it.

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You will need patience to make your kids love vegetables, but if they see that you are also eating them, they will be more willing to start eating healthy. Tell them it's their favourite super hero's favourite power food. If you make it fun then they will want to join in. It is our responsibility to make sure our children grow up to be as healthy as possible. Child obesity is rising constantly and it needs to be stopped. Teaching our kids how to eat healthy is the best way possible for them to become healthy, successful adults.



PAST THE POTATO SALAD THIS SUMMER

NEW RESEARCH SHOWS POTATOES OFFER ADDITIONAL NUTRITIONAL BENEFIT WHEN COOKED AND COOLED

THERE is good news for potato salad lovers just as the season for chilled potatoes officially heats up. New research published in the scientific journal *Food Chemistry* adds to the growing body of evidence that shows that cooking and cooling potatoes can significantly increase the amount of Resistant Starch (RS).

Resistant starch is gaining momentum in the nutrition community due to emerging evidence in animal studies and some limited evidence in human studies suggesting that RS may positively affect body composition, favorably impact blood lipid and blood glucose levels and increase the amount of good bacteria in the colon, and may enhance satiety when consumed with whey protein. (Birt et al. 2013, Gentile et al. 2015, Higgins 2014, Higgins 2014, Higgins and Brown 2013, Keenan et al. 2015, Robertson 2012, Zhang et al. 2015).

Cooking and cooling potatoes can significantly increase the amount of Resistant Starch. In the most recent study, researchers examined the amount of RS in three popular potato varieties (Yukon Gold, Red Norland and Russet Burbank) prepared in two different ways (baked and boiled) and served at three different temperatures (hot, chilled for six days, and chilled followed by reheating). The results showed that the RS content of potatoes varied significantly by method of preparation and temperature but not variety (Raatz et al. 2016).

More specifically, regardless of potato variety, the baked potatoes had more RS (3.6 grams of RS per 100 grams of potato) than the boiled potatoes (2.4 grams of RS per 100 grams of potato). Also on average, chilled potatoes (whether originally baked or boiled) contained the most RS (4.3 grams of RS per 100 grams of potato)

followed by chilled-and-reheated potatoes (3.5 grams of RS per 100 grams of potato) and potatoes served hot (3.1 grams of RS per 100 grams of potato).

“The potato varieties used in this latest research all had similar levels of RS; thus, the key to maximizing Resistant Starch levels in your favorite spud is to serve them cold,” says Dr. Katherine Beals, RD, nutrition consultant to Potatoes USA. “But, it’s not just RS that makes potatoes a nutrition powerhouse. One medium-sized skin-on potato has just 110 calories, contains 45 percent of your daily value of vitamin C and has more potassium than a banana. Potatoes belong on the plate no matter the temperature.”

Given potato salad is one of summertime’s most cherished foods, the time is now to enjoy chilled potatoes. With crisp potatoes and a lemony dressing, this light and bright summer salad packs deliciously tangy flavor.

Roasted Fingerling Potato Salad with Lemon and Thyme Salad

INGREDIENTS

1 1/2 lbs. Fingerling potatoes, cut into 1/2-inch circles

1 Red bell pepper, cut into 1-inch cubes

1 Red onion, cut into 1-inch cubes
(do not separate layers)

3 tsp. Extra virgin olive oil

1/2 tsp. Kosher salt

1/8 tsp. Pepper

DRESSING

1/4 lbs. Cup light or olive oil based mayonnaise

1 1/2 tsp. Lemon juice

2 tsp. Extra virgin olive oil

2 tsp. Fresh thyme leaves

1 1/2 tsp. Lemon zest

1/2 tsp. Kosher salt

1/8 tsp. Pepper

directions

Preheat oven to 425°F. Toss all salad ingredients together in a large bowl. Spread in a single layer on a large baking sheet and cook for 20 to 25 minutes or until potatoes start to brown. Let cool for at least 10 minutes. Meanwhile, whisk together all dressing ingredients in a medium bowl; toss with cooled vegetables. Serve at room temperature or chilled. Makes 6 servings

Calories: 210; Fat: 12g; Cholesterol: 5mg; Sodium: 330mg;
Vitamin C: 1.1%; Carbohydrates: 24g; Fiber: 2g; Protein: 3g;
Potassium: 81mg.

About Potatoes USA

Potatoes USA (formerly the United States Potato Board) is the nation's potato marketing and research organization. Based in Denver, Colorado, Potatoes USA represents more than 2,500 potato growers and handlers across the country. Potatoes USA was established in 1971 by a group of potato growers to promote the benefits of eating potatoes. Today, as the largest vegetable commodity board, Potatoes USA is proud to be recognized as an innovator in the produce industry and dedicated to positioning potatoes as a nutrition powerhouse.



CALIFORNIA AVOCADO

MAKE FRUITFUL FORAYS INTO VEGETARIAN CUISINE

For a fruit, the Fresh California Avocado does yeoman's work on meatless menus. Its culinary attributes—a rich, luxurious taste and smooth, silky texture—ensure vegetarian dishes enhanced with Fresh California Avocado both please and satisfy.



Today's vegetarian benefits from the global resources and inspiration available to innovative chefs. Ginger, Thai chilies and rice wine vinegar give Spicy Carrot, Cucumber and Fresh California Avocado Salad a distinctively Asian flavor profile.



From Persia, Vegetarian Kufteh with Fresh California Avocado Salsa delivers a hearty grain and legume croquette topped with a lemon and cumin-scented avocado relish. For a vegan version of a popular appetizer, two tropical fruits get a creative spin in Coconut-California Avocado Ceviche.

Visit CaliforniaAvocado.com/Foodservice for more vegetarian and globally inspired menu ideas with Fresh California Avocados. While on the site, browse the Fresh California Avocado recipe database and serving suggestions, and find a variety of helpful resources—nutrition, selection, storage and handling information—for optimizing Fresh California Avocado usage.

About the California Avocado Commission

Created in 1978, the California Avocado Commission strives to increase demand for California avocados through advertising, promotion and public relations, and engages in related industry activities that benefit the state's nearly 4,000 avocado growers. The California Avocado Commission serves as the official information source for California Avocados and the California avocado industry. For information about California avocados, visit CaliforniaAvocado.com/Foodservice, or join us on Facebook at [Facebook.com/CaliforniaAvocados](https://www.facebook.com/CaliforniaAvocados) and @CA_Avocados on Twitter, Pinterest and Instagram for updates.



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Vegan/Vegetarian Favorites: Stuffed Cabbage



Who says you have to give up your favorite comfort foods when you cut meat from your diet? This meatless version of classic stuffed cabbage rolls is ever bit as delicious as the original made with ground beef, is much lower in fat and calories, and is completely and totally compatible with a vegetarian or vegan diet.

Stuffed cabbage rolls are a crowd pleaser; if you make them once, you'll be asked to make them again and again. Their savory flavor makes them an excellent special occasion entree, perfect for holidays, Sunday dinners, and family gatherings. Best of all, following this recipe, you can make a dish which is friendly to vegans, vegetarians, and meat-eaters alike. It's so wonderfully tasty, the fact that it's meat free is simply no big deal. It's sure to have everyone at the table wanting seconds - it's a good thing the recipe makes plenty.

Cabbage is an excellent source of vitamin K; one cup of cabbage contains over 90% of the recommended daily allowance of the vitamin, which plays an important role in metabolism and protein synthesis.

The same cup of cabbage also contains 50% of the recommended daily vitamin C allowance, and is an excellent source of fiber, manganese, vitamin B6 and folate, riboflavin, calcium, potassium, vitamin A, tryptophan, protein and magnesium. Obviously, cabbage gives you a lot of bang for your nutritional buck.



INGREDIENTS:

- 2 quarts water
- 1 large head of cabbage, green or red
- 2 tablespoons butter (substitute Butter-Flavor Crisco for a vegan version)
- 1 large onion, chopped
- 3 cloves of garlic, chopped
- 2 cups cooked white rice
- 1 package Morningstar Farms Cooking Crumbles
- Salt and pepper to taste
- 1 tablespoon dried parsley
- 2 celery stalks, chopped fine
- 1 green pepper, chopped fine
- 4 cups tomato sauce

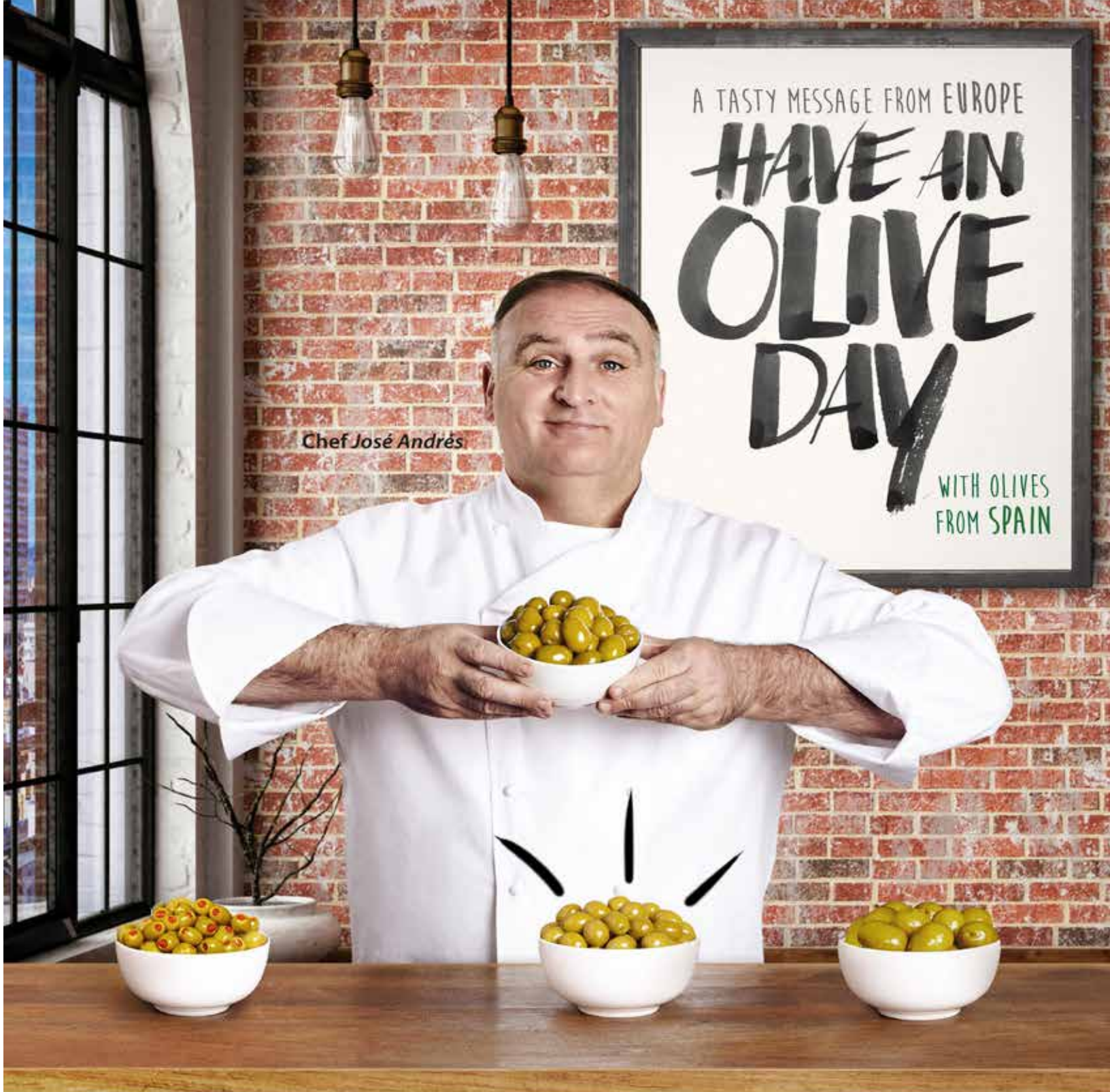


DIRECTIONS:

Boil two quarts of the water in a large pot. Core the cabbage and carefully peel off the individual leaves, running under hot water if necessary to loosen them. Boil the leaves two at a time for two to three minutes. Remove the cooked leaves to a collander. Reserve two cups of the cooking water. Cut out the bottom of the center vein on each leaf.

Melt the butter or Crisco in a pan over medium heat and saute the crumbles until browned; add the onion and garlic, and continue sauteeing until they are also golden brown. Remove from heat and mix the contents of the pan with the rice, salt, pepper, parsley, green pepper, and celery.

Place 1/4 to 1/3 cup of the rice mixture on each cabbage leaf. Roll the leaves up by folding in the sides, then rolling from the bottom of the leaf. Carefully place the finished rolls back in the pot used to boil the water. The rolls do not need to be perfect, by any means, as long as they are placed close together in the pot.



Chef José Andrés

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HOME GROWN



SUSTAINABLE S

Homegrown Sustainable Sandwiches on your radar, a fast casual restaurant that also owns and operates a farm. This September Homegrown Sustainable Sandwiches will be opening up its first store outside of Washington in the heart of San Francisco.

This summer, Homegrown Sustainable Sandwiches is conducting bi-weeklies field trips for its staff to learn more about the food they serve. Every other Thursday until the end of August, founders Ben Friedman and Brad Gillis pack a van full of Homegrown staff and drive to Sprouting Farms, Homegrown's urban farm about 30 minutes away from the flagship store. The farm was founded in 2014 and supplies Homegrown Sustainable Sandwiches with all of its seasonal produce (about two tons a year).

The farm is a small part of the business but it allows them to supply their stores with local, certified organic produce for seasonal items. These outings give employees the unique opportunity to see directly where the stores source ingredients and learn about Homegrown's sustainable initiatives from the ground up (literally)! All of the employees who sign up for the trips are paid as if they were in store

Other employee programs include paid paternity and maternity leave, free yoga classes, team entry in charity runs and walks and team volunteer days. The shop also extends the Seattle paid sick leave and minimum wage ordinances to all of its stores operating in the Pacific Northwest.



SANDWICH



Avocado Ice Cream is the new Avocado Toast! And there's nothing better than a delicious frozen treat on a hot summer day, so treat yourself and that special someone to indulge in L'Appart's Avocado Lime Ice Cream, created by pastry chef Mina Pizarro and available all summer long!

The avocado, mixed with milk, salt and sugar, enhances the flavor and gives the ice cream its smooth texture while the refreshing lime cells serve to cleanse your palate. L'Appart's Avocado Lime Ice Cream makes for the perfect after dinner treat!

AVOCADO ICE DREAM



Nicolas "Nico" Abello

L'Appart is a French Michelin star restaurant, located in the Le District food hall at the Brookfield Place Mall.

About L'Appart

225 Liberty Street at Brookfield Place

L'Appart: The hidden gem of Le District, Michelin star L'Appart is a unique take on fine dining, offering a personal experience of an intimate dinner party at a chef's apartment. With Executive Chef Nicolas "Nico" Abello in the kitchen, L'Appart features a rotating menu embracing market availability and seasonality, ensuring no two visits are alike. Creating a bespoke experience, Chef Nico will create a personalized menu for guests depending on food preferences and favorites, catering to all palates. L'Appart is open Tuesday



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Restaurants and chefs worldwide turn to Front of the House® for our in-demand designs and commercial-grade durability that are key ingredients in our recipe for designing and manufacturing smart, savvy, tabletop and serving essentials.



product confidence guarantee

Our Product Confidence Pledge lets you know our commitment to quality is top notch. If you experience a problem with one of our items under normal service conditions and have used the product in accordance with our use and maintenance instructions, please contact your local sales representative or FOH® Customer Service Specialist.



great place to work

FOH® is proud to be certified a Great Place to Work since 2016 and live our corporate values, "The Way We Are", in everything we do.

#8 Best Workplace in Manufacturing

#15 Best Workplace for Women

#86 Best Workplace Overall across the U.S.



from our hearts

FOH®, and brands Front of the House® and room360® by FOH®, firmly believe it's our foundational responsibility as a business, community, and family to give back and to be agents for change by supporting organizations and initiatives committed to making a difference in our world.



VEGAN BEVERAGES



VEGAN ICE CREAM FLOATS



PEACH CITRUS COCKTAIL



PEACH CITRUS COCKTAIL



EARL GRAY BLACKBERRY FLOATS



COCONUT WATER GINGER LEMONADE

AVOCADO YOGURT LIME PIE | recipe



ingredients

- 2 large Ripe Avocados
- 1/2 cup Vanilla Greek yogurt
- 1/2 cup Agave nectar
- Lime, zested
- 1/2 tsp. Vanilla extract
- 1/2 cup Light coconut milk
- 1/2 cup Lime juice
- 1 Envelope unflavored gelatin

directions

- 1 Blend avocados, yogurt and condensed milk until smooth. You may want to consider reducing the condensed milk if it's too sweet.
- 2 I found that when I tasted it before it was chilled, it wasn't too sweet. But it got sweeter while setting.
- 3 I might reduce the condensed milk slightly next time. Pour batter into crust and smooth top with spatula.

Graham Cracker Crust

Preheat the oven to 350°F. Place the almonds in the bowl of a food processor and pulse until coarsely ground. Add the graham crackers, sugar and salt and pulse until finely ground. Add the butter and egg white and pulse until evenly moistened and combined.

Press the crumb mixture firmly on the bottom and up the sides of a 9-inch pie plate. Bake 10 to 12 minutes,





the mission is the menu.
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FRESH MEATS TEAM

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