

# *In Season!*

Winter 2015

*“Experience Our Passion  
for Foodservice”*



*Marek*  
Hospitality Inc.

# Fruits and Vegetables for Heart Health



"Eat your fruit and vegetables", a statement many of us have heard since childhood still holds true today. According to the Harvard School of Public Health, there is further evidence supporting the benefits of increasing the number of fruits and vegetables you eat in order to provide protective health benefits against heart disease, stroke and some types of cancer. Phyto (meaning plant) nutrient rich foods such as red, orange,

dark green fruit and vegetables promote health by providing antioxidants to help stop cell damage. Fruits and vegetables are low in calories and fat, high in fibre and provide excellent sources of Vitamin A and C, minerals, folate, potassium and magnesium.

Try to fill half your plate with fruits and vegetables and aim for 7 to 10 servings per day. In addition to our classic Canadian fruits and vegetables such as apples, cabbage, beets, squash, carrots and sweet potato we now have local greenhouse growers providing us with tomatoes, sweet bell peppers and cucumbers in the winter season.

## What is one serving of fruit or vegetables in Canada's Food Guide?

- 1 cup raw leafy vegetables
- 1 fruit
- ½ cup fruit: frozen, canned, 100% fruit juice
- ½ cup vegetables: fresh, frozen, canned, 100% vegetable juice

## Paying It Forward



This past December, Christie Briglio from the Sault Area Hospital Foundation approached us with a great way to create goodwill during the holiday season.

Christie and the Hospital Foundation provided Linda Busch, our Marek Retail Food Service Director and her team with three \$100 pre-paid Tim Hortons gift cards. These cards were used by our Marek Courtyard Cafe and Tim Hortons foodservice

employees to pay for the meals of random customers, patients and visitors. This simple act of "Paying it Forward" fostered a tremendous feeling of goodwill and engaged customers to join in the moment.

In December we also ran our first Pay It Forward promotion and enjoyed reading about many goodwill gestures from our customers across Canada. Some of the great stories included;

- donating to food drives and local food banks,
- talking to someone who is alone or depressed,
- volunteering in hospitals,
- cleaning snow off someone else's car,
- buying a lottery ticket for a random person,
- driving a co-worker to work when their car was in the shop,
- donating clothing to homeless shelters,
- buying coffee or lunch for the person in line behind them,
- helping a stranger in a wheelchair,
- funding a child to go to camp in the summer.

Well done everyone!



# Bringing Home the Holidays



This past December, eighteen dedicated Sony Canada employees worked together with our Sony café team to provide a festive, home-cooked turkey dinner for families staying at the Ronald McDonald House (RMH) in Toronto.

Thank you to both Chef Edwin Cook and Connie Rocha from Sony's Head Office Cafe for donating their time and skill to ensure the success of this event. Chef Edwin sourced all of the ingredients and prepared delicious turkey, stuffing and all the trimmings.

The event, supported by the Sony Canada Charitable Foundation, served over 130 people, and warmed the hearts of everyone involved. "We know how much a small gesture like a home cooked meal can mean to the RMH families as they face some very difficult situations, but really seeing their gratitude and appreciation made it so worth all the efforts" said Sony employee Courtney Hamm. "Nothing feels better than to pay it forward and do something kind for someone else," said Sony Pictures Home Entertainment employee Jennifer Trowbridge.

## what's cooking

### Chunky Tomato, Yellow Pepper and Cucumber Pasta Salad

*Adapted from Heart and Stroke Foundation*

Take the chill out of winter and try this colourful pasta salad.

Prep time: 15 min | Cook time: 8 min | Makes: 10 servings

#### INGREDIENTS

1 pkg (375 g) whole wheat rotini pasta  
3 hot house tomatoes, seeded and 1/2" chopped  
1 hot house English cucumber, 1/2" diced  
1 hot house yellow pepper, 1/4" diced  
1 tsp (5 mL) garlic, minced  
1/4 cup (60 mL) finely diced sweet onion  
3 tbsp (45 mL) chopped fresh cilantro  
3 tbsp (45 mL) chopped fresh basil  
5 tbsp (75 mL) red wine vinegar  
1/2 tsp (2 mL) hot pepper sauce  
1/2 cup (125 mL) crumbled light feta cheese



#### METHOD

1. In a pot of boiling water, cook pasta for about 8 minutes or until tender but firm.
2. Drain well and rinse with cold water; drain again and set aside.
3. In a large bowl, combine tomatoes, cucumber, yellow pepper, garlic, onion, cilantro basil,
4. Red wine vinegar and hot pepper sauce. Let stand for 15 minutes.
5. Add pasta and feta; toss to combine. Let stand for 10 minutes before serving.

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
91 kcal	13.9 gm	4.0 gm	2.1 gm	20.8 %	4 mg	33 mg	1.1 gm	21 mg

## Welcome Jim Greenway, Executive Vice President!



Jim has joined our team to help us increase our focus on customer and client engagement, and grow into new channels of business across Canada. He brings with him a deep knowledge of the foodservice industry gained from many years of experience in building and operating cafés, catering and special event dining for discerning clients.

Jim believes that maximizing time spent every day in our cafés, engaging and truly listening to our customers, clients and employees will ensure success. Jim's focus on engagement and his depth of experience will help ensure we tailor our culinary and service culture to fit each client's unique expectations.



*While Jim believes that spending time in our operations is critical, in this case, we think he might have gone too far!!!!*

## Welcome Doug McOuat, Director of Business Development!



Doug McOuat has joined Dana Hospitality LP as our Director of Business Development for Colleges & Universities and Retail Healthcare. Bringing many years of higher education market expertise, Doug will lead our growth across Canada in both

markets. Doug's demonstrated expertise in building relationships, identifying critical business issues and customizing solutions for clients will ensure lasting partnerships for Dana, Marek and Morningstar.

## A Warm Welcome to Our New Clients



### Welcoming the Region of Halton Café

The Regional Municipality of Halton serves more than 500,000 residents in the City of Burlington, the Town of Halton Hills, the Town of Milton, and the Town of Oakville. Halton Region is committed to meeting the needs of its residents through the delivery of cost-effective, quality programs and services. We look forward to bringing our culinary foodservice approach to the police and head office personnel at Café1151.



### A Warm Welcome to both Region of Peel Cafés

The Region of Peel serves more than 1.4 million people and 90,000 businesses in the cities of Brampton and Mississauga and the Town of Caledon. Dana is proud to have been selected by the Region of Peel to create and manage a foodservice program built on principles of scratch cooking and locally sourced ingredients while at the same time, adhering to the strictest nutritional standards in the industry.

*In Season!* is published jointly 4 times per year by Dana Hospitality LP, Marek Hospitality Inc. and Morningstar Hospitality Services Inc. Send submissions or questions to: [inseason@marekhospitality.ca](mailto:inseason@marekhospitality.ca) or Contact Us at: 905-829-9800.