

# Food Trends

Innovative, Wholesome Corporate Dining

Published by ECI Management Group

## Corporate Dining Services Transforms Dining At Corporate Food Service Facility

A study on workplace productivity published last year in Population Health Management linked unhealthy eating habits to a 66 percent increased risk of low productivity. Connecticut-based GE Industrial Solutions wasn't part of the study, but they came to a similar conclusion when they reviewed their food service program last year.

The company's plan offered a

limited selection of pre-made, processed lunches that left their 300 person workforce unsatisfied and hardly energized. The food service management team wasn't offering the personalized support the company needed to promote its employee wellness initiative.

GE shook things up and selected a new corporate dining services program

that tailors its features to the company's needs. The plan offers exceptional service, quality products and a wide selection that satisfies the company's corporate goals—and its employees' taste buds. Just as GE predicted, the new program has fostered a happier, more productive workplace environment.

Food Trends

## Healthy Choices, Happy Pocketbooks

You know it's better for you, but throwing down a few extra bucks for a salad is hard when a cheap burger is available. The University of Colorado's nutrition services department had a hunch that changing economic incentives could give leafy greens an edge, and the results of their experiment have big implications for corporate dining providers across the country.

The department lowered the prices of healthier fare and hiked the cost of less healthy alternatives at two CU health facilities. Would diners choose a veggie burger over a hamburger if they could save a bit of cash?

When the numbers came in, veggie burgers saw a 222 percent increase in sales and hamburgers decreased in sales. The department saw similar numbers for its other healthy options, while the demand for less healthy options dipped by 47 percent. It's a good lesson for corporate dining providers: give employees a little incentive, and they'll choose the salad themselves.

## An Apple A Day

King of Fruit

The almighty apple has always been king of the fruit pyramid. If you follow the famous saying, you've already eaten 15 of them this year! There's a good reason the crunchy snack beat out oranges, bananas and other healthy treats for the daily recommendation. Apples pack a comprehensive punch that other fruits can't match.

Five reasons to start the habit:

- 1 Apples have lots of Vitamin C, which provides an immune boost.
- 2 Apples are rich in flavonoids, which are known for their antioxidant effects and help prevent heart disease.
- 3 Apples contain phenols, which reduce bad cholesterol and increase good cholesterol.
- 4 The juice of an apple can kill up to 80% of teeth bacteria. An apple a day also keeps the dentist away!
- 5 Apples have phytonutrients, which help prevent neurodegenerative diseases like Alzheimer's and Parkinson's disease.



## ECI Management Group & Tandy Corp Launch Innovative Food Concepts

When Houston food service company ECI Management Group revamped the Tandy Corporation's dining program last April, the new plan got a special name: WH2. The acronym officially stands for "Work Hard, Work Healthy", but the effort deserves its snappy abbreviation. WH2 gave ECI the opportunity to implement some new ideas, and the result is a model of innovation.

WH2 provides daily salads, sandwiches, grill entrees and Chef Line meals that are 350 calories or less at Tandy's Cafe and Coffee Bistro. A pre-purchased meal plan gives Tandy's employees incentive to take part in the program, offering plans that cost \$250 but are valued at \$275.

Last October, ECI streamlined the program further with an online ordering system. Tandy employees can go to the ECI website, place their order and choose a pick-up time. It's a convenient system that has worked well for ECI clients.

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## In This Issue:

- Corporate Dining Services Transforms GE Work Culture
- Healthy Choices, Happy Pocketbooks
- ECI Management Group & Tandy Corp Launch Innovative Food Concepts
- An Apple A Day: Five reasons to eat 365 apples this year
- Out Of The Oven: Sweet & Spicy Chili

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## Out Of The Oven

### *Sweet & Spicy Chili*

YIELD: 8 servings

#### INGREDIENTS:

1½ lbs. lean ground beef  
1 medium onion, diced  
¼ tsp. garlic powder  
1 can (14½ oz.) whole tomatoes with juice  
1 can (8 oz.) tomato sauce  
1 small can (8 oz.) sliced mushrooms  
½ cup sliced ripe olives  
½ cup diced celery  
1 large green pepper, diced  
¾ tsp. salt

1½ Tbsps. chili powder  
1/8 tsp. ground red pepper  
1 Tbsp. sugar  
1 beef bouillon cube  
½ cup raisins  
1 bay leaf  
2 whole cloves  
1 can (15 oz.) kidney beans, drained

#### Fun Food Fact

We eat 900% more broccoli than we did 20 years ago. Keep it up, folks! Broccoli is full of Vitamin A, Vitamin C, Calcium and Iron!

#### DIRECTIONS:

1. Brown ground beef, onions and garlic powder in large stockpot. Drain excess fat, if necessary. Add remaining ingredients except kidney beans. Place bay leaf and cloves in cheesecloth for easy removal.
2. Bring to a boil; reduce heat and simmer, uncovered for 2 hours, stirring occasionally. Stir kidney beans and heat through. Remove bay leaf and cloves; adjust seasonings.

