



April 15th, 2018

Food Cost Discussion

During the Month of April, Chef Eileen will be holding a forum discussion each Tuesday in Centro to discuss food cost. This meeting will take place between 12pm and 1pm on Tuesday April 10, 17 & 24. Please use this opportunity to discuss any questions or concerns you have as the new pricing goes into effect starting April 9 –April 16.

Bone Health for Men

Strong bones are just as important for men as women. Your body needs calcium, vitamin D, other important nutrients and regular weight-bearing physical activity to make bones strong and hard. Not getting enough calcium during childhood can lead to osteoporosis later in life, a disease in which bones become weak and easily fracture or break.

Adults usually reach peak bone mass by the age of 30. Learn more about the essential ways to ensure healthy bones for life.

Healthy Bones and Calcium

Men should get 1,000 milligrams of calcium a day from either foods or supplements. After age 70, calcium needs jump to 1,200 milligrams a day.

Good sources of calcium include low-fat and fat-free dairy products such as milk, yogurt and cheese, sardines, tofu made with calcium sulfate, calcium-fortified non-dairy beverages such as soymilk, leafy greens such as collards and kale, and fortified cereals and orange juice. Men need at least three servings of calcium-rich foods every day. A serving of calcium is equivalent to:

- 1 cup low-fat or fat-free milk
- 1 cup low-fat or fat-free yogurt
- 1½ ounces low-fat or fat-free cheese
- ½ cup tofu (prepared with calcium sulfate)
- 1 cup calcium-fortified soymilk
- 1 cup calcium-fortified juice
- 3 ounces canned sardines, with bones

1 cup cooked collard greens or kale **How Much Calcium Is in Your Food?**

Read the Nutrition Facts Label to learn how much calcium you are getting. Calcium has a Daily Value (DV) of 1,000 milligrams a day. If a label reads:

- 30% DV of calcium = 300 milligrams
- 20% DV of calcium = 200 milligrams
- 10% DV of calcium = 100 milligrams

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Food Price Rollout Schedule

Phase 1: Tuesday, April 10

Nosh Menu Pricing-Soup and Salad Bar

Phase 2: Tuesday, April 17

Centro Desserts and Ice Cream Prices

Centro Restaurant
Hours of Operation

Nosh Restaurant
Hours of Operation

Sunday Brunch
10:00 am – 1:30 pm

Monday-Saturday
11:30am-7:30pm

Monday 4:45 pm – 8:00pm

Tuesday – Saturday
Lunch 11:30 am – 1:30 pm
Dinner 4:45 pm – 8:00 pm

Sunday
11:30am-7pm

Nosh Dinner To-Go

Available Monday-Friday & Sunday

Leave a detailed message at
X4-9128 anytime till 4pm

After 4pm please call the Nosh Counter at X4-9101
Delivery/Pick-up Available from 5pm to 7:00pm

Centro Dinner To-Go X4-9207

Early Ordering

Orders must be placed by 4:30pm
Pick up/Delivery 5-5:30pm
Copper Beech Buffet will be available during this time

Late Ordering

Orders must be placed by 6:30pm
Pick up/Delivery 7pm-8pm
Copper Beech Buffet will NOT be available during this time

The Role of Vitamin D

Vitamin D is a key nutrient that helps bones absorb calcium, so it's important to meet daily vitamin D needs based on age. Per day, infants need approximately 400 IU of vitamin D; children 1 to 18 years old need 600 IU of vitamin D; men under 70 need 600 IU of vitamin D; and men older than 70 need 800 IU of vitamin D. There are three ways to get vitamin D: sunlight, food and supplements. Vitamin D is only found naturally in a few foods such as fatty fish including mackerel, salmon and tuna; egg yolks; and mushrooms grown under UV light. Milk typically is fortified with vitamin D and fortified non-dairy beverages and some brands of orange juice and cereal also are sources of vitamin D. Men who do not get enough vitamin D from foods should talk to their physician about the need to take a vitamin D supplement.

4 Ways to Keep Bones Strong

Bone health is dependent on lifestyle choices. Here are some key things men can do to keep bones strong for life:

Get enough calcium and vitamin D every day from food and/or supplements.

Participate in regular weight-bearing exercise at least two days a week.

Avoid smoking and limit alcohol intake to two drinks per day.

Talk with your health care provider about bone health.

Spring has Sprung! Patio dining in Nosh is around the corner featuring a Smokey Beer Braised Brisket!!! Coming to Nosh on Weds. Starting: April 25th

Go Green! Please take ONE copy of the Foodie so everyone can have one. Save a tree and some money by not being wasteful.

Nosh To-Go Delivery Times

The popularity of Nosh's to-go service has inadvertently affected in house dining. To remedy this the Nosh To-go service will mirror that of Centro. The ordering system will remain the same: -Call extension 49128 to place your order anytime of the day until 4:30pm. After that time, call extension 49102.

-What is changing is the time for delivery or pick up. Due to the increasing volume of to-go's, we need to have all deliveries made at 6:00pm or later. We always make exceptions for emergencies, however we need your support to change this service time so that it does not overlap with dining guests.



We're Cooking at NewBridge!

Join us for a tour of the NewBridge cooking facilities. You will meet a talented and friendly culinary team that produces 1500 meals per day. Witness first hand this grand facility and amazing operation.

Next Tour: Tuesday April 17
Time 1pm-1:45pm
Starting location: Centro