

REVOLUTION NEWS

November/December 2016

Menu Innovation:

New and Improved



-Spicy Chicken

Chorizo Bagel

-Classic Chicken

Sausage Bagel



Updated Recipe:

100% Beef Burger



Dreams do come true!

Bagel sandwiches for breakfast....and lunch!



Introducing: THE EGG-cellent EGGEL!

-Spicy Chicken Chorizo

-Classic Chicken Sausage

Our chefs have spent the last 6 months , creating an even better burger. Made simply with just ground beef, spices, and salt, this burger is pure yum! Enjoy and feel great about eating it!

Join our team!

Igniting a healthy food revolution– it’s a big job. Want to be a part of our revolution? If you think you’ve got what it takes, we’re always looking for talented people to join our team.

Visit revolutionfoods.com to view available positions- we look forward to hearing from you!



Food Funnies

Nutrition Corner: Fall Feasting

Gobble down an antibiotic-free turkey at your next feast! With the holiday season just around the corner, you may be trying to figure out how to choose the best meat for your meal.



Why choose antibiotic-free meat?

United States Department of Agriculture (USDA) prohibits the use of hormones in turkey and other poultry, but does not prohibit the use of antibiotics. Poultry producers use antibiotics to prevent illnesses caused by housing animals in confined and crowded areas. Studies done by the Food and Drug Administration (FDA) indicate that the overuse of antibiotics create bacteria “super bugs” that are more resistant to antibiotics and may damage our bodies and the environment.

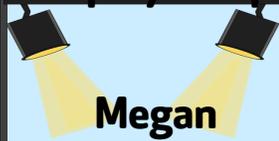
Tips at the Grocery Store:

Look for the label: pick turkey or other poultry meat that states it is ‘ANTIBIOTIC-FREE’ or ‘100% ORGANIC’ on the packaging.

Location matters: where was the turkey raised? In your state? The U.S.? China? The fewer miles traveled the more fresh the meat will be and the better it is for the environment!

Use your voice for change: if you can’t find a chicken or turkey that is antibiotic-free at your local grocery store, ask the store managers to supply some.

Employee Spotlight



**Megan
Couture**



Regional Partnership Manager

What she does at Rev Foods: Megan works with all our awesome schools around Colorado to make sure all their needs are met!

Hometown: Jim Falls, WI

Favorite Food from our menu: Cheese Tamales

Favorite Exercise: Climbing 14ers!

Random Fact: She loves black licorice

Favorite Quotation: “Nothing great was ever achieved without enthusiasm. “ -Ralph Waldo Emerson

Featuring the new and improved holiday meal!



-Ways to stay healthy during the holidays-

- * Take family walks—simultaneously exercise and spend quality time with family.
- * Fill your plate with veggies first. This will help manage your cravings for other, less nutritious holiday options
- * Use smaller plates to maintain reasonable portion control.
- * Create a new tradition—play a game of musical chairs, football, or incorporate a dance party into your family festivities!
- * Stay hydrated—with the busy bustle, it can be easy to not get enough water. Keep your reusable bottle close by!