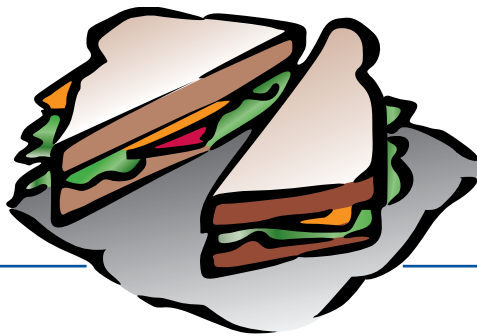


During October you could have:
FREE DELIVERY on orders for 15 people
or more to sites in the Des Moines metro.

Quick



Bites

from **IN the BAG**
Corporate Cuisine

October 2009

www.inthebag-lunches.com or call or fax us at 222-9338

Community support part of the plan

"I believe that the work the nonprofit folks do makes this a better community for all of us," founder Mike Taylor says. "Their programs help the kids, the elderly, the disabled, and people who are down on their luck and need a helping hand. As a business owner, I'm lucky. I can shape my business to help them out a little."

As part of our business plan, **IN the BAG** supports and promotes the work of nonprofits three ways.

Employment

"We've always employed special needs people to help us in our operation," Mike says. "We found they make great team members and they're very good at their jobs. Over the years we've worked with 20 to 30 people, and four of our 30 current employees were recruited from the special needs population. We also contract with Link, Inc., and their clients assemble the individual packets of silverware, condiments and napkins that go in each lunch bag."

Promotion

Each month, **IN the BAG** spotlights a nonprofit in *Quick Bites*, and we stuff the organization's info into every lunch bag delivered that month. The featured nonprofit also receives 25% of the tips **IN the BAG** receives during that month, plus a free meal for its Board of Directors.

In-kind gifts

IN the BAG also frequently donates food or catering services to nonprofit fundraisers and events. "Lots of businesses in this community offer in-kind items for auctions and fundraisers," Mike says "and we like to do that too when we can."

Featured nonprofits in 2009 include: Juvenile Diabetes, The Homestead, Des Moines Pastoral Counseling Center, YESS, Serve Our Youth, Culture Inc., Community Housing Development, Alzimers Association, YWCA of Central Iowa, Boy's and Girl's Clubs, Food Bank of Iowa, and Easter Seals of Iowa.

Look who's talking

Bill Cosby... Michael Jordan... Brad Pitt... President Clinton... Jackie Joyner-Kersey... Martin Sheen... Neil Diamond... Denzel Washington.

What do all of these people, and millions more throughout America, have in common? They are all alumni of Boys & Girls Clubs (BGCC).

While many Club alumni have achieved particular distinction in fields such as entertainment, business, politics and sports, the average alumnus is not famous. Most have achieved success by getting an education, raising a family, serving their country, pursuing a career or supporting the community.

Boys & Girls Clubs of Central Iowa are part of this success story. At the four sites in Des Moines, Clubs are reaching out to a generation at risk by providing positive guidance and exciting opportunities.

They offer programs and

services that promote and enhance the development of boys and girls by instilling a sense of competence, usefulness, belonging and influence. Their diverse programs focus on:

- Character & Leadership
- Education & Career
- Health & Life Skills
- The Arts
- Sports, Fitness & Recreation

Boys & Girls Clubs of Central Iowa are providing solutions to the national concerns about

**During October
25% of In-the-Bag
gratuities will be
donated to
Boys & Girls Clubs
of Central Iowa**

high drop out rates and obesity through homework help, nutritional tips, energizing sports and recreational activities, and chal-

ITB
Featured
Organization
of the
Month



**BOYS & GIRLS CLUBS
OF CENTRAL IOWA**

lenging academic programs.

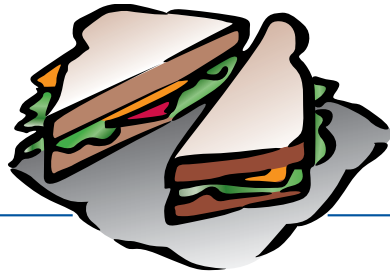
And they're doing it cost efficiently. *Forbes*, *SmartMoney*, *Newsweek* and *U.S. News & World Report* have all ranked BGCA among the top charitable organizations in America based on cost-effective use of donor dollars.

Boys & Girls Clubs of Central Iowa are a safe place for kids to learn and grow – all while having fun. The Clubs are truly *The Positive Place For Kids*.

For information or to learn about volunteer opportunities, go to www.bgcci.org or call Kim Rundle, 262-5695.

Quick Bites

from **IN the BAG**
Corporate Cuisine



The **IN the BAG** Guy!



Mike Taylor

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and strong, because someday you will have been all of these.

- George Washington Carver



Corporate Cuisine

www.inthebag-lunches.com or call or fax us at 222-9338

Food for Thought from . . .

Customer: Robyn Keck has been a receptionist and secretary for Dreher, Simpson and Jensen for 10 years. The law firm provides estate planning, probate, corporations, real estate, workers' comp and other legal services.

How she found us: One of our partners recommended that I try you and we've been using you for years.

How she uses us: We have one or two shareholders' meeting a month. It's usually a gourmet sandwich, salad and soup order. I pass a menu around and the attorneys will let me know what they want and I just call it in. I could fax or email but, since I am a people person, I enjoy talking to your staff.

I most appreciate the courteous staff and the prompt service we receive as well as the way you customize every order. Leave the tomato out, put it on marble rye, double the pickle . . . you always say, "No problem."



Robyn Keck

One of our partners used you to cater his wife's retirement party. That was spectacular! The table display was just beautiful, and you served and

kept it fresh. I remember a lot of hot and cold hors d'oeuvres, shrimp — just lots and lots of food, and there were over a 100 people there. Guests all commented on how great it was.

Never change . . . the variety of food you offer. Soups, salads, sandwiches — you have it all. There's so much to choose from, people don't get tired of ordering from you.

Favorites: The Smoked Pork Loin Sandwich (#25). No one else in town has that. And the Caribbean Chicken Salad (#41) is one our partner's favorite. It's healthy and he never gets tired of it. Oh, and I like my free cookie.

8 ways to refresh your relationship

Work, the stress of family life and just the daily tumult can cause even the closest relationship to start to fray. Here are eight ways to reconnect and remember why you chose to be together.

- 1. Forgive each other for something you've held on to.** Drop the petty grudges and see how light your spirit becomes.
- 2. Give up a habit your spouse dislikes,** or at least cut back, and vice versa. It's a way of showing the other's opinion really matters.
- 3. Get physical.** Touching, tasting smelling, and getting into someone's space all help reignite the spark.
- 4. Write down your memories** of falling in love and read them to each other. Especially when you hit a rough spot in your relationship, the romantic history between you can be the glue that binds you together.
- 5. See each other in a new light.** If you've never cheered him on at his bowling league, do it. If he's never seen you sing in your choir, he needs to go.
- 6. Take a daily temperature reading.** It sounds basic, but talking every day about what you're feeling and experiencing is vital to intimacy.
- 7. Catch each other doing something right.** It's human nature not to notice the things that are done the way we like. Intentionally look for the good, then praise the behavior.
- 8. Be playful.** Fun and laughter are often the first things that get squeezed out of marriage. So tell jokes, flirt, tease, play and be goofy. Share your inner kid with the one whose smile and laughter feels so good.



+Health Bites

Be an inspiration

Here are some of the traits that others find motivating.

Celebrate failure — Cheerfully fess up when you don't succeed. People will intuitively realize you have compassion and ask for your opinions.

Be persistent — Dogged determination despite setbacks is always inspiring. Commit to doing things well and focus on important things.

Give to others — Research shows that women who volunteer are happier. When your friends and family see you being generous with others, they'll want that positive perk themselves.

Be humble — Thank those who helped you succeed and you experience the "It's a Wonderful Life" phenomenon: People will realize their behavior really affects you and they'll want to keep it up.

If you've used **IN the BAG's** capabilities in a unique way, share your ideas with others who look forward to fun and creative uses of corporate cuisine. Contact Jan Franck, 289-9009 or email JanFranck@aol.com.