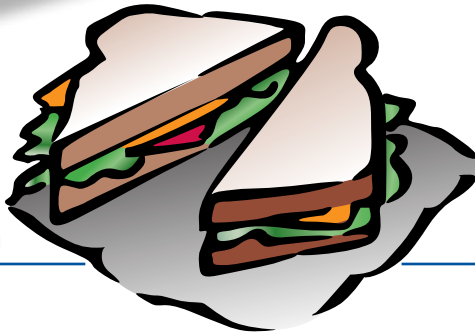


For your next  
lunch you could order:  
**GOURMET SALAD:**  
20 fresh, healthy, taste-tempting choices

# Quick



# Bites

from **IN the BAG**  
Corporate Cuisine



February 2010

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## Reaching out to girls

The Young Women's Resource Center (YWRC) helps Metro girls become strong, independent women. YWRC provides specialized support for young women in difficult life situations, educates them so they can better care for themselves and their children, and teaches them skills to help them advocate for themselves.

"One of the reasons we are so effective," says Heather Soener, Director, "is that we can customize our services, and the way we teach, to the way girls learn. We use a curriculum of gender-specific programming which truly understands adolescent female development, and the social context in which young women learn."

The nonprofit agency, founded in 1978 by Des Moines activist, Louise Noun, is open to any young woman, age 10 to 21, in the Metro area. All YWRC services are voluntary, confidential and

free. Many are offered in Spanish. Over 2,300 young women were served last year.

Two areas of programs include:

### Perinatal Services

- **Doula Programs:** Trained doulas offer comprehensive health and support services to pregnant young women
- **Childbirth/Prenatal Education:** Pregnancy, labor, birth and postpartum education
- **Little Passengers Car Seat Program:** Certified staff conduct a car seat education and distribution program
- **Case Management:** Bilingual Case Managers provide one-on-one services to Spanish-speaking families through home visits and referrals to community resources
- **Young Moms:** Groups designed to provide peer support and parenting education to young moms

\*All of the above services are also provided in Spanish.

### Prevention Services

- **Problem Solving Groups:** 6-8 week small group sessions focused on negotiating adolescence
- **Summer Programs:** For incoming 6th graders to assist with the transition into middle school
- **R3 (Rights, Respect & Responsibility):** A youth activist group that provides peer education on pregnancy prevention, STI's, HIV and healthy relationships
- **After School Groups:** Several ongoing groups offered after school
- **Survivor Support Groups:** Assist survivors of sexual abuse and dating violence
- **Justice Groups:** Target young women involved in the juvenile justice system
- **Mariposa:** A leadership group for Latinas
- **Individual Counseling:** Provided by a Master's level therapist

Because we  
**love**  
what non-profits\* do...

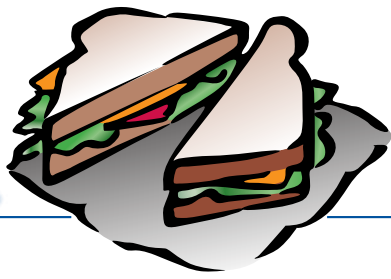
During the month of February

Get a 15% discount  
for your entire  
**IN the BAG** order  
plus free delivery\*

\*For Metro nonprofits providing human services

During February 25% of In-the-Bag gratuities will be donated to  **YOUNG WOMENS RESOURCE CENTER**

# Quick Bites



from **IN the BAG**  
Corporate Cuisine

The **IN the BAG** Guy!



Mike Taylor

**Do what you can,  
for whom you can,  
with what you have,  
and where you are.**



Corporate  
Cuisine

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## Food for Thought from . . .

**Customer:** Becki Moore performs a variety of duties at Fleur Dentistry, including front office, clinically assisting the doctors and hygienists, and website maintenance. Their website address is [www.fleurdentistry.com](http://www.fleurdentistry.com) and the office is a general dentistry practice with 3 dentists and 15 employees.

**How she found us:** Dr. Kearns had **IN the BAG** at a community board meeting and liked it so much he wanted to try it for the office. We have been ordering for several years now!!

**How she uses us:** We order for in-office meetings for 8 to 18 people. We get the individual personalized bags because they're easy to grab so the meeting can start on time. We order for meetings about 2 to 4 times a month. Our office has also sent the meat/cheese trays as thank you gifts in the past.

**Most appreciates:** You do a great job with special requests: no onion, extra dressing, and substitute different bread. You always get them right!!



Becki Moore

And it's so easy to use your menu. It's detailed and self-explanatory. Employees decide what they want and I order everything on-line. Of course your delivery is always on time. It all works so well.

**Never change:** Your brownie recipe. People here just love them. (But you need to brush away that sugar, afterward, of course.) And never change the quality of your food. Everyone who has ever eaten it knows it's really outstanding.

**Favorites:** My favorites are your Chicken BLT Wrap (#71) and the Chicken Salad (#6).

## Come see our retreat center



## Eagles' Wings river retreat

Just 5 minutes from downtown, but a world away from the business grind.

You'll want to reserve it for quiet meetings, retreats, confidential conferences

— any time an off-site location is required.

*Watch for details to schedule your tour of this great meeting space.*

### +Health Bites

## Humor is healthy

If you need a good laugh, try reading through these children's science exam answers:

**Q:** Name the four seasons.

**A:** Salt, pepper, mustard and vinegar.

**Q:** Explain one of the processes by which water can be made safe to drink.

**A:** Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.

**Q:** How is dew formed?

**A:** The sun shines down on the leaves and makes them perspire.

**Q:** How can you delay milk turning sour?

**A:** Keep it in the cow.

**Q:** What are steroids?

**A:** Things for keeping carpets still on the stairs.