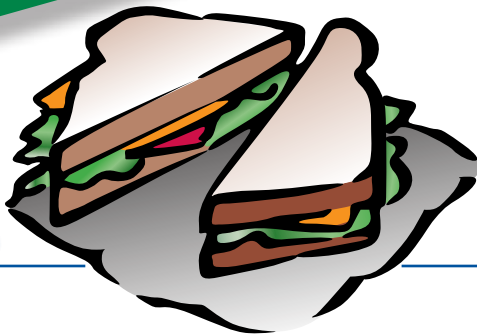


For your next lunch you could order:
A Spring Salad Luncheon
With 3 large bowls of your favorite ITB salads

Quick



Bites

from **IN the BAG**
Corporate Cuisine

March 2010

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



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

During the month of March
Get a 15% discount
for your entire
IN the BAG order
plus free delivery*

*For Metro nonprofits providing social services

JDRF funds diabetes research

The Juvenile Diabetes Research Foundation (JDRF) was founded in 1970 by parents of children with type 1 diabetes. These passionate parents formed JDRF for one reason: to raise funds to find a cure for their children. The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Since its inception, JDRF has awarded more than \$1.4 billion to diabetes research.

Diabetes is a chronic, debilitating disease affecting every organ system. Type 1 diabetes is an autoimmune disease in which a person's pancreas stops producing insulin, a hormone that enables people to get energy from food. Type 1 diabetes lasts a lifetime. People with type 1 diabetes must take multiple injections of insulin daily or continually infuse insulin through a pump just to survive. A common misunderstanding of type 1 diabetes,

also known as juvenile diabetes, is that the person diagnosed has an "unhealthy" lifestyle. This is NOT true.

Taking insulin does not cure any type of diabetes nor prevent the possibility of its eventual and devastating effects: kidney failure, blindness, nerve damage, amputation, heart attack, stroke, and pregnancy complications.

JDRF has four Cure Therapeutic areas in which they focus and measure milestones in research: Autoimmunity, Replacement/Regeneration, Complications and Metabolic Control.

The Artificial Pancreas Project, along with the continuous

During March 25% of In-the-Bag gratuities will be donated to

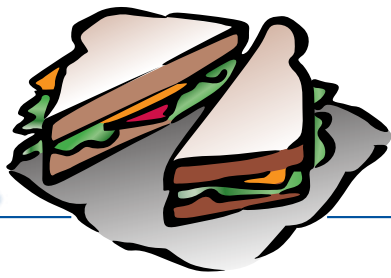
JDRF Juvenile Diabetes Research Foundation International

dedicated to finding a cure

glucose monitor (CGM), will work jointly to "close the loop" and create an artificial pancreas. Much of this research has been done at the University of Iowa with a \$6.1 million grant. While this treatment is not a cure, it certainly allows the patient to be as healthy as possible so, when a genetic/biological cure is found, the body will be ready.

The Greater Iowa/South Dakota JDRF chapter raises over \$4 million each year for research. The Central Iowa Walk is the largest per capita in the world. Their efficiency rating is one of the highest of any charity. Over 85 percent of JDRF's expenditures go toward research to find a cure. For more information about JDRF or how to get involved please call 515.986.1512 or visit www.jdrf.org/greateriowa.

Quick Bites



from **IN the BAG**
Corporate Cuisine

The **IN the BAG** Guy!



Mike Taylor

One who helps early,
helps twice.



Corporate
Cuisine

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

Food for Thought from . . .

Customer: Russell Jensen owns Jensen Consulting, a firm that helps business leaders and owners shape their businesses to compete through leadership development, strategic planning, and family business consulting services.

How he found us: They used you at McGladrey where I used to work. We've been using you here since we opened the doors in 2002.

How he uses us: We frequently call you for our Executive Roundtables with business clients. We have three different groups of 12 that meet every month. It's an opportunity for business leaders to talk and brainstorm big business issues in a safe, confidential environment.

The lovely and talented Sarah Zybarth (he teases, imitating the *Wheel of Fortune* announcer) orders a variety of bags and salads for us, and people choose from that. They're all good so it works out great.

What he appreciates most: That would be three things, really: the food is great, the service is even



Russell Jensen

better than great, and I love what you stand for. You support the community and you encourage others to support it. You walk the talk employing folks with disabilities and donating to nonprofits. That's good corporate citizenship.

Never change: Your creativity. It shows in all kinds of ways: new business ideas, new menu choices, and in being responsive to customers.

His favorite sandwich: The Cobb Sandwich (#1) would be the one I grab first.

Sign Up Now!



Eagles' Wings river retreat

Owned by **IN the BAG**, this house is high on the bank of the Des Moines River, just 5 minutes from downtown.

Call for your 45-minute tour, for up to 8 people from your office. Schedule any afternoon between 1:30 and 4:30 pm from March 1 thru April 15.

Come see how your company can use our serene, wooded retreat house for:

- Confidential or private meetings with clients, Board, or employees,
- Off-site retreats for planning or visioning,
- A perfect party site for wine and hors d'oeuvres,
- A quiet place to think and be at peace.

Eagles' Wings includes formal and informal conference rooms, breakout rooms, outdoor areas, a full kitchen, and a massage room.

IN the BAG — 515/222-9338

+Health Bites

Don't give up on those New Year's resolutions

Rutgers University researchers have tracked a group of 3,426 adults, ages 45 to 64, for 20 years. What they found will boost your resolve to drop bad habits, eat healthy and exercise. Making those changes today can, researchers say, decrease the chances that you'll need to be admitted early to a nursing home.

Researchers found that an early diagnosis of type 2 diabetes more than tripled a person's chance of ending up in a nursing home. Smoking increased the likelihood by 56%, inactivity by 40% and high blood pressure by 35%. Even more debilitating: the combination of diabetes plus any of the other risk factors increased the odds of admission fourfold.

So please quit smoking, start exercising regularly, and maintain a healthy weight. Spend your golden years healthy and independent.