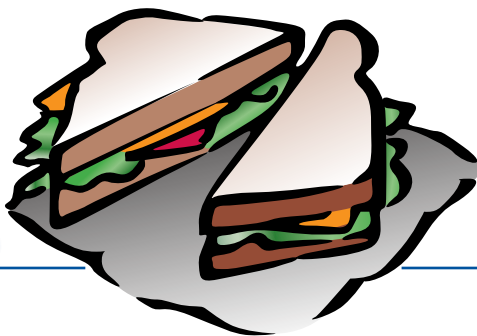


Quick



Bites

from **IN the BAG**
Corporate Cuisine



September 2010

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

Open House on the River

Be our guest at Eagles' Wings River Retreat

We're hosting a TGIF party every Friday afternoon in September from 3 to 5 pm. Let us show you, your boss and other decision-makers at your company the best place in town to meet for a business retreat or other meeting. The weather will be great. Food and beverages are on the house. Just 5 minutes from downtown at 1935 Arlington Avenue.

Call 222-9338 NOW to make your reservation.



KEEP Healthy: A Wake-Up Call

People with high blood pressure or diabetes, with a family history of either of these conditions, or with kidney disease should all know one thing: they are at increased risk for kidney disease.

The good news is that anyone with any of these risk factors is eligible for a free screening with the National Kidney Foundation's Kidney Early Evaluation Program (KEEP®)!

The screening is a time-efficient, yet comprehensive, look at kidney health. It includes three simple tests: a health risk appraisal, a blood test and a urine test. An on-site clinician will discuss the test results with the participant, and the results may also be sent to the participant's practicing physician.

The National Kidney Foundation Serving Minnesota, The Dakotas and Iowa will be holding a KEEP screening Wednesday, September 15, 2010 at the United

Way Conference Center, 1111 9th St., in Des Moines from 3:00 PM - 7:00 PM. To pre-register, call 800-596-7943 or e-mail nkfmdi@kidney.org. (Note: You must be aged 18 or over and have high blood pressure, diabetes, or a family history of high blood pressure, diabetes or kidney disease to be able to register for a KEEP screening.)

More than 145,000 Americans have participated with KEEP since 1998. Data from KEEP show that a surprisingly high number—about *one-third* of participants already had kidney disease. This is important, because if it's caught early, kidney disease progression can be slowed. And follow-up studies have also shown that, of those who discov-

ered they had a test result outside of the normal range, many went on to take measures to improve and protect their health.

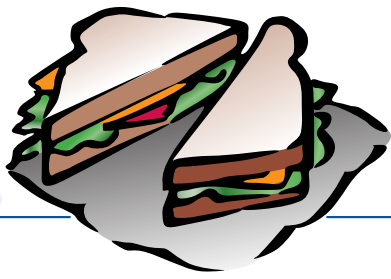
The NKF also provides programs and services for kidney patients, transplant recipients, living donors and donor families. Free information and resources about kidney disease and related conditions are available from NKF. Visit www.kidney.org to find upcoming events and informative resources.

During September 25% of
IN the BAG
gratuities will be donated
to



National Kidney
Foundation®

Quick Bites



from **IN the BAG**
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The IN the BAG Guy!



Mike Taylor

It's important for parents to live the same things they teach.



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

Food for Thought from . . .

Customer: Marsha Raisch is Executive Editor of Traditional Home, a decorating and design magazine. She has worked for Meredith Corp. for 22 years.

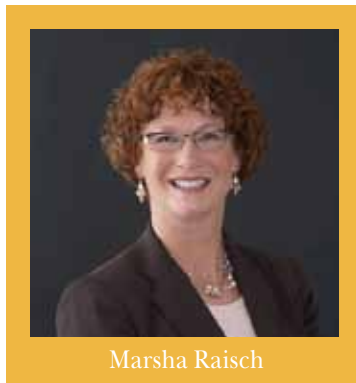
How she found us: Meredith has used **IN the BAG** for corporate employee functions, and I enjoyed those lunches in the bags.

How she uses us: We've used you for 2-day photo shoots involving about 15 people. I like that the lunches are self-contained. Everything you need for lunch is in there, and people love digging through to see what they got.

And I like ordering by number. I start circulating the menu early in the day so everyone can decide what to order.

There are so many good choices, it takes awhile. I speed things up by suggesting they order their second choice the next day.

When the order comes, all the bags have the numbers on the labels. I put the list of what was ordered by the box, and then hear, "Oh, yeah, I ordered Number 32." It's an easy system.



Marsha Raisch

What she appreciates most: Reliability. You're there, on time. And there's never a mix up with the order.

Never change: Your attention to detail. I know it's just a lunch in a bag, but you make it an event. People are always very impressed with how nice the bags look and, at Traditional Home, we like nice. The colored tissue paper, the bright labels, the food: it's all well done.

Favorite: I usually order the Autumn River Salad (#30). I don't want something heavy, and it's a healthy choice.

Large benefits from small talk

It may be called "small talk," but it can play a big role in your work relationships. Whether you're at a company picnic or an industry event, here's how to take the pressure off and make small talk work for you.

Relieve the pressure:

You don't have to be the funniest or the most charming person in the room or in the office. Just smile, relax and be friendly.

Practice your introduction:

Starting a conversation can be the most difficult part. Practice saying, "Hi. My name is Jane Doe with Acme Company. What are you learning at the meeting?" Make it point to remember names.

Come prepared:

Read up on industry or conference news. Take time to read the blogs and newsletters so you know what's going on.

Look for conversation starters:

If you're in an office, for instance, it's appropriate to talk about family pictures displayed there. At a networking event, the décor, location, weather or keynote speech may be a place to start.

Ask open-ended questions:

People like to talk about themselves, so consider questions like, "What is your role in your company?" "What attracted you to this conference?" or "Have you ever been to this city before?"

Listen:

Pay attention to what the other person is saying for cues on what to ask next.

Be polite:

Don't interrupt, compete to top what is said with your own story, or complain during your conversation.

Avoid toxic topics:

Never bring up politics, religion or personal finances in small talk. Don't gossip.

IN the BAG expressions!
can help show appreciation and boost morale. Our bags of fun, gratitude and appreciation can make your workplace a more positive place.

+Health Bites

An apple does work

An apple a day ...

Keeps heart disease away. In a study that followed the dietary intake of 34,000 women for 20 years, apples were one of three foods found to effectively lower the risk of dying from heart trouble. The other two foods?

... pears and red wine

Keeps cancer at bay. Plant compounds in the skin of apples may fight colon, breast and liver cancer cells. So don't peel those apples. **Defends against asthma.** Not only might the fruit reduce the risk of asthma in adults, but new research suggests that pregnant moms who eat apples are less likely to have asthmatic kids.