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*graphic designer*

PORTFOLIO

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What will the *new* you say to the *old* you?

"This is us. This is who we're supposed to be."

Tina Shelley  
January 2012

Tina lost weight with Medifast. Now it's your turn. Become who you were meant to be. **Become Yourself™**

See Tina's story at [MedifastNow.com](http://MedifastNow.com)

Consult a physician before beginning a weight-loss program.

  
Proven, Healthy Weight Loss.

What will the *new* you say to the *old* you?

"Now when I look in the mirror I see who I always envisioned."

Kimberley Vandlen  
January 2012

Kimberley lost weight with Medifast. Now it's your turn. Become the picture of health—inside and out. **Become Yourself™**

See Kimberley's story at [MedifastNow.com](http://MedifastNow.com)

Consult a physician before beginning a weight-loss program.

  
Proven, Healthy Weight Loss.

What will the *new* you say to the *old* you?

"This is just the beginning."

Joseph Garcia  
September 2012

Joseph lost weight with Medifast. Now it's your turn. Become healthier than you ever thought possible. **Become Yourself™**

See Joseph's story at [MedifastNow.com](http://MedifastNow.com)

Consult a physician before beginning a weight-loss program.

  
Proven, Healthy Weight Loss.

medifast, inc.

Series of three print advertisements designed for company's first national branding campaign and commercial—*Become Yourself™*—for circulation in various national publications (i.e. *People Magazine*)

Advertisements: full page (varies)

**What will you do this *You* year?**

Whatever you wish to accomplish is easier when you're at a healthy weight. With over 70 delicious meal replacements and a weight-loss plan that's just right for you, Medifast can help you check something off your list. Make this a Happy You Year!

- Lose the weight.
- Eat healthy.
- 
- 

**Medifast.**  
Proven, Healthy Weight Loss.

**get 28 FREE MEALS\* today!** MORE THAN \$67 IN SAVINGS!  
USE CODE: FIRST28

MedifastFirst.com / (800) 971-7349

\*With enrollment. Minimum purchase required. Limit one per customer. Not valid with prior purchases, or any other promotions or discounts. See website for details. Offer expires 6/30/14. Consult your physician before beginning a weight-loss program.

**Surprise Yourself!**

*“I was surprised by how quickly I felt changes happening.”*

If you thought it wasn't possible to lose weight and learn to keep it off, you're in for a pleasant surprise. With Medifast, anything's possible!

**Plan your surprise today.**

**Medifast.**  
Proven, Healthy Weight Loss.

**Diana lost 61 lbs\* on Medifast**  
Read Diana's story online at [GetMedifast.com](http://GetMedifast.com)

**get 28 FREE MEALS\*** MORE THAN \$67 IN SAVINGS!  
GetMedifast.com (800) 971-7301

\*First orders only. Minimum purchase required. Limit one per customer. Not valid with prior purchases, or any other promotions or discounts. See website for details. Offer expires 6/30/14. Consult your physician before beginning a weight-loss program.

**What's in *your* future?**

*“I lost 30 lbs by my wedding, and I felt fantastic!”*

Gretchen lost **60 lbs\*** on Medifast  
Read Gretchen's story online at [MedifastNow.com](http://MedifastNow.com)

Participant or guest, you want to look and feel your best. And Medifast has the proven plans and foods to help you get there—whether it's your big day or your big week. And we can help you keep it off for *life*. Start your future right now at [MedifastNow.com](http://MedifastNow.com).

**Medifast.**  
Proven, Healthy Weight Loss.

**get 28 FREE MEALS\*** MORE THAN \$67 IN SAVINGS!  
MedifastNow.com (800) 692-0114

\*First orders only. Minimum purchase required. Limit one per customer. Not valid with prior purchases, or any other promotions or discounts. See website for details. Offer expires 6/30/14. Consult your physician before beginning a weight-loss program.

medifast, inc.

Series of print advertisements designed for company's “You Year,” “Surprise Yourself,” and “What's In Your Future” campaigns. Circulation in various national publications.

Advertisements: full page (varies)



### sustainable operating practices

It is not just **what** you do, but **how** you do it that matters. Our planet must be protected, and waste must be minimized. At SAGE, we are committed to operating in a manner which involves the least impact on our environment, within the budget parameters provided.

This begins with our commitment to **scratch cooking**. We use fresh ingredients, sourced locally. The food is prepared fresh at every location. There is no central commissary; we do not ship food from site to site. Our product is at the peak of its flavor when prepared, and we minimize our carbon footprint in the process.

SAGE **seeks to minimize the use of processed foods** in our operations. Processed foods contain unwanted chemicals and additives, the production process harms the environment, and they are expensive to transport. Instead, we hire a team of talented chefs to produce meals the old fashioned way: from scratch. We believe freshly made food tastes better, retains more nutrients, and is safer for the environment.

SAGE purchases ingredients **in bulk**. We avoid single-serving containers. These containers come at an excessive price to the earth: their production spews contaminants into the environment, their transportation wastes fossil fuels and pollutes the air, and their disposal clogs our limited landfills. SAGE prefers to purchase in the largest quantity feasible, and to portion these appropriately at each location.

SAGE uses **recycled napkins, recycled roll towels, and electric dispensers** to reduce waste. SAGE encourages our clients to use **china, glass and silverware** for their dining service. These reusable containers are far more economical than disposable ware. We are working with suppliers to find economical sources of **biodegradable service ware, biodegradable trash bags, and trash compactors** to minimize the impact on the environment. Our managers work with waste companies and bottling companies to ensure our clients receive appropriate recycling receptacles. SAGE's District Managers welcome the opportunity to **participate in schools' sustainability committees**, bringing their expertise to the discussion.

SAGE managers are very careful in their stewardship of our clients' facilities. To minimize electrical usage, we do our best to run dish machines when they are full, turn on appliances only when needed, and turn off equipment after use.

Our planet. Our home. Our responsibility. Every action, great and small, has an impact on our world. In every operation, SAGE is trying to do what we can to protect the planet that sustains us all.

© 2008 SAGE Dining Services, Inc.

Initiation  
local food  
commitment to our people  
commitment to education  
operating practices  
initiatives to reduce waste  
corporate practices



### SAGE dining services

SAGE's Commitment to Sustainability booklet brochure. Multi-page booklet with various die-cuts and envelope. Saddle-stitched.

Booklet brochure: 8.5"x11" (closed) | 8.75"x19.75" (open)

# Ready, Set, Medifast

Important instructions to read regarding your Medifast Program



Fast



Safe



Simple



Portable



Long term



Proven, Healthy Weight Loss.

Visit us online at [MedifastNow.com](http://MedifastNow.com)



## The Medifast 5 & 1 Plan®

### 5 & 1

It's as simple as any 5 Medifast Meals and one Lean & Green™ Meal each day!



#### Medifast Meals

Each day, you choose five Meals from over 70 different choices. All of the Medifast Meals have a similar nutritional profile and are interchangeable (except the Maintenance Bars; limit yourself to one per day while on the Medifast 5 & 1 Plan®).



#### Lean & Green™ Meal

Each day, you also eat one Lean & Green™ Meal. Every Lean & Green™ Meal includes 5 to 7 ounces of lean protein, plus three servings of vegetables and up to two servings of healthy fats, depending on your lean protein choices.

### The "Lean"

Choose options that are grilled, baked, broiled, or poached—not fried.

**LEANEST**  
Choose a 7-oz portion (cooked weight) plus 2 Healthy Fat servings

**FISH**  
cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, wild catfish, tuna (yellowfin steak or canned in water)

**SHELLFISH**  
crab, scallop, shrimp, lobster

**GAME MEAT**  
deer, buffalo, elk

**GROUND TURKEY (or other meat)**  
≥ 98% lean

**MEATLESS OPTIONS**  
14 egg whites, 2 cups of EggBeaters™, 2 Boca Burgers (less than 6g of carbs each)

**LEANER**  
Choose a 6-oz portion (cooked weight) plus 1 Healthy Fat serving

**FISH**  
swordfish, trout, halibut

**CHICKEN**  
breast or white meat, without skin

**GROUND TURKEY (or other meat)**  
95 - 97% lean

**TURKEY**  
light meat

**MEATLESS OPTIONS**  
15 oz Mori-nu® extra-firm tofu (bean curd), 2 whole eggs plus 4 egg whites

**LEAN**  
Choose a 5-oz portion (cooked weight) —no Healthy Fat servings needed

**FISH**  
salmon, tuna (bluefin steak), farmed catfish, mackerel, herring

**LEAN BEEF**  
steak, roast, ground

**LAMB**  
PORK CHOP (or Pork Tenderloin)

**GROUND TURKEY (or other meat)**  
85 - 94% lean

**CHICKEN OR TURKEY**  
dark meat

**MEATLESS OPTIONS**  
15 oz Mori-nu® firm or soft tofu (bean curd), 3 whole eggs (limit to once a week)

For additional meatless choices, please refer to our Meatless Options list online.

### The "Green"

Select any three servings from the list below. Servings are ½ cup unless otherwise noted.

**LOWER CARBOHYDRATE**  
1 CUP  
collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

½ CUP  
celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

**MODERATE CARBOHYDRATE**  
½ CUP  
asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (zucchini or acorn)

**HIGHER CARBOHYDRATE**  
½ CUP  
broccoli, red cabbage, collard or mustard greens (cooked), green or wax beans, kohlrabi, okra, peppers (any color), scallops (raw), summer squash (cooked or straightened), tomatoes (raw, ripe), turnips, spaghetti squash, hearts of palm, jicama (cooked), Swiss chard (cooked)

#### Healthy Fats

Add 0-2 Healthy Fat servings daily based on your Lean choices.

#### Optional Condiments

For a comprehensive list of condiments, healthy fats, and portion recommendations, visit us online.

## Sample meal plans

Planning what you'll eat each day—and when—is an important key to success with the Medifast 5 & 1 Plan®. Below are two sample meal plans to give you an idea of how the plan can work for you. We recommend eating every two to three hours. Meal plans can be modified according to your own food preferences and schedule.

• Simply eat one meal every two to three hours and drink at least 64 ounces of water each day.  
• Since Medifast Meals are interchangeable, you can substitute any Medifast Meal for the suggested Meals.

DAY 1	
<b>BREAKFAST</b>	Medifast Eggs
<b>MID-MORNING</b>	Medifast Shake
<b>LUNCH</b>	Medifast Soup
<b>MID-AFTERNOON</b>	Medifast Cheese Puffs
<b>DINNER</b>	6 oz grilled chicken breast 1-½ cups cooked asparagus 1 tsp olive oil
<b>EVENING</b>	Medifast Shake

KEY: Medifast Meals, Lean, Green, Healthy Fats

DAY 2	
<b>BREAKFAST</b>	Medifast Oatmeal
<b>MID-MORNING</b>	Medifast Hot Drink
<b>LUNCH</b>	7 oz grilled tilapia coated with canola oil 2 cups mixed salad greens, ½ cup total diced tomatoes, cucumbers, and celery 2 Tbsp low-carb dressing
<b>MID-AFTERNOON</b>	Medifast Crunch Bar
<b>DINNER</b>	Medifast Soup
<b>EVENING</b>	Medifast Shake



My Medifast  
Online Community Support

On your weight-loss journey, caring support is powerful! Find it in your MyMedifast online community. You'll meet thousands of people on our program who are ready to welcome you and share experiences, laughs, challenges, and victories. Record and track meals, exercise and progress in real time!

Don't go it alone. Join today at [MyMedifast.com](http://MyMedifast.com)!

medifast, inc.

Brochure used to explain the Medifast program to all new clients. Placed in second and third shipped orders.

Booklet brochure: 8.5"x11" (closed) | 8.5"x11" (open)



**Medifast**  
WEIGHT CONTROL CENTERS®

**We fit.  
Try us first!**

Medifast is the *last* weight-loss program people try. That's because our success stories reach their goals with us and *don't* need another plan. Try us first, because we last.

[front]

**Medifast fits you.**

If you're looking for a safe, effective plan and quick weight loss, we're a perfect fit. Since 1980, the Medifast brand has been recommended by more than 20,000 doctors. Our products and programs have been proven safe and effective in clinical studies conducted by researchers from major university teaching hospitals.

If you're looking for support, Medifast Weight Control Centers fit. Our weight-loss counselors are trained experts who can see you through the journey to improved health with one-to-one weekly meetings, monitoring, and skills to help you reach your goals for the long term.

And because of our strong medical heritage, we even fit your special needs.

**We have custom plans for:**

- Seniors
- Teens
- Vegetarians
- Nursing mothers
- People on a gluten-free diet
- People living with gout
- People taking Coumadin® (Warfarin)

**Phases that fit.**

Your weight-loss journey with Medifast has three phases. The first, Active Weight Loss, features an easy-to-follow meal plan, individualized food choices, and healthy lifestyle discussions. You'll renew your commitment to your goals in a safe, comfortable environment. And even though it can be a challenge to replace old habits with new ones, you'll be supported through every step gained and every pound lost by your weight-loss Counselor.

You'll enter the second phase, Transition, when you've reached your weight-loss goal. Your nutrition and behavior counseling will make this a smooth ride toward healthy living. Here, we'll test your metabolism and calculate your specific caloric needs so that your weight will remain steady. And you'll continue to receive counseling to ensure your long-term success.

Finally, you'll move into the final phase, which we call Stay F.I.T. (Focused, In charge, and Transformed). You'll be welcomed into the Medifast family—where you fit—for life. From here, you can take advantage of support tools and services with a Stay F.I.T. membership. Focused, In charge, and Transformed is your new mantra!

**Lose weight with a clinically proven program and learn how to keep it off!**

**Try this on...**

**Get fitted for your success. New membership at Medifast Weight Control Centers begins with orientation, which includes:**

- Consultation with your weight-loss Counselor to set your goals
- Body composition analysis to monitor fat loss and lean muscle preservation
- Metabolic testing to determine your unique metabolic rate
- Baseline measurements—weight, height, blood pressure, and body measurements—to gauge your progress
- New member starter kit to give you the tools you need
- Medifast Meals and products to get you started losing weight right away.

**Lose weight and learn how to keep it off!**




[inside]

**If the plan fits...**

Simple, safe, effective, and fast weight loss, with the support to help you keep it off for life, fits everybody. Come see how Medifast looks on you.


**Dan lost 50 lbs\***



**“**

I finally have my life back. My confidence level has been restored. My mind and body have been rejuvenated.”

**Sallie lost 50 lbs\***



**“**

Medifast made losing weight easy. I'm continuing to lose and have a new lease on life.”

\*Results vary. Members can expect to lose 2-5 lbs per week for the first two weeks and 1-2 lbs per week thereafter. Consult your physician before starting a weight loss program.

[back]

medifast weight control centers


Brochure created to explain the benefits and features of Medifast to potential Medifast Weight Control Center clients. Included spot on back panel for Center Counselors to attach their business card.

Tri-fold brochure: 8.5"x11" (flat)

# SEE WHAT'S on the **MENU** at MEDIFAST

**NEW**


**Blueberry Muffin Soft Bake:**  
warm, fragrant blueberries baked into a sweet, healthy meal.



**Meal Replacements**

**NEW**

**Ziti Marinara:**  
al dente pasta smothered in zesty, long-simmered sauce.



**Meal Replacements**

medifast, inc.

Catalog designed for company held Investor Day in New York City. The booklet is a complete listing of all current Medifast products, and also showcased new products and initiatives to come. Saddle-stitched.

Catalog: 6"x6" (closed) | 6"x12" (open)

[View full catalog](#)

**{STILL NEWS}**  
*our oldies but goodies*

- BARS •**
  - Peanut Butter Choc. Chip Chewy Bar
  - Cookie Dough Chewy Bar
  - Caramel Crunch Bar
  - Chocolate Crunch Bar
  - Chocolate Mint Crunch Bar
  - Cinnamon Roll Crunch Bar
  - Fruit & Nut Crunch Bar
  - Lemon Meringue Crunch Bar
  - Oatmeal Raisin Crunch Bar
  - Peanut Butter Crunch Bar
  - S'more Crunch Bar
  - Strawberry Crunch Bar
  - Caramel Nut Maintenance Bar
- CRUNCHERS •**
  - BBQ Bites
  - Cheese Pizza Bites
  - Cinnamon Pretzel Sticks
  - Honey Mustard Pretzel Sticks
  - Chili Nacho Cheese Puffs
  - Parmesan Cheese Puffs
- CEREAL CRUNCH •**
  - Cinnamon & Brown Sugar Cereal Crunch
  - Mixed Berry Cereal Crunch
- EGGS •**
  - Original Style Eggs with egg whites
  - Southwest Style Eggs with egg whites
- HOT DRINKS •**
  - Calorie Burn Cappuccino
  - Cappuccino
  - Chai Latte
  - Hot Cocoa
- HEARTY CHOICES •**
  - Garlic Mashed Potatoes
  - Sour Cream & Chive Mashed Potatoes
  - Hearty Vegetarian Sloppy Joe
  - Macaroni & Cheese
  - Vegetable Chili
  - Ziti Marinara
- OATMEAL •**
  - Apple Cinnamon Oatmeal
  - Blueberry Oatmeal
  - Maple & Brown Sugar Oatmeal
  - Peach Oatmeal
- PANCAKES •**
  - Chocolate Chip Pancakes
  - Original Pancakes
  - Spiced Pancakes
- PUDDING •**
  - Banana Pudding
  - Chocolate Pudding
  - Vanilla Pudding

**SMOOTHIES**



Pomegranate Mango Triple Berry

**SOFT BAKES**



Blueberry Muffin Biscotti Chocolate Chip

**SOFT SERVE**



Chocolate Mint Coffee Mango Peanut Butter

**SOUPS**



Beef Vegetable Chicken Fennel Noodle Chicken & Wild Rice Maryland Style Crab Tomato Basil Soup





# RUN IT OFF

The NYC Marathon is one of the best known marathons in the country, and runners spend months preparing for the grueling demands of the course. So just how many calories will all of those runners burn on November 2? Medifast has counted them all and determined their food equivalents and some other fun NYC Marathon facts.

44<sup>TH</sup> NEW YORK CITY MARATHON  
NOVEMBER 2, 2014

**50,000**  
RUNNERS

RUNNING BURNS ~100 CALORIES PER MILE  
**x 2,600**  
CALORIES

**= 130 MILLION**  
TOTAL CALORIES BURNED\*

240 CAL  
**541,666**  
20-oz SODA BOTTLES

300 CAL  
**433,333**  
SLICES OF PIZZA

1970: THE 1<sup>ST</sup> NYC MARATHON KICKS OFF WITH 157 RUNNERS  
\* the entry fee was \$1+  
\* cost \$200 to organize \*

245 CAL  
**530,612**  
NYC PLAIN BAGELS

200 CAL  
**650,000**  
SCOOPS OF ICE CREAM

1977: 9-YEAR OLD WESLEY PAUL FINISHES IN 3 HOURS  
\* minimum age is now 18 \*

2011: GEOFFREY MUTAI WINS FASTEST EDITION 21:06:06  
\* course record set for fastest time \*  
\* 46,793 finishers \*

AVERAGE FINISH TIME  
**4:29:12**

Medifast

MedifastNow.com

\*The number of calories burned depends on weight and age. The illustration is based on 2,600 calories burned per marathon runner. The number of runners—50,000—is based on 2013 data.

<p>1 MEDIUM <b>TOMATO</b></p> <p><b>20</b> CALORIES</p> <p>A GOOD SOURCE OF: <b>VITAMINS</b> A C</p> <p>TRY SLICED WITH: HARD-BOILED EGGS FOR A PROTEIN RICH SNACK</p>	<p>1 MEDIUM <b>ORANGE BELL PEPPER</b></p> <p><b>25</b> CALORIES</p> <p>A GOOD SOURCE OF: <b>VITAMINS</b> A C POTASSIUM</p> <p>STUFF WITH: LEAN GROUND BEEF, REDUCED-FAT CHEESE &amp; SEASONINGS</p>	<p>1 CUP <b>SPAGHETTI SQUASH</b></p> <p><b>40</b> CALORIES</p> <p>A GOOD SOURCE OF: <b>VITAMIN</b> C</p> <p>TRY AS: A LOWER-CALORIE ALTERNATIVE TO PASTA</p>
<p><b>EAT YOUR VEGETABLES</b></p> <p>June 17th is National Eat Your Vegetables Day! Add some color to your plate with these nutrient-packed vegetables.</p>		
<p>1 1/2 CUPS <b>SPINACH</b></p> <p><b>40</b> CALORIES</p> <p>A GOOD SOURCE OF: <b>VITAMINS</b> A C K FIBER, FOLATE</p> <p>ADD TO: SALADS, SANDWICHES, SOUPS &amp; SMOOTHIES</p>	<p>1 CUP <b>EGGPLANT</b></p> <p><b>35</b> CALORIES</p> <p>A GOOD SOURCE OF: <b>VITAMIN</b> B FIBER, COPPER, MANGANESE</p> <p>TRY GRILLED WITH: REDUCED-FAT CHEESE SPRINKLED ON TOP</p>	<p>1 CUP <b>CAULIFLOWER</b></p> <p><b>25</b> CALORIES</p> <p>A GOOD SOURCE OF: <b>VITAMIN</b> C</p> <p>TRY MASHED: AS AN ALTERNATIVE TO MASHED POTATOES</p>

Medifast

MedifastNow.com

# HEART-HEALTHY SUPERFOODS

PACKED WITH HEART-HEALTHY NUTRIENTS THAT HAVE BEEN SHOWN TO REDUCE CHOLESTEROL, BLOOD PRESSURE, AND INFLAMMATION

**KALE**  
CONTAINS OMEGA-3 FATTY ACIDS AND VITAMIN C

**BLUEBERRIES**  
RICH IN ANTHOCYANINS, FIBER, AND VITAMIN C

**RED WINE**  
PACKED WITH THE ANTIOXIDANT RESVERATROL

**SALMON**  
AN EXCELLENT SOURCE OF OMEGA-3 FATTY ACIDS

**AVOCADO**  
PACKED WITH FIBER, AND MONOUNSATURATED FATS

## MATTERS OF THE HEART\*

**HARD WORKING**

YOUR HEART IS THE HARDEST WORKING MUSCLE IN YOUR BODY

**AROUND THE CLOCK**

EVERY 24 HOURS, THE HEART PUMPS APPROXIMATELY 2,000 GALLONS OF BLOOD

**FIST-SIZED**

THE AVERAGE ADULT HEART IS ABOUT THE SIZE OF TWO CLENCHED FISTS

**BEATING HEARTS**

WOMEN'S HEARTS BEAT FASTER AT 78 BEATS PER MINUTE VS. MEN'S HEARTS AT 70 BEATS PER MINUTE

Medifast

MedifastNow.com

\*Source: <http://my.clevelandclinic.org/services/heart/heart-blood-vessels/heart-facts>



Letterpress Wedding Invitation Suite designed for my wedding. Includes: Invitation, response card, outside envelope and response card return envelope.

Square Invitation: 6.69"x6.69" | Response Card: 3.0625"x5.3125"



medifast, inc.

Sports Nutrition bar wrapper and 12 count retail box packaging developed for private label brand—Dual Fuel™.

Bar Wrapper: 5.5"x6.5"

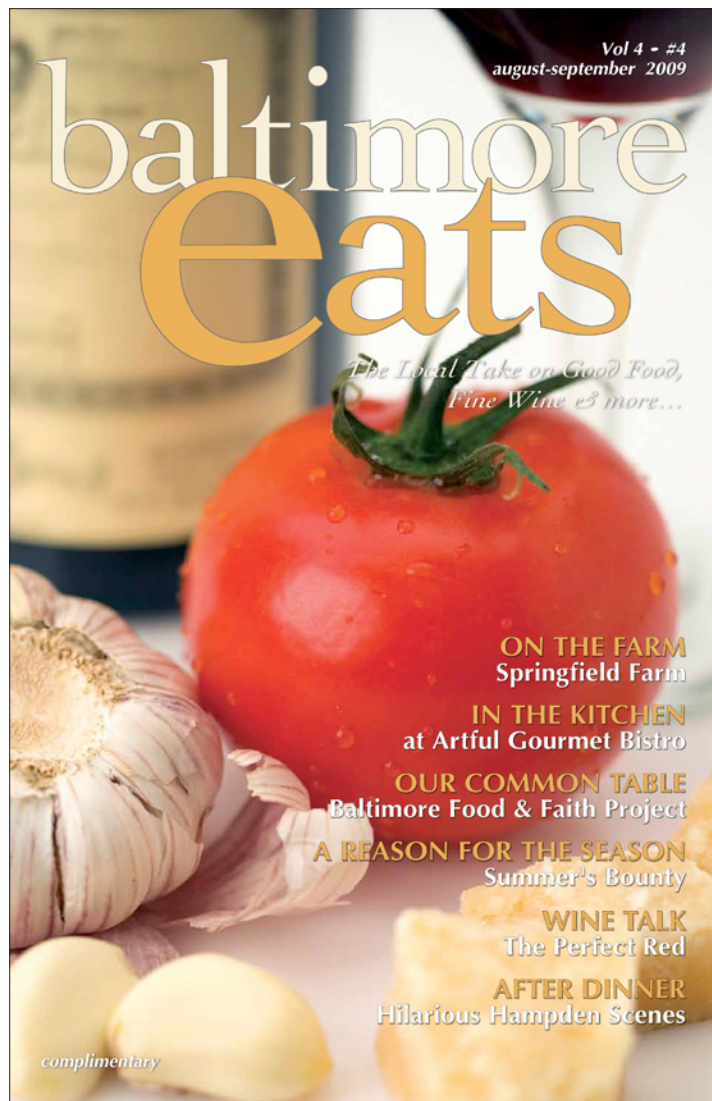
Retail Box (12 ct.): 7.5"x2.625"x6.125"



piggybank express, ltd.

Limited Edition Box designed for special line of hand painted piggy banks. Box incorporates elements from the volume-line box to allow for a streamlined image across the brand. Three different size boxes were produced.

Box Packaging: 6.5"x6.5"x5.7" (small)



baltimore eats magazine

Overhauled and enhanced the design and layout, and managed production for 32+ page bi-monthly print publication distributed in and around Baltimore, Maryland.

Print Publication: 5.5"x8.5"

**A REASON FOR THE SEASON**  
*by: Kerry Dunnington*

*I*T'S MY FAVORITE TIME OF YEAR BECAUSE SO MANY FOODS ARE in the height of their growing season. I relish the abundance. Zucchini, tomatoes, cucumbers, peppers and onions are just some of the vegetables available now. This nutritious, colorful bounty gives reason to showcase them in all sorts of different ways. Here are three favorite summer recipes that are representative of the season's glorious harvest.

**GAZPACHO**  
 Over the years I have prepared many renditions of the popular Spanish cold soup Gazpacho. This recipe, (featured in my forthcoming cookbook, *Planet, Kitchen, Table*) is my favorite. It differs from the traditional preparation method, half the vegetables are pureed which gives the soup base extra body. On those sweltering summer days when heavy meals don't appeal, this soup is all you need to satisfy, but if you want to serve with complementing sides, here are a few favorites; deviled eggs, Ciabatta bread, smoked white fish, steamed shrimp, cornbread and/or slices of grilled salmon, chicken or beef. Plan accordingly, the soup is best prepared in advance and should be served very cold.

- 2 large tomatoes, peeled, seeded, cored
- 1 large cucumber, peeled, seeds removed
- 1 medium onion, peeled & halved
- 1 green pepper, halved & seeded
- 4 garlic cloves, minced
- 3 cups tomato juice
- 1 Tbsp. olive oil
- A few dashes Tabasco sauce
- ¼ tsp. salt
- Several grindings fresh black pepper
- Croutons for garnish, if desired

In a food processor, combine one tomato, half the cucumber, half the onion, half green pepper and one cup of tomato juice. Puree until well-blended. Transfer to a large container. Chop the remaining tomato, cucumber, onion and green pepper. Add chopped vegetables, garlic, remaining two cups tomato juice, olive oil, salt and pepper to puree mixture, stir until well combined. Chill until ready to serve. Garnish with croutons if desired. **Serves 6**

**WARM ZUCCHINI SALAD**  
 The secret to this delicious, unique, crowd-pleasing dish is the warm dressing tossed with the room temperature vegetables. This technique barely wilts them turning out a dish with a welcome and unusual texture.

- 2 medium zucchini, unpeeled, cut into thin julienne strips
- 1 small red pepper, cut into thin julienne strips
- 2 medium shallots, thinly sliced
- ¼ cup olive oil
- ½ cup walnuts, chopped
- 2 Tbsp. seasoned rice vinegar
- ¼ tsp. salt
- 1 tsp. sugar
- Salt and pepper to taste

In a large bowl, toss zucchini with red pepper and shallots. In a sauté pan over medium heat, heat oil and sauté walnuts for about 5 minutes, stirring frequently being careful not to burn. Remove from heat and stir in vinegar, sugar, season with salt and pepper. Pour warm dressing over zucchini and toss. Serve immediately. **Serves 4**

**SHRIMP WITH PASTA AND BASIL**  
 This dish is summer simplicity personified, because for me nothing speaks more volumes than fresh summer basil and Maryland tomatoes. In this colorful main entrée you will find a tasty combination of flavors. Plan accordingly, the pasta and shrimp are best prepared in advance.

**DRESSING**

- 3 cups fresh basil leaves
- ½ cup olive oil
- ¼ cup seasoned rice vinegar
- Salt and pepper to taste

**PASTA**

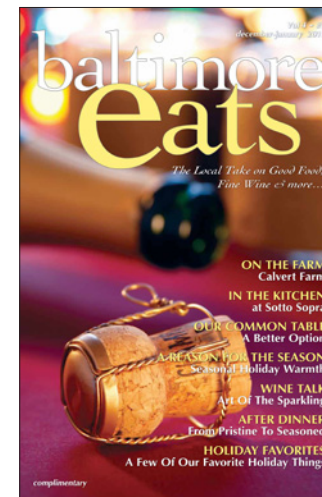
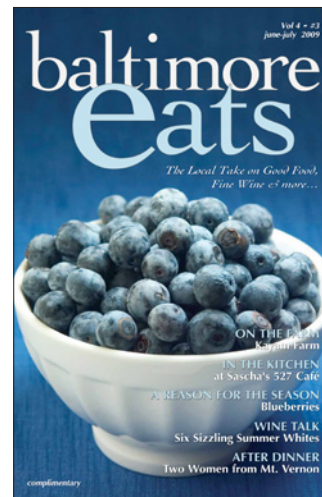
- ½ lb. bow tie pasta cooked & cooled
- 1½ lbs. large shrimp steamed, peeled & deveined
- 2 cups fresh cooked or frozen peas, thawed
- 2 large ripe tomatoes cut into bite-size chunks

Combine all dressing ingredients in a food processor and process until fully incorporated. In a large bowl, combine pasta, shrimp, peas and tomatoes. Just before serving, toss pasta with dressing. **Serves 6**

Kerry Dunnington is the author of *This Book Cooks*. Her forthcoming cookbook *Planet, Kitchen, Table* is expected to be on bookstore shelves soon.

**Kerry Dunnington Catering**  
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# CHEW ON THIS...

## Simple Steps to Save the World

Garbage, smog, polluted waterways, pesticides, runoff, deforestation, and landfills. Things start looking pretty bad when you think about the damage we're doing to the Earth. Want to feel better about things? Here are six simple steps you can take to begin to turn the tides. You can do these things TODAY!

**1 Ditch bottled water.** Purchase a water filtering pitcher or a filter for your faucet. Buy a few reusable water bottles. Fill them up, throw them in the fridge and grab them when you head out the door. *Added bonus:* You'll be saving money!

**2 Hibernate for awhile.** Change your settings so that your computer makes the most out of features like hibernation mode and sleep mode. *Added bonus:* This could extend your computer's life by reducing wear and tear.

**3 Grab your running shoes.** Parking on campus can be nearly impossible. If you live nearby, consider walking to campus. If you commute, tuck your running shoes into your bag and walk or take the bus from one side of campus to another. *Added bonus:* You get some exercise!

**4 Paper or plastic?** You've already got a book bag, a gym bag, an overnight bag, and a carry-on bag. Why not add a couple of stylish, fun grocery bags to your collection? Canvas or mesh bags are a great way to transport stuff home after that quick trip to the grocery store. *Added bonus:* Your own tote is so much cuter than that opaque plastic bag.

(over)

[front]

**5 Snack packs!** Packaging counts! Single-serve packages are convenient but so wasteful. They cost more ounce for ounce, too! Break down snacks like pretzels, chips, yogurt, cheese, and canned fruit into snack-sized reusable containers. *Added bonus:* You'll always have a healthy snack on hand!

**6 Printer malfunction?** Recycle! You thought you selected to print just the current page but instead all 48 pages came out. Instead of tossing those extra pages, use them again. Keep a stack of this "junk" paper near your printer and print drafts, directions, menus, and coupons on them. *Added bonus:* Save money and trees by stretching out your paper.

### for more ideas check out these resources:



- **Earth Share**  
[www.earthshare.org](http://www.earthshare.org)
- **National Geographic: Green Guide**  
[www.thegreenguide.com](http://www.thegreenguide.com)
- **The Daily Green**  
[www.thedailygreen.com/going-green](http://www.thedailygreen.com/going-green)

Chew On This is a series that focuses on topics of social and culinary interest. Brought to you by SAGE Dining Services®.

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## SAGE dining services

College level marking pieces created to present rotating topics of social and culinary interest. Cards were displayed in dining halls. Includes "bite" die-cut. Rack Card: 4"x9"



### CHEW ON THIS...

## Calories & The Clock

Ask celebrities, and they will tell you the secret to their fit physiques is not eating past a certain hour. Ask a dietitian, and she will tell you the secret to maintaining a healthy weight is energy balance: **calories in = calories out.**

**myth:** Weight gain and weight loss are determined by the total number of calories you take in versus the amount of calories you burn. Calories don't add up more quickly if you eat them after a certain time of day.

**fact:** The whole myth about eating after a certain hour is probably based on the idea that people are more likely to make unhealthy choices later in the evening when they are tired and stressed. If you haven't eaten much during the day, night time noshing could lead you to binge on whatever tempting treats are around you.

Start with breakfast and eat well-balanced meals and snacks throughout the day. Pack healthy snacks like granola bars, dried fruit, and nuts in your back pack for days when there is little time to sit down and eat. That way, you'll be less likely to clean out your fridge or polish off an entire pizza while you're burning the midnight oil.

### CHEW ON THIS...

## Caffeine Buzz

There are coffee shops on every corner, countless energy drinks in every store, and soda machines in every lobby. As your list of class assignments grows longer and your social calendar becomes increasingly crammed, it's no wonder busy students like you turn to caffeine to make it through the day.

The good news is that having 200 to 300 mg of caffeine a day may make you more alert and give you a temporary boost in mood and energy. The bad news is that too much caffeine can cause jitters, headaches, anxiety, and difficulty sleeping. Check out the estimated caffeine content\* of some common beverages and foods to make sure your caffeine intake is within a safe range (less than 300 mg per day).

Brewed Coffee	8 oz	160 mg
Espresso	1 oz	75 mg
Brewed Tea	8 oz	50 mg
Hot Cocoa	8 oz	10 mg
Energy Drinks	8 oz	80 mg
Mountain Dew™	12 oz	55 mg
Colas	12 oz	40 mg
Dark Chocolate	1 oz	20 mg
Milk Chocolate	1 oz	5 mg
Caffeinated Gum	1 stick	33 mg

Thinking about cutting back on your caffeine intake? Do it gradually so that your body has time to adjust.

\*Estimated caffeine content is based on information from the Centers for Science in the Public Interest: <http://www.cspinet.org/new/calchart.htm>

### CHEW ON THIS...

## Translation, please?

The waiter approaches the table to take your order and your heart starts to race. You can't pronounce anything on the menu, you're not even sure what half of the items are! Relax, we've got you covered. Here's a breakdown of some popular menu items.

**Starters**

**Caprese<sup>1</sup>** Salad on a Bed of **Arugula<sup>2</sup>**.....Fresh mozzarella, tomatoes, basil and olive oil on a bed of peppery, bitter lettuce.  
<sup>1</sup>(Cah-PRAY-say), <sup>2</sup>(ah-ROO-guh-lah)

**Edamame<sup>3</sup>** with Sea Salt.....Soybeans in the pod with salt.  
<sup>3</sup>(ed-UH-ma-may)

Toasted **Quinoa<sup>4</sup>** Salad.....A chewy whole grain that is toasted, mixed with a vinaigrette dressing.  
<sup>4</sup>(KEEN-wah)

**Entrées**

**Portobello<sup>5</sup>** Burger with **Asiago<sup>6</sup>**.....A large mushroom that is grilled and put on a bun with a nutty, shredded cheese (similar to Parmesan).  
<sup>5</sup>(por-toh-BEHL-loh), <sup>6</sup>(Ah-see-ah-go)

**Buffalo Mozzarella<sup>7</sup>**, Tomato, and Basil on **Ciabatta<sup>8</sup>** (chuh-BAH-tah).....Fresh mozzarella (containing at least some milk from buffalo), tomato, and fresh basil leaves on a crusty roll.  
<sup>7</sup>(bah-tsoh-REHL-ah), <sup>8</sup>(chuh-BAH-tah)

**Ahi Tuna<sup>9</sup>** with **Pico de Gallo<sup>10</sup>**.....A high grade variety of tuna that has been partially cooked, topped with a chunky, citrus-flavored mild tomato salsa.  
<sup>9</sup>(AH-HEE), <sup>10</sup>(PEEK-o DAY GUY-o)

Strip Steak with **Chipotle<sup>11</sup>** **Aloli<sup>12</sup>**.....Steak with a smoky, mildly hot pepper-flavored garlic mayonnaise sauce.  
<sup>11</sup>(cha-POTE-lay), <sup>12</sup>(eye-oh-lee)



Jaime is very organized and because of this, she was able to work efficiently with us in getting a print magazine to the printer, with virtually no errors at time of proofs. Her pleasant disposition, coupled with her attention to detail makes Jaime very easy to work with under pressures of deadlines and timelines.

— CELESTE CORSARO, DIRECTOR OF OPERATIONS, *BALTIMORE EATS MAGAZINE*



Jaime is a take-charge person who is able to present creative ideas... she was instrumental in developing fresh, new looks for multiple sales materials.

— MAURA McCOY, SAGE DINING SERVICES



Jaime is dependable, organized and hard working...always has a positive attitude and is open to new ideas and ready to follow direction. Her cheerful and go get them attitude and upbeat personality makes her a great person to work with.

— BRYAN BERNSTEIN, CORPORATE CHEF, SAVAL FOODSERVICE



The quality of work she produced from day one raised the bar from what we had done previously.

— DAVID KONE,  
SAVAL FOODSERIVCE



Jaime is attentive to detail, extremely well organized, and can work effectively under tight deadlines. She can creatively see a project through from concept to design and production...has excellent communication skills which have been beneficial in working with both clients and vendors.

— KARYN HARRIS, MARKETING DIRECTOR, SAGE DINING SERVICES, INC.