

Bite by Bite

Bayfront Health

March 2023

ORLANDO
HEALTH®



Celebrating Pi Day Our Way

Pi Day is celebrated on March 14th for the math symbol used to represent a constant, and as your Food and Nutrition department, we want to be constant in demonstrating our appreciation for your partnership. To celebrate, we held **PIE DAY** in our retail area with a variety of decadent pies. In addition to dessert pies, we offered pizza **pies** and chicken pot **pie** soup. Guests loved the different options and enjoyed choosing their flavor of pie and toppings to finish off the treat.

National Nutrition Month Fun Booth

Amy Bliz, Clinical Nutrition Manager; Lisa Hawkins, Registered Dietitian and Lily Tuceriaron, Dietetic Intern showcased National Nutrition Month in the cafe. They answered nutrition questions, shared heart healthy recipes, and staff and guests were challenged to a friendly competition of "Guess the Bean" to win healthy snacks and prizes. Did you know beans contain several vital nutrients, including folate, which is essential for overall health?



↑ 63.3%

QUALITY



75%

COURTESY



↑ 48%

SALES

“

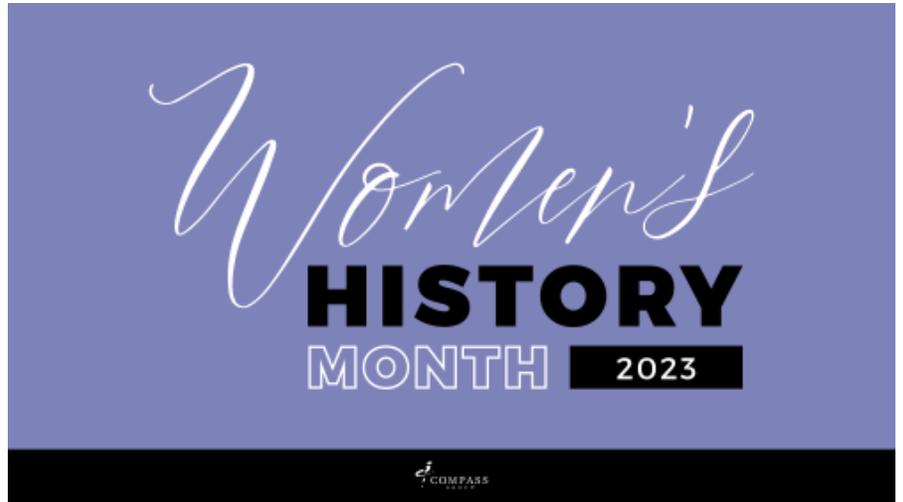
The people who take care of my food have lovely demeanors. I love the food and it comes to me hot every time.

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Celebrating Registered Dietitian Nutritionist Day

Celebrated in March during National Nutrition Month, Registered Dietitian Nutritionist Day brings awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives. Our VP of Nutrition & Wellness, Peggy O’Neill, commended our dietitians on the “grit and perseverance to making sure the patients we serve each and every day get the best nutrition care possible.” Thank you to our RDNs, Amy Bliz, Lisa Hawkins, Breanna Rojem, Katelyn McSorley, Renee Lafferman, Lisa Kassak Weiss, Sandy McGlothlin, Jennifer Marshall, Hannah Keltner, Anjelica Giuffrida and Aria Hetzendorfer!



Women’s History Month

Women’s History Month celebrates the achievements and contributions women have made over the course of American history and the vital roles they play. Across the month, Compass Group focuses on storytellers and highlights women team members and leaders who tell stories through food, communication, art and more. Compass featured the 2023 Women in Culinary Showcase, providing a platform for 23 amazing culinarians to be celebrated for their extraordinary talents. Thank you to all the women here in culinary and leadership.



Strawberry Shortcake Soiree

Our retail team celebrated the end of the annual Strawberry Festival in our café with a build your own shortcake bar. Patrons had the opportunity to treat themselves to fresh strawberries drizzled over pound cake and from the feedback we received, they loved the options and enjoyed making their own sweet dessert.

Black Bean, Avocado & Mango Salad



FEATURED
RECIPE

Ingredients:

Yield: 12 servings

16 oz black beans, canned, drained

12 oz mango, fresh, diced

10 oz avocado, fresh, cubed

2 oz red onions, fresh, diced

1/2 cup cilantro, fresh chopped

3/4 tsp kosher salt

1/4 tsp black pepper, ground

1/4 cup lemon juice

4 tbsp canola oil



Instructions

1. Combine ingredients in a large bowl.
2. Mix gently.
3. Serve with tortilla chips, over rice, or as a side dish!

Nutrition Facts (3/4 Cup)

- 130 kcal
- 3g protein
- 13g carbohydrate
- 8g fat
- 5g dietary fiber



Meet the Team



Renee Lafferman, Outpatient Dietitian

Renee provides nutrition counseling to our Bariatric surgery patients. She has also recently expanded to the Bayfront Digestive Health Institute, Family Medicine Clinic and the OB/GYN Residency Clinic. Thank you for all you do to support our patients, Renee!