

November 2024

PRESENTED BY



TODAY'S EXPERTS



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Business Development Director



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Director of Culinary & Innovation

Our Mission. Your Vision.

Our extraordinary team of professionals deliver innovative culinary experiences uniquely tailored for each customer and local community we serve.

Community Meals Ingredients for Success



Exemplary
service &
proven
reliability



Culinary
innovation

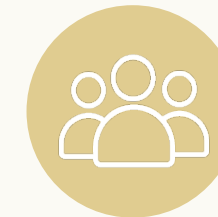


Local teams
supported by
global
resources

Core Principles



Purpose



People



Programs



The Power of TRIO



Leading Senior Meal Provider

With over 50 years of experience



125 Million Produced Annually

Nourishing people with nutritious, delicious meals



1,900+ Team Members

Prepare, package, and deliver meals daily



50 Distribution Centers

Centrally located to deliver quality, nutritious, and wholesome meals



647 Customers

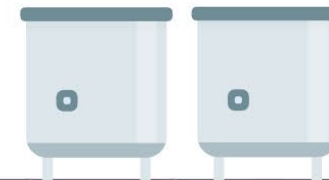
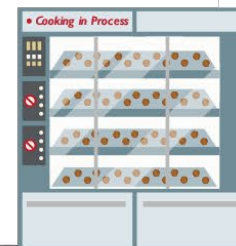
Across 37 states with the capability to serve 49 states

2024 Retention Rate: 97.7%

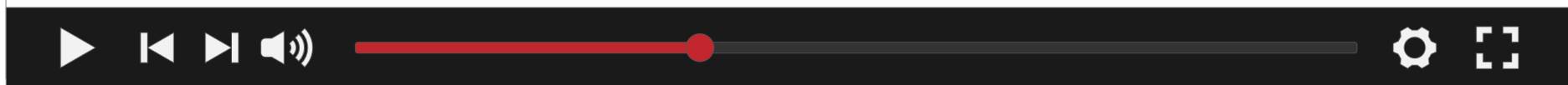


Service Capabilities

Freshly Prepared
Frozen
Shelf-Stable
Medically-Tailored
Special Diet
Emergency
Culturally-Inspired



GLOBAL BITES & NUTRITIONAL INSIGHTS



BOOST YOUR GUT HEALTH



CHICKEN BRATWURST WITH WARM POTATO SALAD AND GERMAN SAUERKRAUT

288 CALORIES • 27.6 CARBS • 19.3G PROTEIN • 12.2G FAT • 76MG CHOL • 868MG SODIUM • 3.3G FIBER • 46MG CALCIUM

RECIPE SERVES 4

Ingredients for Bratwurst

4 x 3 oz chicken bratwurst

Procedure for Bratwurst

1. Boil chicken bratwurst until cooked and place on a towel to dry before baking.
2. In a preheated oven at 400 degrees, bake bratwurst on a tray until golden brown.

Ingredients for Potato Salad

1 lb potatoes, peeled & sliced
1 tsp olive oil
2 Tbsp chopped, cooked turkey bacon
2 Tbsp onions, chopped
1 Tbsp apple cider vinegar
2 Tbsp plain yogurt
1 Tbsp fresh parsley, chopped
¼ tsp black pepper

Procedure for Potato Salad

1. Boil potato and cool.
2. In a small sauté pan add oil, bacon and onions. Cook for about 1 minute until onions are translucent.
3. In a medium mixing bowl, add all the ingredients and mix well.

Ingredients for Sauerkraut

1 tsp olive oil
2 Tbsp onion, sliced
1 Tbsp fennel seeds
12 oz sauerkraut, canned
2 Tbsp apples, diced

Procedure for Sauerkraut

1. In a small pot add olive oil, fennel seeds and onion. Cook for about 1 minute.
2. Add sauerkraut and let it heat up before adding the apples at the end.



GERMAN CUISINE: A HEARTY AND FLAVORFUL TRADITION



Key Ingredients

Meats: Pork, beef, and poultry are staples in German cuisine, with sausages (Wurst) being iconic.

Vegetables: Potatoes, cabbage, and root vegetables such as carrots and turnips are common.

Grains: Bread (Brot) plays a major role, with over 300 types of bread. Whole grains like rye and barley are popular.

Dairy: Cheeses and butter are widely used, particularly in regions like Bavaria.

Herbs and Spices: Common seasonings include parsley, dill, juniper berries, and mustard.



Culinary Techniques

Pickling: Pickling cabbage to make sauerkraut and cucumbers for pickles is a traditional technique.

Roasting and Stewing: Meats are often slow-cooked in hearty stews or roasted for rich flavors.

Baking: Bread-making is a cornerstone of German cuisine, with a strong focus on whole grains.

Fermentation: Sauerkraut and other fermented vegetables are staples, particularly in the colder months, and are integral to traditional German diets.

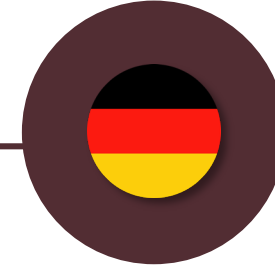


Healthy Benefits

Gut Health: The heavy use of fermented foods like sauerkraut supports gut health by providing probiotics, which aid in digestion and help maintain a healthy gut microbiome.

Fiber-Rich: Whole grain breads and root vegetables provide dietary fiber, supporting digestive health and promoting satiety.

High in Protein: Meats and dairy contribute to the high-protein content of German diets, which is important for muscle maintenance, especially in older adults.



Cultural Significance

Regional Variations: German cuisine varies by region, with Bavaria known for heartier, meat-based dishes and the Rhineland favoring lighter fare.

Tradition and Celebrations: Food is central to German festivals such as Oktoberfest, where dishes like sausages, pretzels, and beer are celebrated.

Heritage: Bread-making and fermented foods like sauerkraut are deeply rooted in German heritage, symbolizing self-sufficiency and sustainability in food practices.

ASK A DIETITIAN



What are some easy ways older adults can improve their gut health through diet?

Older adults can improve gut health by eating more fiber-rich foods like fruits, vegetables, and whole grains. Adding probiotic-rich foods like yogurt or fermented vegetables and staying hydrated also helps. Limiting processed foods and sugar is key.



Which foods should seniors avoid if they have digestive issues or an irritable gut?

Seniors should avoid highly processed, fried, and sugary foods, as well as carbonated beverages and spicy foods. These can disrupt gut bacteria and worsen digestive issues.



How can fermented foods, like yogurt or sauerkraut, support gut health in older adults?

Fermented foods provide probiotics that help balance gut bacteria, aiding digestion and boosting nutrient absorption. Regular consumption of foods like yogurt or sauerkraut can support a healthy gut microbiome.

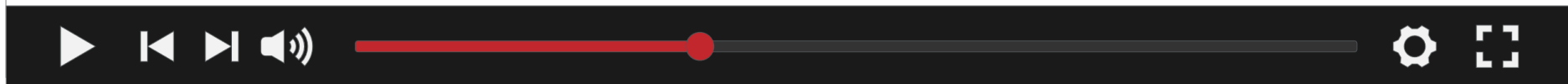


What are the gut health benefits of traditional German foods like sauerkraut and rye bread?

Sauerkraut is rich in probiotics that improve digestion, while rye bread provides fiber, supporting regular bowel movements and feeding beneficial gut bacteria.



GLOBAL BITES & NUTRITIONAL INSIGHTS



Mediterranean Cuisine: A Celebration of Flavor and Health



Key Ingredients

Olive Oil: The cornerstone of Mediterranean cooking, used for its flavor and health benefits.

Fresh Vegetables and Fruits: Staples include tomatoes, cucumbers, lemons, and a wide array of leafy greens.

Herbs and Spices: Fresh and dried herbs like oregano, basil, and mint are essential for their vibrant flavors.

Proteins: Lean meats like chicken and lamb, seafood, legumes, and dairy products like yogurt and cheese form the protein base.

Grains: Whole grains and pulses, including breads and pastas, are integral to the diet.



Culinary Techniques

Grilling: Used extensively, especially for meats and vegetables, to enhance natural flavors without adding fat.

Marinating: Ingredients are often marinated with herbs, spices, and olive oil to infuse them with flavor before cooking.

Salad Making: Fresh salads are a daily feature, celebrating the seasonal produce available.



Healthy Benefits

The Mediterranean diet is linked to a lower risk of heart disease and other chronic conditions due to its focus on heart-healthy fats and high fiber content.

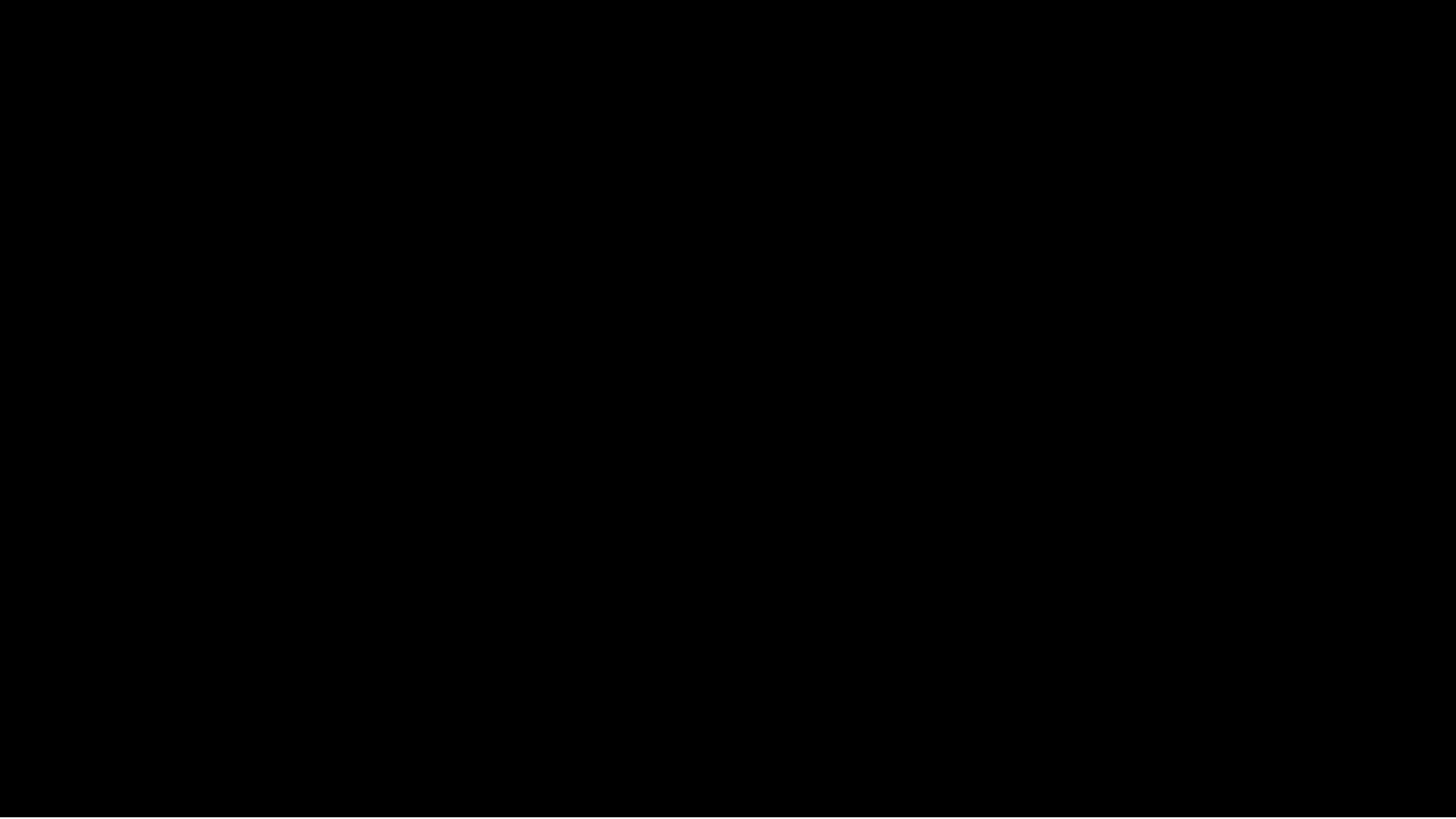
It promotes longevity and has been associated with a reduced risk of many lifestyle-related health conditions.



Cultural Significance

Meals are viewed as a time to gather and enjoy food with family and friends, reflecting a lifestyle that emphasizes leisure and relationships.

The cuisine is a testament to the region's rich cultural diversity and history, blending flavors across continents.



Mediterranean Chicken Souvlaki with Tzatziki Sauce and Lentil Tabbouleh

Recipe Serves 8
Amount Per Serving

Calories 285

Total Fat 18.7g

Cholesterol 42mg

Sodium 123mg

Total Carbohydrate 15.6g

Protein 14.5g

Calcium 94mg

Fiber 2.6mg

Ingredients:

Chicken Souvlaki:

- 1 lb chicken thighs, boneless, skinless
- 2 oz olive oil
- ¼ cup lemon juice
- ¼ cup red wine vinegar
- 2 Tbsp garlic, chopped
- 2 Tbsp oregano, dry
- 2 Tbsp chicken base
- 1 tsp coarse ground pepper
- 2 Tbsp parsley, chopped

Tzatziki Sauce:

- 1 ½ cups Greek yogurt
- ¼ cup English cucumber, seeded, finely diced
- 2 Tbsp fresh garlic, finely minced
- ¼ cup lemon juice
- 2 Tbsp olive oil

Lentil Tabbouleh

- 2 cups cooked lentils
- 1 tsp garlic, chopped
- 2 Tbsp green onions, chopped
- ¼ cup cucumbers, diced
- ½ cup tomatoes, diced
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 Tbsp almond slivers
- 1 Tbsp fresh parsley, chopped
- 1 Tbsp fresh mint, chopped

Procedures:

1. Prepare Chicken Souvlaki:

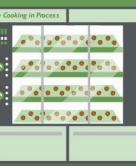
- Make marinade by mixing all the ingredients except chicken.
- Place chicken thighs in medium bowl and top with the marinade.
- Mix well and place in refrigerator.
- Place on sheet pan and bake in preheated oven at 375 degrees for 18-20 minutes.

2. Make Tzatziki Sauce:

- Place yogurt in a small bowl.
- Add cucumber, garlic and lemon juice.
- Mix until blended.
- Drizzle with olive oil before serving

3. Prepare Chickpea, Cucumber & Tomato Salad:

- In a medium bowl mix all the above ingredients.
- Let the tabbouleh mixture sit for about 30 minutes to absorb all the flavors before serving.





THANK YOU



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