

WORKING

Food for Thought

True Tales From the Workplace

By Haidee E. Allerton

Latte, Sir!

Bagram Air base in Afghanistan has a Starbucks.

Well, it's not an official Starbucks, but the little makeshift plywood shack does boast the sign, "Starbucks Is Open." There's no heat, no comfy sofas, but the coffee *is* from Starbucks and the baristas are former Starbucks employees, now in the service, who have volunteered their time to operate the espresso machine.

Starbucks, fully aware of this outlaw outpost, says it has no problem with

the use of its name. The nearest real Starbucks is in Kuwait.

Scott Matthews, a member of the California Guard, thought of the idea, ordered the coffeemaker on the Internet, and got his sister and her co-employees, who work at a Starbucks in California, to donate the beans.

It can take supplies a long time to reach the base, so the "Starbucks" often has to close in-between deliveries.

When it's open, the lines are long. Matthews is now trying to figure out how to open a "Krispy Kreme" on base

WORKING

even though it might be a problem keeping the donuts fresh in transit.

<»)Source/the Washington Post

Burned!

Apparently, the chef in the company cafeteria at ABE pipe manufacturing in Sweden was so good that he got fired. Word got around about the wonderful food, so the cafeteria was always crowded. The trouble was, many of the diners did not work at ABE. The company felt it had no choice but to let him go.



Desktop Dining

Here are some tips for brown-bag lunches, from the American Dietetic Association and the ConAgra Foods Foundation:

1. Fewer than half of Americans polled say they always wash their hands before eating. *Always* wash your hands before handling or consuming food. If you don't have soap and water, keep your desk stocked with moist towelettes or a bottle of hand sanitizer.
2. The average office fridge is cleaned every six weeks, more than long enough for food to spoil. Don't wait. Toss your leftovers within three to five days.
3. If you're packing such perishables as meat, cheese, salads, or dairy foods, don't let more than two hours pass from the time you make your lunch at home till you put it in the office refrigerator.
4. Don't keep lunchtime leftovers at your desk. Refrigerate even if you're taking them home later.
5. Make sure the office fridge temperature is below 40 degrees Fahrenheit.
6. At least once a week, nearly three out of five Americans polled eat food left out in the office to share. Make sure you know how long such offerings have been left out. If it's more than two hours, you may not want to indulge.

Bon appetit!

Reality Check

89 Percentage of workers who snack on the job

16 Percentage of people who admit to stealing snacks from co-workers

<»)Source/Health magazine