



# Coffee Break

Brewing up the latest news to you

by Rosie Unger

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## Coffee Corner

### Coffee News & Now Tea!

#### The 4000 Year Old Secrets of Green Tea

The Chinese have known about the medicinal benefits of green tea for over 4,000 years. But recent studies are just starting to unlock these ancient secrets of green tea.

Today, a great deal of research is being carried out about green tea health benefits and the findings are very exciting. Here are just a few medical conditions that drinking green tea is reputed to be helpful with:

- Cancer
- Rheumatoid arthritis
- High cholesterol levels
- Cardiovascular disease
- Infection
- Impaired immune function
- Controlling high blood pressure
- Lowering blood sugar

Researchers believe the real secret of green tea lies in the fact that it is rich in EGCG which is a powerful anti-oxidant. EGCG has been found to kill cancer cells without harming healthy tissue.

Ask your Café to You team member for Green Tea Today.



Café to You by Goodman has the perfect option for your coffee service. FLAVIA offers gourmet, fresh teas, hot chocolates and specialty drinks such as cappuccino, mochaccinos, and lattes to relax and refresh your busy day.

Flavia is a perfect work partner! Call Today

October						
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Delivery Schedule

## Coffee Humor

At the data-entry company where I work, the other operators and I share a coffeepot. One morning I took it into the ladies room to fill it with water. Then I began preening in the mirror, brushing my hair and reapplying some makeup. I didn't realize how long I'd been until someone slid a note under the door. "You win," it read. *Any ransom demand will be met. Just release the coffeepot.*"

I pulled up to the drive-thru of a fast-food restaurant and ordered coffee. I asked the clerk to put some ice cubes into the cup so that I could drink the cool coffee quickly. At the window, there was a delay. Finally, the clerk came to the window looking frustrated, and announced, "I'm having a problem. The ice keeps melting."



"Say when."

## What's New!

Café to You and FLAVIA think fresh!

We are now a TEAM!  
Single Serve Coffee System

Keep your office in tune, with the finest selection of gourmet coffees, teas and healthy single-serving drinks anywhere. From the company who invented it—FLAVIA®. From indulgent, rich cappuccinos and delicious Milky Way® Lattes, to perk-you-up teas and drinks, FLAVIA® Drinks Stations make them all. Right in your office.

With its stunning looks & compact design the FLAVIA® Creation 400 brewer can take pride of place in any office with over 30 people and our Creation 200 for under 30 employees. Our unique system brews direct and pure from pack to cup. No need for cleaning between drinks, fresh and fun, and none of the hassle.

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