



# Coffee Break

Brewing up the latest news to you

by Tony Buckholz

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## Coffee Corner

### More Facts About Coffee You Never Knew

1. Coffee was originally a food. Coffee berries were mixed with fat to create an energy-rich snack ball. It was also consumed as a wine when made from the pulp of coffee berries.
2. Coffee is actually a fruit. Coffee beans are actually the pits of a cherry-like berry that are grown on bushes. Even though coffee is actually a seed, it's called a bean because of its resemblance to actual beans.
3. New Yorkers drink almost seven times as much coffee as the rest of the U.S.
4. Coffee stays warmer when you add cream but when you add milk, it weakens the effects of caffeine. Coffee with added cream cools about 20% slower than plain black coffee. Our bodies absorb coffee much slower when it has added milk content, which decreases the stimulants.
5. There are two types of coffee beans, Arabica and Robusta. Seventy percent of coffee beans are Arabica. Although less popular, Robusta is slightly more bitter and has twice as much caffeine.



## Coffee Humor

### A Thoughtful Valentine's Day Gift

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day. "Yes," came the answer from Tony who was a bit of a chauvinist, "I've bought her a belt and a bag." "That was very kind of you," Jim added, "I hope she appreciated the thought." Tony smiled as he replied, "So do I, and hopefully the vacuum cleaner will work better now."



### More Ways To Know You Drink Too Much Coffee

- The only gift you get for Valentine's Day is chocolate-covered coffee beans.
- You walk twenty minutes on your treadmill before you realize it's not plugged in.
- The only kitchen appliances you own are made by Mr. Coffee.
- You can't even remember your second cup.
- You help your dog chase its tail.
- You go to sleep just so you can wake up and smell the coffee.

### Communication:

We want to again remind all of you, if you have any concerns or issues, please make your team member aware of it. We cannot fix something we do not know is broken. Diane does a really good job for Café To You, but she does not have access to all of you. Contact [info@goodmanvending.com](mailto:info@goodmanvending.com) or call 610-926-8363.

### Referral Program:

If you refer our coffee services to another business we will in turn give you personally a case of Café to You Coffee. The best way to refer is to email [info@goodmanvending.com](mailto:info@goodmanvending.com), or you can call the office 800-328-3631, or even let our coffee team member know. We sign you WIN!



### Flavia One cup at a time!

Fresh Brewed Cappuccino, Lattes, and Dove Hot Chocolate

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**1-800-328-3631**

### Single Serve Pod Systems

100% Colombian, Donut Shop Blend, Izzy's Blend, French Roast Sumatra, French Vanilla & Hazelnut, 100% Colombian Decaf, French Vanilla, Hazelnut

## Delivery Schedule

February							March						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6			1	2	3	4	5
7	8	9	10	11	12	13	6	7	8	9	10	11	12
14	15	16	17	18	19	20	13	14	15	16	17	18	19
21	22	23	24	25	26	27	20	21	22	23	24	25	26
28	29						27	28	29	30	31		