

March 14, 2011

**Parkhurst dishes out FREE samples on March 16;  
welcomes visiting chef at Jacob's on March 17**



This Wednesday, March 16, stop by Town Square from 11:30 a.m. to 1:00 p.m. to taste test (while supplies last) two of the new healthy food options being offered by Parkhurst, our dining services vendor, as part of the new Live Well program:

- Black bean burger sliders with charred tomato-guajillo salsa
- Citrus-wheat berry salad

These items adhere to the [Live Well nutritional guidelines](#) and will be featured in the menu rotation at Jacob's.

As a reminder, Live Well items, denoted by the apple icon on cafeteria signage, are represented in each food station within Jacob's. Beginning this week, there will also be one full Live Well entrée served daily at [The Home Plate](#).

Watch imAGine for much more about wellness at American Greetings in 2011. We look forward to hearing from associates across the Company about ideas, comments, suggestions, success stories and information you may want to share regarding our wellness initiatives and how we can best promote a culture of wellness at American Greetings. E-mail [livewell@amgreetings.com](mailto:livewell@amgreetings.com).

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Then this Thursday, March 17, stop by Jacob's for Bistec ala Plancha w/ Plancha Aplastadas (translation: seared beef with crispy potatoes).

This delicious Cuban-inspired dish (\$5.29) will be prepared by Executive Chef Beau Ditmar from Wheeling Jesuit University located in West Virginia. His visit to American Greetings is part of the Traveling Chefs program that brings in chefs from the different colleges, universities and businesses that Parkhurst serves.