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# The Journal



## JUST SALAD real food for real people 30 locations with many more on the horizon



May 2, 2019 New York. Be on the lookout for this chain based in NY. A fast-casual restaurant all about eating healthy on the go, is coming to Florida.

The chain is more than just salads, however. The menu also offers customizable, made-to-order wraps, bowls, and smoothies as well as salads. One of its most popular menu items is the "toast box": avocado toast served in — you guessed it — a box.

According to Just Salad founder and CEO Nick Kenner, the concept began when he asked himself one question: What's with the shortage of healthy fast food at an affordable price?

To find the answer, Kenner worked closely with a registered dietician to develop health-minded recipes that could be made in a New York minute. In 2006, he debuted the fast food concept at 320 Park Ave. in New York City with the goal of cultivating healthier lifestyles at a good price.



Today, Just Salad serves all of its dishes raw, steamed, roasted, or baked. Keeping things affordable, ten items are priced at under \$10 each.

There are currently more than 30 Just Salad locations in New York City, New Jersey, Chicago, Philadelphia, Hong Kong, and Dubai.

"While there are countless fitness options throughout Florida, we noticed that there are surprisingly few places to grab quality, great tasting, healthy food on the run," says Kenner, who is expanding the chain with several new locations in Florida. "It's the perfect fit for Floridians."

The first Florida location is set to open in Gainesville this spring. Several South Florida restaurants will follow later this year, in Pembroke Pines (221 N. Hiatus Rd.), Boca Raton (5050 Town Center Cir.), and Miami (1050 NW 14th St.).

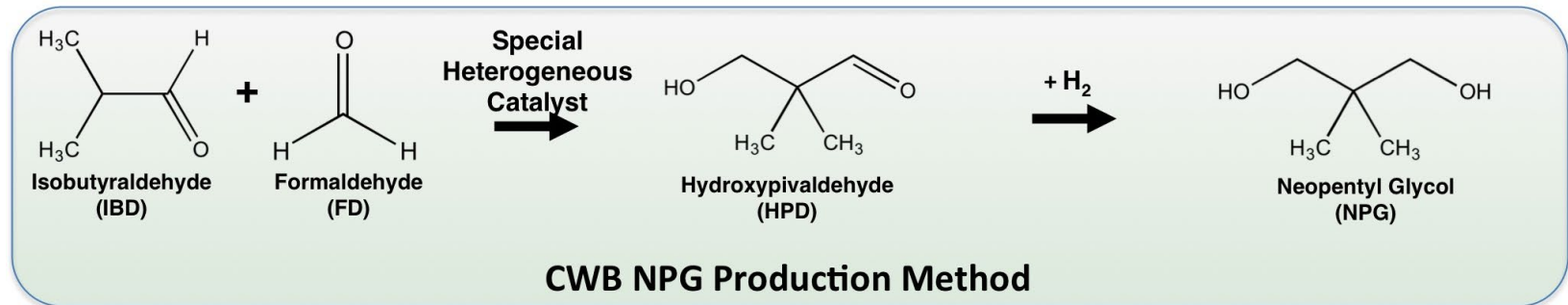
In New York, the chain is best known for its reusable bowl, part of Just Salad's own "World's Largest Restaurant Reusable Program" estimated to save 75,000 pounds of plastic each year. For \$1, guests can purchase a reusable bowl and receive a free topping with every use.

This month, Just Salad launched online sales of a new sustainability VIP kit as part of its expanded green standard initiative to send zero waste to landfills by 2022, while working toward saving 100,000 pounds of plastic in 2019. The \$39 kit includes a reusable black bowl, nine-ounce bottle, and tote bag and gives diners additional perks such as line-skipping privileges, a free protein topping with every use through the end of 2019, and two free "essential" toppings or one free premium topping with every use after that.

For more info on Just Salad visit [www.justsalad.com](http://www.justsalad.com)

## Green material for refrigeration identified

Researchers have identified an eco-friendly solid that could replace the inefficient and polluting gases used in most refrigerators and air conditioners



April 29, University of Cambridge; Researchers from the UK and Spain have identified an eco-friendly solid that could replace the inefficient and polluting gases used in most refrigerators and air conditioners.

When put under pressure, plastic crystals of neopentyl glycol yield huge cooling effects -- enough that they are competitive with conventional coolants. In addition, the material is inexpensive, widely available and functions at close to room temperature. Details are published in the journal Nature Communications.

The gases currently used in the vast majority of refrigerators and air conditioners -- hydrofluorocarbons and hydrocarbons (HFCs and HCs) -- are toxic and flammable. When they leak into the air, they also contribute to global warming.

"Refrigerators and air conditioners based on HFCs and HCs are also relatively inefficient," said Dr Xavier Moya, from the University of Cambridge, who led the research with Professor Josep Lluís Tamarit, from the Universitat Politècnica de Catalunya. "That's important because refrigeration and air conditioning currently devour a fifth of the energy produced worldwide, and demand for cooling is only going up."

To solve these problems, materials scientists around the world have sought alternative solid refrigerants. Moya, a Royal Society Research Fellow in Cambridge's Department of Materials Science and Metallurgy, is one of the leaders in this field.

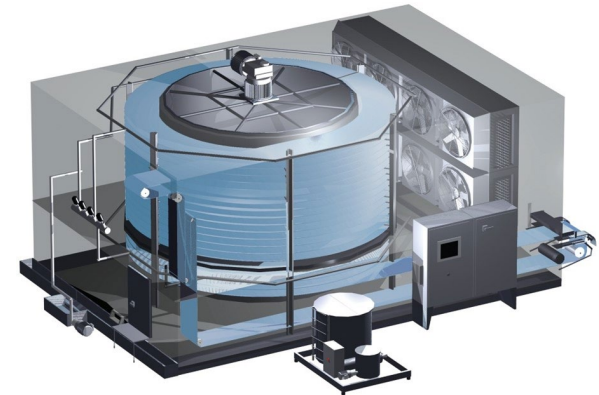
In their newly published research, Moya and collaborators from the Universitat Politècnica de Catalunya and the Universitat de Barcelona describe the enormous thermal changes under pressure achieved with plastic crystals.

Conventional cooling technologies rely on the thermal changes that occur when a compressed fluid expands. Most cooling devices work by compressing and expanding fluids such as HFCs and HCs. As the fluid expands, it decreases in temperature, cooling its surroundings.

With solids, cooling is achieved by changing the material's microscopic structure. This change can be achieved by applying a magnetic field, an electric field or through mechanic force. For decades, these caloric effects have fallen behind the thermal changes available in fluids, but the discovery of colossal baro caloric effects in a plastic crystal of neopentyl glycol (NPG) and other related organic compounds has levelled the playfield.

Due to the nature of their chemical bonds, organic materials are easier to compress, and NPG is widely used in the synthesis of paints, polyesters, plasticizers and lubricants. It's not only widely available but also is inexpensive.

NPG's molecules, composed of carbon, hydrogen and oxygen, are nearly spherical and interact with each other only weakly. These loose bonds in its microscopic structure permit the molecules to rotate relatively freely.



The word "plastic" in "plastic crystals" refers not to its chemical composition but rather to its malleability. Plastic crystals lie at the boundary between solids and liquids.

Compressing NPG yields unprecedentedly large thermal changes due to molecular reconfiguration. The temperature change achieved is comparable with those exploited commercially in HFCs and HCs.

The discovery of colossal baro caloric effects in a plastic crystal should bring baro caloric materials to the forefront of research and development to achieve safe environmentally friendly cooling without compromising performance.

Moya is now working with Cambridge Enterprise, the commercialization arm of the University of Cambridge, to bring this technology to market.

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Journal Reference:

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