Here is comparison tables for 2 solutions for 1 hour ticker for getting news. I tried avoid duplicating criss-cross reasons.

BackGroundService:

|  |  |
| --- | --- |
| **Pros** | **Cons** |
| Easier to control behavior | Additional memory usage for working service |

Middlaware:

|  |  |
| --- | --- |
| **Pros** | **Cons** |
| No additional instances of service | Longer response for CRUD requests, when need to refresh news |
| No HTTP request to third party while app innactive | News won’t update without API request to current project |

Summary: I would chose the background option, cause it’s more suit for current task and bring better user experience.