



FOOD



GOOD NEWS

FALL, 2016

TAP, TAP

(little reminders)

Please remember that we do expect our customers to rinse out the pans after you've served your meals and removed any food. No need to scrub them, just a quick rinse-out will do.

Also, please do **not** leave the pans outside, as they tend to draw critters and insects even with the tiniest bits of crumbs left in there. Like anyone, our drivers don't enjoy the company of bugs.

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*Family-owned, and
cooking up healthy meals
for schools since 1979.*

Welcome Generation Three

We've been a family-owned and operated business from the get go, and you've no doubt heard us talk about it in the past. It's a big deal around here, and all three generations have pitched in at some time to make sure our customers get the best service.

We're now proud to announce that a member of that third generation is signing on full time. Jessi Biggs will work alongside Bruce as he mentors her in the business of all things Good Food.

Jessi recently graduated from Emory & Henry College in southern Virginia where she studied business management and played soccer. She's ready for life's next phase and looks forward to working with our many loyal customers.



Bruce and Jessi Biggs

What's On the Menu (and what's not)

NEW & SEASONAL

Our trial run of **Shepherd's Pie** has been a big hit (hello...can you say mashed potatoes?). We've added it to the menu rotation, so you can expect to see it regularly in our deliveries.

The **apples** you've been enjoying are, once again, from Crescent Orchard in Winchester, VA. Whenever possible, we try to buy local produce. We've been doing business with this orchard for years.

NUTRITIONAL UPDATES

We keep an eye not only on FDA guidelines, but also on the nutrition front lines. And, we listen to our customers and parents.

We heard your concerns with sesame, and we've removed it from our meals (other than the hummus snack).

We all know high fructose corn syrup is a no-no now, and we've been taking steps to remove it from our menu. We've changed our brand of ketchup, and will continue to find healthier options for other HFC items.

It's not a quick, easy fix though, as HFC is in so very many food products. For example, did you know it's even in mayo? Please know that we're on the case, and on your side.



Room for More Good Food

We've been making the most of our space here in Arlington for 25 years, and it has surely served us (and you) well. But it's getting a little crowded in the kitchen as we make more and more meals every year (currently we send more than a million meals out the door annually)..

So pretty soon our brand new Good Food space will open for business. Don't worry...it's right next door. Actually, it's just a wall away.

We were able to lease the space adjacent to our current location, and the renovation is nearly complete. If you've ever been through a residential renovation, imagine

the "fun" we've had pulling off a commercial kitchen re-do in Arlington County. (Do *not* try this at home, folks.)

WHAT IT MEANS TO YOU

Honestly, you probably won't notice any change in your meal service. We're confident it will be a smooth transition. Overall though, it means we'll have a more efficient kitchen process and a whole lot more storage space.

OUR NEW CAPACITY

- 30 commercial ovens
- 10 walk-in fridges/freezers
- 8 60-gallon kettles
- 20,000 square feet overall



Look at all this walk-in cold space!

WEATHER & SUCH

Please remember that Good Food Company follows the federal government's closing schedule. If they're closed, so are we. We'll send out e-mails to alert you as soon as possible, but in general please follow the federal government's notices.

Gobble It Up

The always-popular Good Food Thanksgiving lunch is coming your way soon. On Friday, November 18 a delicious traditional meal will compliment your seasonal lesson plan on being thankful.

- Sliced turkey (cooked and sliced in our kitchen)
- Gravy
- Sweet Potatoes
- Cranberry Sauce
- Whole wheat bread

