



FOOD



GOOD NEWS

FALL, 2014

Magnesium is Good Food

Magnesium is a powerhouse mineral in nutrition. It supports your immune system, boosts heart health, and could even cut your risk of heart attack. Studies have found that a high magnesium diet reduced the risk of developing diabetes by 33 percent, and helps fend off depression and migraines.

Nutrition is a pillar of our mission here at Good Food, and here's how we're making sure your children are getting magnesium in their food:

- Dark leafy greens
- Fish
- Soybeans (edamame)
- Bananas
- Yogurt

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Proper Portions - We Promise!

We wrote about this a while back, but the topic seems to pop up quite often. We get a lot of calls on days when we send what we would call "large vegetables."

So let's put it all into proportion.

The USDA requires us to serve a quarter cup of vegetables in your children's lunches. That's the law, and we conform to it each and every lunch.

Here's the issue though: size does matter. Picture in your mind a quarter cup of peas - that's a good amount of little peas. Now, picture in your mind a quarter cup of broccoli. You just can't fit many pieces of broccoli in a quarter cup container.

You're getting the same amount of every veggie, but visually we can see how it would look like less.



Big ol' pieces of broccoli just can't fit into small spaces like tiny, little peas.

So the next time your meal comes with broccoli, zucchini, or squash, please know that at Good Food, we always promise to meet or exceed regulations.

Yet More Freshness

In our last issue, we mentioned we were trying to find a way to get our herbs fresh rather than dried.

In a word—success!

You might be asking "What's the big deal about fresh herbs?" Truth is, it's not really a BIG deal, but fresh is always better.

Even in your own kitchen you probably know fresh parsley is much different than dried. So you'll notice the herbs in your food taste, well...tastier.

With fresh herbs, though, they may darken in color as they sit in a warm dish too long. But the taste will still be there, so dig in and let your taste buds be the judge.

As Seasons Change, So Does the Menu

If your favorite restaurant serves the same food all year long, a lot of it comes in trucks or planes from other countries, is frozen, or just isn't flavorful.

That's why, like any good restaurant, we change what we serve based on what's available and what's freshest.



So, while it's hard to say goodbye to all that delicious fruit variety, it's important to us that we stay environmentally responsible and keep it fresh.

So with autumn here, say hello to apples, butternut squash, beans, soup, and more. Plus, note that we're trying some new grains to up the nutritional value in some proven recipes.

What's New for You

- Chicken with tarragon noodles
- Tuscan bean & garlic soup
- Chicken & apples
- Shells with chicken sausage, spinach & butternut sauce
- Dirty (not really) rice with quinoa and farro, black beans, and corn
- Chicken quesadillas

Dare We Discuss Winter Weather?

We haven't even hit Halloween yet, we know. But it's time to talk weather and holiday season.

Our Closings Policy - Weather and Everything Else

In general, Good Food Company follows the federal government's closing policy. If the federal government is closed, so are we. If the federal government is opening with a two hour delay,

Good Food Company is open and meals will be delivered on our regular schedule.

The Holiday Season - The Unknown Extra Day

This year, Christmas falls on a Thursday, and of course we're closed because the federal government is closed. The catch is this: about 99 percent of the time, the federal government also decides (at the last minute, around 3:00 Christmas Eve day) to be closed Friday as well.



When the feds are closed, so are we. So if they decide to close Friday, December 26, you won't be receiving meals from Good Food. So please pay close attention to closings around that time. We don't want anyone left out in the cold, without good food.

A Good Rinsing

When you receive fruit in your meal, it's critical that you rinse it before cutting and serving it to the children.

While we try to buy only the best local produce, we still require that each center rinse it.

It's in every contract, and it's there for a reason. Put health and safety first, and please rinse all fruit.

Let's All Give Thanks For...

TURKEYS!

On Friday, November 21 children can give thanks for our traditional Thanksgiving lunch.

- Sliced turkey (cooked and sliced in our kitchen)
- Gravy
- Sweet Potatoes
- Cranberry Sauce
- Whole wheat bread (yep...fresh from our ovens)

Order extras early!

It takes a long time for more than 100 turkeys to thaw. So if you have parents and siblings who'd like to thankfully gobble up a turkey lunch with their child, please let us know by **November 10** so we'll have plenty of time to order extra turkey and fixin's.



COWS!

Take a guess at how many gallons of milk we go through each week.



1,600 gallons per week!

For fun, we looked it up, and we discovered that a cow puts out about 6-8 gallons per day. So here's some math for your day: how many cows do we need each to keep your little ones happy and healthy?

225 cows!

Thankfully, we don't have to keep them here...or milk them ourselves.