



FOOD



GOOD NEWS

FALL, 2015

THANKFUL FOR...

Another year draws to a close, and we're thankful for all our fantastic customers who have given us our 36th year of business.

Also many thanks to our reliable suppliers and vendors who help us deliver the best meals possible.

This time of year, we're also thankful for our family in that business.

Happy Holidays!

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

The Mercury Is Rising. But We're Cool.

Not the mercury in the thermometer; the mercury in fish.

You hear about it a lot : levels of mercury in the fish we eat are approaching dangerous levels. But you also hear this: the Omega 3 fatty acids in fish are beneficial (some say essential) in fending off tons of health issues, and in boosting key functions in the body.



The cornerstone of our business is healthy food that's good for kids. So we don't want to cut out fish altogether. But we don't want to overserve it. So it comes in about one meal each month.

And, we only serve fish that are lowest in mercury levels: salmon and pollock.

So what is a parent (or a company that feeds growing children) to do? Well, here's what Good Food does. We educate ourselves and talk to nutritionists.

The FDA is revising their advice to parents on fish consumption, but you can see a draft of what they're saying on their website.

Local Isn't Always Easy

We're big on trying to use local suppliers, so we like to work with distributors that sell local produce. We hear from parents and centers that this is important to them as well.

Sometimes, though, we notice it's not that easy to come by in our market. So we sat down with one of our distributors and asked about it.

It's mixed news, really. To make the grade, local farmers have to earn certain certifications - for safety in growing *and* processing produce. The recent Food Safety Modernization Act made it even tougher for small farms to comply.

So the good news is that your food is probably safer than ever. The bad news is

that it all makes finding local produce a little harder.

Still, we're determined to "go local" as much as we can.



More Than One Way to Slice a Meatloaf

Our homemade meatloaf is a favorite among our customers, and it's made to serve 20 children. We get calls every time we serve it, asking, "We can't get 20 slices out of this loaf." You can, and it's easy. But you have to think outside your own family table.

Voila! 20 equal kid-sized portions.



HOLIDAY SCHEDULE

This year we have a possible extra day off. Because Christmas Eve falls on a Thursday, President Obama may offer federal workers *that* day off in addition to Christmas Day. It has happened before, but always at the 11th hour on December 23.

When we know, you'll know. But keep this info in mind.

Closed on:
November 26 and 27
December 25 (maybe 24)
January 1

Weather...and Whether We're Open

Good Food Company operates in a region impacted by the schedules of several school districts *and* the federal government. Weather-related closings are not uncommon in the winter months, and school districts often have scheduled student holidays.

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.

Please also remember that if your school district is closed due to a pre-scheduled student holiday, AND weather-related closings are occurring, news media will not announce your district as closed. We recommend each center have an alternate plan for meals on such days, and our contract states that Good Food needs to be notified by 7:00 a.m. if you intend to cancel orders for that day.



Let's Give Thanks for a Dedicated Kitchen Staff

The week of our Thanksgiving lunch, our kitchen staff work themselves to the point of bursting. Because we feed parents (and we love to do it), that's a whole lot more prep going into thawing, roasting, slicing, and counting turkey meals. And, they peeled 2,500 pounds of sweet potatoes.

Because we value our people, we couldn't let this week go by without a big THANK YOU to them.

*This year we fed an extra **1,000 PEOPLE** for our Thanksgiving lunch!*