



FOOD



GOOD NEWS

JANUARY, 2014

HAPPY NEW YEAR!

We don't want to pass up an opportunity to say a big THANKS to all the schools, centers, teachers, and parents who entrust Good Food to nourish the noggings of your children.

We promise to make 2014 another healthful year of growing minds and bodies.

A Change in the Weather, a Change in Variety

Chances are you're not heading to the grocery these days in search of the best strawberries or a bountiful harvest of peaches. And you certainly won't find such produce from local farms.

We know it's sad to say goodbye to fresh fruit in so many delicious forms, but we all live in a very seasonal area. With seasons come changes, and winter ushers in far fewer varieties.

So bring out the welcoming committee for apples, oranges, and the



occasional batch of berries. You'll always see fruit on the plates.

The one thing that never changes around here is quality. We always grind our own meat, That means less additives and preservatives, and reduced fat.

And our bread is the freshest you'll find in every season. Every morning we bake about 200 loaves of healthy whole wheat bread. Oh, and the butter? It's the real deal, of course.

More Fruitful Knowledge

Locally Grown. The apples on those plates most likely come from local, family-owned orchards in Maryland and Virginia. Maryland's Colora Orchards has been growing apples since 1842, and Virginia's Crescent Orchards produces delicious varieties. It's nice knowing you're supporting local orchards.

Careful Cutting. We send our fruits whole, to ensure freshness. And we often get questions about how to cut a mango. You can [check out videos on our website](#), but here's the gist:

- Place the mango on a cutting board, top side down so you're looking at the bottom.
- Starting about 1/2" out from the pit, slice off both sides (work around pit if necessary)
- Slice both halves into smaller sections, and then scoop the fruit away from the peel.
- Cut any remaining fruit from the middle section still with the pit, and scoop out the fruit.

A New Way to Pay. Interested?

A few customers have requested that we offer ACH payment options. Currently, Good Food is paid by check from each center.

If there's enough interest among our customers, we'd be willing to offer this type of direct debiting of your account. We'd notify you in advance of the exact date and the amount to be debited.

All it requires is a bit of paperwork, and you won't have to write us checks anymore.

For now, we're gathering input and interest, so let us know what you think.

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

A Portion of Paella Packs Quite a Punch



Here's another healthy ingredient you won't find in most other school lunch providers: turmeric.

Turmeric is a spice that has been used as both medicine and food for centuries, Research today suggests that, not only is it delicious, but it likely can prevent or help treat a range of illnesses, including:

- Arthritis
- Cancer
- Liver Damage
- Alzheimer's
- Diabetes
- Allergies

A relative of the ginger root, turmeric is used widely in India (think curries), where accounts of these afflictions are far less than in the U.S. One study says turmeric has been shown to work as an antioxidant, anti-inflammatory, antiviral, antibacterial, antifungal, and anticancer agent.

First: Wow!

Second: Your students eat it every month in a healthy portion of Good Food's paella.

(Say it with us: "pie-AY-ya")

WEATHER and whether we're open

Winter is upon us, and so is its weather.

Already in this first month of the new year, snow days and school/government closings have affected your centers and our service.

This has prompted us to revisit our closing policy, so we'll be sending out communications with updated information.

For those of you whose meal service was inconveniently affected by recent weather closings, we sincerely apologize for any confusion.

Phone Calls & Recalls

When the news media covers a food recall, families across the nation scour their fridge and pantry for the danger, checking packages for brands, dates, processing plants, and more.

And we get a **lot** of phone calls.

Rest assured that the lunches headed to your centers are stamped with our full approval. Good Food management follows all recall announcements, and our vendors also call to reassure us the food is safe.

Although we've never been impacted by a food recall, we have a plan in place to ensure uninterrupted service (and yummy lunches) to our customers and their little learners.



GOOD FOOD COMPANY



Woman-owned, family-operated—serving thousands of breakfasts and lunches every day.