



FOOD



# GOOD NEWS

NOVEMBER, 2012

## PUTTING OUR ISSUE ON THE TABLE

Our family-owned business—now on its third generation—has been cooking up healthy, balanced meals for local preschools since 1979. From time to time, the schools have asked us to let parents know just **how good** our food is. Well, our ears are open, and now we'd like to open our doors as well...via this newsletter.

With no further ado, here's our first ever issue of your very first *Good (Food) News*.

## BY THE NUMBERS

300 gallons - think soup!

19 delivery vans drive 100,000 miles a year

200 fresh loaves of bread baked every day

1,000 gallons of milk a week

## Good Food Company

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## Keeping it Healthy All Year Long

Colder temperatures really can mean *good news*, especially when it comes to a delicious change in fresh produce. Sure, summer's bounty is waning—bye, bye berries...see you later, stonefruits—but the onset of autumn brings new delights. Say hello to apples, pears, sweet potatoes, and more.

We like seasonal stuff, even local if we can find it. It's what sets us apart from the rest—our dedication to healthier options.

We grind our own meat, so it's always fresh. That means less additives and preservatives, and reduced fat. And you'll certainly never find any "pink slime" in the meat we bring to your school. We may lightly bread some items, but we never serve fried foods.

Everybody loves bread, but we love it fresh. So we bake it ourselves every morning—about 200 loaves of it every day. And it's all healthy whole wheat. And the butter? It's the real deal, of course.



### Apples from Many Baskets

*The apples on your plates come from a couple local orchards.*

*Like Good Food, **Colora Orchards** is a family-owned business—a bit older than ours, though, with a history dating from 1842. They've been growing apples on their Maryland farm for more than 100 years.*

*Don't feel left out, Virginians. We also get plenty of apples from Crescent Orchards in Winchester.*

*So, eat up your apples and enjoy more than just their juicy sweetness—enjoy knowing that they come from people right up the road a bit.*

*It's good food from good people.*

## Tried & True...and Something New

We know our menu is tried and true with kids, teachers, and parents alike, but here at Good Food we truly believe that kids should try new things.

From time to time, Good Food chefs like to try a new dish to keep the menu fresh, and keep kids eating healthy. You've already seen the new, healthier chicken patty — ground fresh here, lightly breaded and baked.

Soon you'll find a tasty fish taco, complete with pineapple mango slaw and a whole wheat tortilla.

Trust us when we say that these new recipes are tested many times before we send them your way. And, as always, they meet or exceed stringent nutritional requirements.

So, we're really glad you all love the traditional lunches we've been serving, but please put on your best "new is yummy" hat.

Show your students what it means to be open minded and curious! We're sure you're going to love it.



# In the Kitchen with Good Food



*The Good Food kitchen—ready to serve!*

Most of us start our day in a quiet kitchen with a cup of coffee or tea. The kitchen at Good Food is anything but quiet—it starts clanking and buzzing at 5am every day.

The cooks measure out the ingredients the day before. So when they arrive and don their aprons, the recipe can come to life. They head to the huge “cold room” (brrrrrr....) to prep anything refrigerated, and hit the pantry for spices and dry foods.

From extra large mixing bowls to four-foot-long whisks, imagine your kitchen supersized.

Whether cooked in the six huge vats or the 24 big ovens, the entrée and all the side dishes are packaged up “family style” to make sure it stays safe and warm.

Then, it’s all loaded up into one of our 19 vans and sent on its way to your school.

You know what’s next...it’s probably your least favorite job in the kitchen—cleanup! Not to worry...nobody cleans a kitchen like the folks at Good Food. When we leave at the end of the day, this place is shiny and ready for tomorrow’s next meal.

## Soup—Good Food Style

Everybody loves our potato soup—it’s a favorite among the schools. It takes all six of our huge kettles to make it—that’s 300 gallons of soup.

Can you guess **how many pounds of potatoes** you need to make all that soup? (*Answer is below!*)

*Answer: 1,400 pounds of potatoes!*

## Breakfast is Served

*The Good Food chefs are offering up another delicious and healthy breakfast—oatmeal peach crisp. It’s a recipe sure to please all the wee ones, with energy to get their day off to a great start.*

*(Good Food offers breakfast daily, and delivers it the day before along with lunch. Refrigeration required.)*

## Gobble It Up

The always-popular Good Food Thanksgiving lunch is coming your way soon. On Friday, November 16, you can plan on a yummy traditional meal of thanks to go along with your lesson plans.

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

### **Need extra meals that day?**

If you have parents who’d like to thankfully gobble up a turkey lunch with their child, please let us know by Monday, November 5 so we’ll have plenty of time to order extra turkey and fixin’s.



## 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.*

### **Calendar Correction—Closed for Thanksgiving Holiday**

The calendar we recently sent had an error. Please note that, as usual, Good Food Company will be closed for the Thanksgiving holiday—both November 22 and 23.