



FOOD



GOOD NEWS

SEPTEMBER, 2013

On the Menu

Our latest menu is being sent via e-mail on the same day we're sending out this issue of our newsletter.

You'll see some changes, and we've explained most of them in this newsletter.

Didn't get yours? Please let us know.

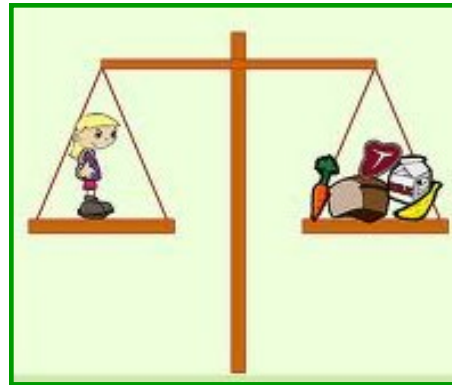
Needs and Wants: A Balancing Act

It's a lesson every family strives to teach their kids—there are things you want, and others you need. In our family business, there are also things we're **required** to do. It can sure be tough to balance.

We want your students' to enjoy our nutritious meals—and we need to meet strict regulations.

So sometimes, to balance these changing needs and wants, we have to change up the menu too.

We heard you loud and clear—kids love nuggets and fish is challenging. After a lot of meal planning and thinking, we've come up with a plan that makes for happy kids *and* satisfied nutrition regulators.



We'll rotate the chicken nuggets and the patty, and also the fish sticks and the paella. You'll receive each of these four meals about five times each year.

The little lunchers will still get their beloved nuggets and sticks, but we'll still meet Michele Obama's "Let's Move" requirements by also rotating in patties and paella.

Take a guess at just how many nuggets or fish sticks make their way out our doors on meal day.

Answer: 40,000 nuggets, 24,000 sticks

Soup in Summer?! Why Not Pasta Salad?

Every summer we get questions from customers that sound something like this: "Why in the world are you serving hot soup in the middle of hot summer?"

Well, we're pretty sure a lot of your students wouldn't love the popular *cold* soup "gazpacho."

But the real answer goes right back to those nutrition requirements we just wrote about.

In our decades of doling out veggies to wee ones, we know for sure that raw vegetables just don't fill them up like soup does. And, the National Association for the Education of Young Children strongly advises against serving raw

vegetables as well (yes, we strive to meet their requirements, too).

And, while we all love a good pasta salad at summer picnics and barbecues, it doesn't work in the wee world where requirements reign.

You'd have to heep a huge ladle of pasta salad on every little plate to ensure everybody had enough vegetables per serving. It's the other ingredients that fill most of that ladle.

Sure, we could make it taste great, but the kids wouldn't come close to eating enough veggies in that specific meal.



Good Food Company

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

Payment and the Planet

While we truly appreciate prompt payment of our invoices, there's no need to also send a copy of that invoice. Save your paper, save a tree, save the planet...it's just one sheet of paper, but we truly don't need it. Payment? Yes! Copies? Nope.

Papers We'd Love to Have Now

We would, however, love to have your CACFP papers as early as possible. To ensure we have time to process your forms, please send them in ASAP to Good Food.



If you're out there "liking" stuff, give us the thumbs up, too!

www.facebook.com/GoodFoodCompany

Survey Says....

First, we offer our sincere thanks to all the centers who took time to complete our annual Customer Survey. We thought the online version was pretty savvy, and we hope it was easier for you.

We now know, as we suspected, kids love pizza, potato soup, pasta, chicken, and mac and cheese.

And, as also suspected, they don't really love...fish. If you cheated and are reading the back of this newsletter first, be sure to read the *front* to see how we're fixing this situation. It also seemed that tastes have changed and many kids aren't eating



as much salads these days, so we're working on a solution for that as well.

We were so glad to see that Good Food scores about an eight or higher in most areas of overall customer satisfaction.

You put a smile on our drivers' faces when we told them that they scored high with nine or higher on average.

Luckily, they tied with management

attentiveness so we could *all* feel good about our work.

Thanks again, and please know that we're listening to what you're saying!

The "Let's Move" Checklist—a Pat-on-the-Back Refresher

We're proud that we go the extra mile to meet Michele Obama's "Let's Move" requirements for nutrition, but we want to make sure you know how to toot your own horn. Because Good Food serves your students' meals, your center also satisfies the food-specific items on the [Let's Move checklist](#).

It's something you should let parents know, and you can either send along this newsletter and tell them to [click here](#), or encourage them to explore the childcare-specific initiative within Let's Move:

www.healthykidshealthyfuture.org

Swimmin' Upstream Pays Off

In the previous newsletter, we talked about the importance of having fish on our menu. And we've tried tuna casserole, tuna wraps, tuna tacos, paella, fish sticks, and more.

So for now, we're done fishing. In the end, it feels a lot like swimming upstream. And we know many of our customers agree — we hear you. We're now on firm land with our choices.

The paella was pretty popular...maybe because it's so colorful. And most kids love a good "stick" of food. So, we'll get them those great omega-3's in pretty paella and fun fish sticks.

Thank you to all the centers who encouraged their students to try new foods.



A Note on Portions

When customers request a change in portions (sometimes a few less, sometimes a few more), we often receive a call at mealtime because someone thinks we have forgotten the change.

Rest assured, though, that we most likely heeded your request. Because we serve meals family style, you may not be able to discern an increase or decrease of just a few children's portions.

A quick check of the taped label on your delivery order will show how many portions you've received.