



FOOD



GOOD NEWS

SPRING, 2015



HOLIDAYS COMING UP

Good Food will be closed:

- Memorial Day, May 25
- Independence Day, celebrated July 3.

PLEASE WASH IT!

Since we're talking about fruit here, please remember that it's *your* responsibility to wash the fruit that Good Food sends. Don't cut and serve it until you've given it a thorough cleaning.

Good Food Company

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

Fruit is Fickle

We get truckloads of fresh fruit every week...literally tons and tons. And each order, no matter the fruit, comes in dozens of boxes. If we're lucky, we can ship that fruit to you that same morning. But we're not always lucky.

Think about your own trips to the grocery, when you often find only green bananas. So you buy a bunch and take them home...and you wait. It's that waiting that can be tricky. Who *hasn't* found brown, mushy bananas on their counter? Well, we don't want 5,000 over-ripe bananas taking space in our kitchen. Forty-five boxes take up a lot of space, and remember we still get more boxes of fruit every day.

Let's talk about pears. Oh, the pears. When the 50 boxes of pears are delivered, they're never fully ripened, and that's how we want them. But just *how* ripe they are is an unknown. This game of "ripe or not" could go on for a week. We sample them every day... not such a bad job to have. If we lose the game, those delicious pears can be too soft and you'll see bruises from their ride in the van.

The point is this: *fruit is fickle*. We do our best to send you a perfect batch of fruit. But sometimes nature beats us at the game.



45 boxes of bananas take up space! And green ones take patience too.

Today's Top Foods...Check.



Time magazine's health section published an article that lists "31 Foods You Should Be Eating Now." We were curious, so we checked it out.

Of the 31, it turns out your kids are eating half of them in meals from Good Food.

The list ranges from black beans and sweet potatoes to quinoa and red wine (that's one we're *not* sending in our lunches). We always strive to do better, so we have our cooking

caps on here. It's a challenge to sneak in red beets into a meal, but never say never.

You won't find a company in the daycare food business that tries harder to include healthy ingredients in children's meals. As research shows new foods with benefits, we try to get those on the menu, too. That's why you'll find quinoa and kale as recent additions.

[\(Read the full article here.\)](#)

Our Annual Survey

How Are We Doing?

It's that time of year when we ask you how well Good Food is meeting your needs and expectations.

Watch for an online invitation to tell us what you love, what you don't, and how we could do better.

700

Number of miles our drivers travel every day

175,000

Number of miles our drivers travel each year



/GoodFoodCompany



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Welcome to a New Local Farm Partner

You'll notice a new label on those gallons of milk we send you. We're happy to be working with Kreider Farms in Lancaster County.



It may be Pennsylvania, but really it's only two hours away. And that's better than transporting milk across the country. It saves gas, and supports a local farmer.

The Kreiders have been running their dairy farm as a family since 1935, and this year they're celebrating their 80th

year. That's three generations of hard work and dedication.

Good Food has a couple generations working here, too, so we appreciate a

family-owned business. And, they use solar energy to keep their chickens warm—that's cool.

Kreider dairy products earned kudos from chefs at local restaurants—from Silver Diner to the Occidental Grill.

[Read more about Kreider Farms.](#)

The Roads Most Traveled: A Bit about Our Drivers

We all spend so much time in our cars, driving around this area is like a part-time job for a lot of us. It's frustrating, slow, and sometimes dangerous.

For our drivers, that really is their job. Every day, they leave here around 8:00 in the morning and hit the roads throughout Virginia, DC, and Maryland. And they're not driving compact cars; they're driving big vans. On backed-up highways and crowded city streets, somehow they make it to your door.

There are 18 different routes that eventually get us to all 127 customers. And we hear the drivers' parking stories every day—in DC, we average about four parking tickets a month. We've had our share of accidents over the years, but our drivers are solid. Some are celebrating their 10-year anniversary this year, and a few have been here for 15 years.



So if you see your Good Food driver today, give him a smile...he probably deserves it by then.