



FOOD



GOOD NEWS

WINTER, 2015

Winter Weather Stuff

Two-hour delays, closings, different counties, and the federal government—add snow and these things add up to confusion each year.

We've already had a few calls from clients looking for clarification on specific scenarios. So, here goes:

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.

If your center follows a different policy (maybe your county policy), you need to alert us by 7:30 am. Otherwise, your food will show up, you won't be there, and you'll still be charged.

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Fiber-iffic Foods

Kids who eat more fiber eat less fat and sugar – research proves it. And they get a boost in cholesterol control and cancer-fighting ability. Knowing this, how could we *not* add more fiber into our meals?

So why is fiber such a super hero? Foods rich in fiber (at least 2.5 grams) take longer to digest, so kids feel full longer. Fiber also keeps blood sugar and insulin levels steady, so kids don't store unneeded fat.

Sure, we'll toot our own horn here and tell you about all the good fiber food we serve your little ones. But, honestly,

it's not that hard to get more of the good stuff in your diet.



Eat more veggies and fruit. Substitute whole grain items for white (like rice, bread, pasta, etc.). Throw in navy, pinto, or black beans when you can.

Oh, and drink lots of water to...um...keep things moving along in your system.

Good Fiber Food

We'd never want to eat our own words around here, so we always mean what we say. Here are just a few of the fiber-rich foods your child eats every month in our meals:

- Whole wheat tortillas & bread*
- Brown rice*
- Oatmeal*
- Broccoli, carrots, & lots of other veggies*
- Fresh fruit every day*
- Sweet potatoes*
- Beans (navy, pinto, black, kidney, and more)*
- Shredded wheat*
- Cabbage*
- Salads (with sneaky broccoli)*

Say, "Cheese!" Now Say, "Protein Portion."

Everybody loves cheese.—the texture, the taste, the just plain yumminess of it. And, in the right amounts, it's darn good for you, too.

When we serve meals with cheese, we often hear that we didn't send enough. Cheese counts toward our protein requirements of 1.5 oz. per meal, and you usually get it as a condiment. It may not look like enough, but it's surely enough to sprinkle on as a topper.



Half an ounce of cheese—not too much, but enough.

Let's use the ziti entrée as an example. The chicken sausage in there counts as 1 oz. of protein, and the cheese condiment counts as the other .5 oz. Visually, it doesn't look like much, but we're not trying to "smother" their meal in cheese like a Chili's restaurant might.

We say it a lot, because we mean it: Good Food always meets or exceeds the USDA requirements for healthy children's meals.

Against the (usual) Grain

Our cooks are always experimenting with new ingredients and recipes. So when we read about healthy, tasty alternatives to some of the regular stuff we serve...well, we're intrigued. You've seen things like "farro" and "quinoa" on the menu,. Now, here's what those things mean.

Farro (say FAH-ro)



While it seems like a new fad, this Italian-born grain is actually ancient (like 2,000 years). But only recently has it become more widely available in the U.S. It's a type of hulled wheat, but more nutritious and tasty than our common wheat. Farro is higher in fiber and protein, and rich in magnesium and B vitamins. The nutty flavor and chewy texture make it a chef's favorite, too.

Quinoa (say KEEN-wah)

Another ancient food, quinoa was a staple of the Inca's diet. People think it's a grain, but it's actually the seed from a vegetable. It's gluten-free, so these tiny round wonders are more popular than ever. Quinoa is super-high in protein, and a great source of iron, magnesium, potassium, and fiber. Because it's easy to cook, and flavorful, it can replace rice in almost any dish.

We put these two superfoods, along with brown rice, in our "dirty rice" dish. We've been told, however, that perhaps the word "dirty" isn't a good food word for convincing children to try something new. Probably true. So stand by for a new name on this one.



By the Numbers

It's always fun to let you guess just how much of a certain ingredient it takes to make one of our dishes.

How many pounds of fresh chicken do we use in our barbeque chicken lunch?

A: 3.600 pounds

Shirk the Cold, Serve it Warm

Our breakfasts and snacks are crafted so that you can serve them cold. It's easy and quick—we get it.

But, when it's cold outside and you'd like to serve up something special, some of those dishes are even better warmed up.

- Oatmeal peach & apple crisp
- Flatbread & cheddar
- Whole Wheat pita pizza



Listen, Learn, and Adapt

We think it's important to try new things and be ever-improving our menu. But we're also smart enough to listen to feedback and adjust the menu when needed.

So, we heard you, and we've made some changes we think you'll be glad to see:

- Apple cheddar strata is now an apple crisp, similar to the popular peach crisp
- Sugar is reduced in the peach crisp
- Salmon spread is gone, and replaced with cheese on the flatbread
- Mushrooms added to the chicken with tarragon, to make it more interesting

We value your opinions, and we always want your meals to be good food. Thanks.