



FOOD



# GOOD NEWS

WINTER, 2017

## REMINDER

We're closed on December 25 and January 1.

## When Status Quo is a Good Thing

In May this year, the USDA started a nationwide conversation on amending the regulations for school meal programs. At first you may think this sounds great, but the idea was to *roll back* some of the healthy changes put in place over the last several years.

Why? Some schools were finding it difficult to meet the regulations, yet still get the kids to adopt and eat the healthier food. (We all know how hard it can be to get kids to try new food.)

In November, these rollbacks became the new rules. Schools don't have to further reduce sodium content, they can offer 1% flavored milk, and they aren't required to serve whole grains instead of refined grains.

### Good News at Good Food

In our kitchen, it's status quo—we're sticking with the healthier standards. This new generation deserves food that keeps their brains and bodies nourished in the best ways.

SCHOOL LUNCH <b>Then</b>		SCHOOL LUNCH <b>Now</b>
No specifications as to the types of vegetables served.		Weekly requirements for dark green, red/orange, beans/peas, starchy and other vegetables, etc.
Whole grains were "encouraged."		All grain foods must be at least 51% whole grains.
Various fat contents of milk were available.		Milk must be fat-free (unflavored/flavored) or 1% low fat (unflavored).
Requirements for fruits and vegetables were combined.		Fruits and vegetables must be offered as separate meal components.
No target for sodium reductions.		10-year plan in place to reduce sodium by grade and type of meal (breakfast/lunch). Currently in first year of implementation.

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

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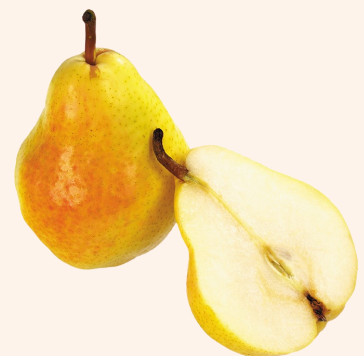
## A Fruitful Winter

As the weather in the east begins to chill (or, lately, freeze), fresh summer fruit is a distant memory. We don't give much thought to fruit as we stroll through the produce area in the grocery. This is the season for veggie soup and comfort food.

Don't write off *all* fruit yet, though. We're sending out kiwis and pears for lunch (and sometimes breakfast) every week. Did you know December is **National Pear Month**? Yep, that's a real thing.



- Vitamins A, C & E
  - Folate
  - Potassium
  - Antioxidants



We send out three kinds of pears for lunch:

- Bartlett
- D'Anjou
- Bosc

- Vitamin C
- Fiber
- Potassium
- Antioxidants



## The Best Gift of All - Hearing From You

### A Kind Word from a Nice Mom

We love to hear from our customers—all of our customers: daycare centers, preschools, and especially the parents and kids. It means a lot to know that our family business is feeding good food to your children.

This mom sent us a nice note on Facebook, so we asked her if we could share her words. **A big thanks to Kim for sending this to us. Oh, and you're very welcome!**



*My little one is 10 months old, and many of the new solid foods she's trying are from Good Food Company! We keep copies of your monthly menus on our fridge and look forward to checking it to see what's being served the next day. She loves the oatmeal fruit crisp and the turk-a-roni! Great to know that you are a local family-owned company. Thanks for providing healthy, nutritious foods for her and all her daycare friends!*



## A Lot of Thanks

As usual, our annual Thanksgiving lunch was a big success with kids, parents, and teachers. It's a tradition we're proud to carry on (into our third generation of the Good Food family).

On November 17, we served up:

- 11,235 turkey lunches with all the trimmings
- 2,450 of those lunches were for very special guests at the schools/centers - the parents!

## The Numbers

