



Don't Forget...

To turn in your **Free & Reduced application for this school year.**

This application actually serves two purposes:

1. It helps the food service director to determine if your family qualifies for full-price, reduced-price or free school meals. This includes the school breakfast program too.
2. The application is also used to determine how much state funding our school receives for supplies like books, classroom furniture, and other school resources. It is important that all families complete and return these applications to the school.

Wellness Corner

Deliver it in Person

Whenever possible, walk to see other coworkers instead of calling or emailing. Little bouts of activity throughout the day can add up and help you burn a few extra calories. It is also a great way to assist with the miscommunications that often happen via e-mail.

It's a **NEW School Year:**

Welcome Back!!

As the start of the school year is upon us, we want to extend a warm welcome and let you know that **Chartwells School Dining Services** has exciting plans for the 2011-12 school meal program. Our mission is to serve nutritious, well-balanced meals that appeal to students and the school community. Here is some general information about our food and nutrition initiatives.

Menus:

Chartwells continuously works to improve the quality and nutrition standards of the foods we serve. As nutrition science and food trends evolve, so does Chartwells' stance on the foods we serve to our school communities and the packaging in which they are served. As a result, the following is some of our guiding menu principles:

- Offer at least 1 serving or more of both fruits AND vegetables.
- All foods are zero trans fat per serving.
- Offer more vegetarian choices.
- At least one serving of whole grains is offered every day.
- Condiments are limited.
- Fat Free and reduced-fat dairy options are available.
- Beans are offered at least once per week.
- No menu items are deep fat fried.
- Sweet desserts are limited to 2x/month.

In addition, we are always working with administrators, students, and you to gain insight on how we can enhance our services. We welcome all feedback – so please feel free to reach out and contact our Food Services Department.

Other Information:

To learn more about Chartwells, visit our website at www.eatlearnlive.com. We're excited to partner with your School District in order to provide a great program and engage in the community.

Simply Good

This year we are pleased to introduce this school year's new healthy lifestyle campaign called **Simply Good** program. This entails a year-long schedule of promotions and special event activities in your student's school.

Our fall campaign challenge is about acting and eating local. During the Simply Good Fresh & Local campaign Chartwells school dining centers will be serving fruits and vegetables from local farms – when available. Depending on the climate and region that you live in, you will have your own set of local foods. By local, we mean foods that were harvested within 100 miles from your school district.

This campaign will educate students and customers about sustainability practices, the benefits of eating fresh, local produce and how buying local affects our communities and wellness. And above all, spread the word about the wonderful local farmers that have provided us meals for centuries.

We're looking forward to a great year ahead. We hope that you will support **Simply Good** and our efforts to create fun and inviting dining environments within your schools.

How long can Labor Day leftovers last?

It's Labor Day and friends and family are gathering together to enjoy a day of rest and good food. By the end of the festivities, you may find that you have leftovers that rival the day after Thanksgiving. Do you know how long your leftovers can last?

In general, most perishable foods have a shelf life of just three to five days. However, different foods have different timelines, so use this quick reference list as a guideline:

Main Dishes

- Beef, pork, poultry and fish: 3 to 4 days
- Lunch meats: 3 to 5 days
- Seafood: 2 days
- Pasta: 3 to 5 days

Side Dishes

- Cooked fresh vegetables: 3 to 4 days
- Rice: 1 week
- Soup: 3 to 4 days

Food Spotlight - Tomatoes

Tomatoes are an excellent source of vitamin C and a good source of vitamin A.

They are members of the fruit family, but are served and prepared as one of the most popular “vegetables” in the USA!

