



## 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.*

## Be well!

1. Walk or bike more. *It's not only good for your health, it's good for everyone else's health by reducing pollution.*
2. Eat more locally grown food. *Seasonal produce that hasn't flown half-way around the world will be fresher, tastier and cuts down on the pollution that causes global warming.*
3. Everything should be done in moderation – eating, working, resting, playing, maintaining hobbies, socializing, and so on.

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 2010-11 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 the 2010-2011 programs.

### 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.
- 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.

### Balanced Choices:

Chartwells #1 priority is to serve safe and nutritious meals to students. With this in mind, we have developed **Balanced Choices®**, our signature comprehensive wellness program that identifies healthier meals, snacks and beverages so students can make smart choices. These are identified with Balanced Choices logos and signage on menus and at points of service throughout the cafeterias.

### Other Information:

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

## Eat Complete

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

This year's annual campaign theme, **Eat Complete**, consists of three individual promotions to build excitement in the cafeteria for elementary, middle and high school students throughout the school year. These exciting promotions aim to improve school meal participation and educate your elementary, middle and high school students about the importance of eating healthful and balanced meals.

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

### This campaign will focus on the following:

#### Eat Local

We have been working with local farmers all across the nation to provide fresh vegetables, fruit, and meats that has come within 150 miles from your door.

#### Eat Breakfast

Talks about the importance of waking up in the morning and eating a nutritious complete breakfast in your body for the start of the day.

#### Eat for Energy

Is about eating healthy foods and recognizing that your body performs better with good nutrients. It is key to continue to replenish those important nutrients throughout the day in order to stay focused, organized and stay successful in everything you do!

## Food Spotlight - Peaches

Eat peaches for energy! Besides being a good source of vitamins A and C, this super sweet fruit fuels your body with potassium, fiber, and some energy releasing B vitamins.

