

Nutrition News

from

WHITSONS
School Nutrition

August 2009



Dear Parents:

Your children's health is our number one priority!

That is why Whitsons School Nutrition is pleased to announce our new partnership with South Orangetown Central School District. Together, we will be creating some exciting new nutrition initiatives that promise to be a tremendous benefit to the entire South Orangetown community. We are pleased to be able to provide a nutritious school dining program at South Orangetown.



Elementary Schools

At the elementary schools, we will offer a hot entree, weekly alternatives, plus complete salad, bagel, grilled cheese and yogurt lunches every day. A la carte offerings will be limited to wholesome choices such as fresh fruits and vegetables, yogurt, and carefully approved snacks. It is our mission to help your children learn to eat and enjoy foods with the highest nutritional value. Our entrees include whole wheat and whole grain bread/buns/ bagels/pizza crust. Whole grain pasta and brown rice are also primary offerings. It is our commitment to reduce or eliminate all trans fats and unnecessary food additives from your childrens' lunch.



At this level, our award-winning Nutrition Safari™ program will introduce your children to lovable safari animal characters to teach them about selecting healthy choices from each different food group for a well-balanced diet. The program's mission is to increase participation in the National School Lunch Program (NSLP) and encourage students to develop lifelong healthy eating habits. Each character's motto is as follows:

- Luke the Lion: "The mane course is your protein source."
- Murray the Monkey: "Don't monkey around with your fruits."
- Jillian the Giraffe: "Reach for your greens."
- Heidi the Hippo: "Dairy is delightful."
- Hardy the Hyena: "Hardy har har. Don't forget your carbs."
- Grant the Gazelle: "Limit your sweets, whenever you eat."

Nutrition Safari includes the following program components:

- **Spokesanimal Visit.** At least once per year, one of the safari characters will come in full costume, along with a "Safari Ranger" to speak to the children about nutrition during lunch.
- **Nutritional Menus.** Each spokesanimal takes turns throughout the year sponsoring the monthly menu with a special message about their respective food group.
- **Monthly Nutrition Theme Day.** Each month, we host a Nutrition Safari theme day, with a special menu for the day.
- **Posters with Nutritional Messages.** Throughout the servery, we post nutritional messages. Some of our nutrition posters feature the Nutrition Safari characters and their messages, while others promote healthy eating while depicting active children.

healthy foods for active lives

For the coming school year, we are also excited to offer the following program enhancements:

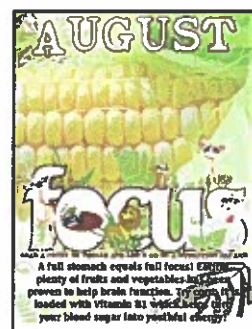
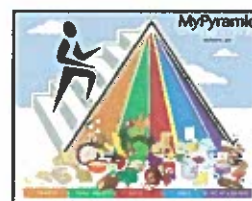
- **Revamped Menu.** Our menu will feature a wide variety of nutritious choices that are prepared with children's tastebuds in mind:
 - whole wheat bread/buns/bagels/pizza crust
 - whole grain pasta and brown rice
 - available daily: fresh veggies with low-fat dip, fresh whole fruit, fruit cups, fresh entree salad, low-fat milk
 - snack program meeting new STATE wellness guidelines for approved beverages and snacks.
 - All healthy items on our menus are listed first and are designated with an apple logo.
- **Apple Window Clings.** Apple window clings will be placed on the server glass in front of healthy menu items, to make it easier for the children to make the most nutritious selections.
- **Monthly Activity Sheets.** We will be distributing monthly activity sheets with nutrition information and puzzles, word searches and recipes. This information will reinforce the monthly message and the Nutrition Safari character of the month.



Secondary Schools

For the secondary schools, our Smart Choices™ nutrition education program will provide the following features:

- **Smart Choices Menu Items.** Healthy menu items will be available each day. We will also identify healthy items on our menus with a heart logo.
- **Monthly Newsletter.** We will provide a Smart Choices newsletter each month with interesting nutrition information, fitness and exercise tips and recipes.
- **Smart Choices Info Series.** We will provide a printed informational brochure series on various nutrition topics.
- **Sensible Snack Program.** We will offer a variety of sensible snacks, including fresh whole fruits, yogurt parfaits, fresh baked pretzels, baked chips, fruit cups, veggies with low-fat dip, etc.
- **Nutrition Posters.** As with the elementary schools, we will post a series of posters featuring active teens and young adults in various sports scenarios. The nutritional messages on the posters are simple and poignant.
- **Smart Choices Monthly Theme Day.** We will provide a calendar of monthly Smart Choices theme days. Each month, we will promote a Smart Choices theme day with a focus on a special nutritious menu feature.



In the cafes, your children will be able to try new foods from the many choices available from a diverse menu. The cafés are designed to offer something for everyone, from a simple bowl of soup to a home cooked meal. New menu items will be introduced throughout the year. Whitsons has also invested in professional signage and merchandising that will create a food court-style environment. It's like going out to lunch without ever leaving the building. Our goal is to entice your children to make nutritious and delicious meal choices.

South Orangetown Secondary School Food Stations Coming this Year

- **Bagel Bite** - bagels and muffins fresh for breakfast plus hot choices
- **Miss Ruby's Grill** - featuring fresh grab and go grilled options
- **La Cuccina** - authentic fresh crust pizza and stuffed breads



- **Chef Productions** - hot entrees made from scratch daily
- **Coyote Grill** - southwestern specialties including tacos, burritos, quesadillas and more
- **Coyote Quesas** - variety of freshly made quesadillas
- **Ruby's Flats** - a flat-top grill with your choice of freshly made fajitas, cheesesteaks, grilled vegetables and specialty burgers
- **Great American Sandwich Co.** - made-to-order Boar's Head deli sandwiches and wraps
- **Frait Express** - grab and go sandwiches and salads made fresh daily
- **Spice Program** - monthly themed specialty entrees
- **Smart Snacks** - fresh and prepackaged snacks following nutritional guidelines
- **Smart Choices** - healthy entree selections are highlighted throughout servery

About Whitsons

Whitsons School Nutrition serves the dining needs of public and private schools from the elementary level through high school. We provide comprehensive management services—customizing our menus and nutrition education programs to the unique needs of students, faculty, staff and administration at each school. Whitsons was founded in 1979 by Elmer and Gina Whitcomb and handed down to their seven sons and two daughters. Today, the Whitcomb family remains actively involved in the company's management and has been joined by an "extended family" of team members who share their vision and commitment to bringing the best in dining services to your schools. In addition to school nutrition, Whitsons' scope of expertise and services extends to: corporate dining, on-site meal preparation for residential and healthcare clients, delivered meals, emergency dining, and vending services.

We understand that young people can be selective and want food that tastes great. Whitsons' educational dining programs boast menus that are delicious and highly appealing to young people. Yet, at the same time, we provide the wholesome foods so important to nurturing the health of growing bodies at every stage of development. We know that students need to be at their best physically to meet the academic challenges they face each day. Our chefs use wholesome ingredients to freshly prepare our food, paying particular attention to the use of whole grains, fresh fruits and vegetables, lean meats and healthy snacks. We work hand in hand with each client to develop menus that focus on quality and variety, while also maximizing nutritional value and ensuring adherence to national, state and local health and wellness guidelines.

Your opinion matters to us – if you have any suggestions for the school nutrition program, just give your Food Service Director *Eileen Goodman* a call at 680-1118! We are here to serve you and your child's needs, and look forward to being a part of your community for many years.

