



e-bites...

Chartwells
School Dining Services
Eat · Learn · Live

Encouraging Healthy Lifestyles for Families!

August 30, 2012 - Issue #29

Healthy Changes to Start the School Year Off Right!

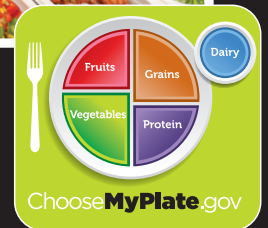
Chartwells School Dining Services would like to extend a warm welcome to returning students and a hearty hello to all of our new students. Now more than ever is a great time to encourage your children to choose school meals. All of our meals are well-balanced, convenient and a great value for busy families.

To start the school year off on a healthy note, we have some very exciting plans for the 2012-13 school meal program. At Chartwells, we continue to stand by our mission to serve nutritious, well-balanced meals that your students and school community will love.

The USDA has issued new school meal requirements that are in effect for the 2012-13 school year and Chartwells is making it an easy transition for you and your student.



ChooseMyPlate.gov gives helpful information and tips to build a healthier diet.



Chartwells has already taken steps to ensure an easy transition to the new meal requirements for you and your student.

The requirements focus heavily on fruits and vegetables, which means your student will see more of these options at school. We offer sliced colorful vegetables that can be enjoyed on a salad, with hummus or in a veggie wrap.

We brighten students' plates with vibrantly colored vegetables that are full of vitamins and minerals, such as acorn squash, cherry tomatoes, sweet potatoes, or collard greens. We also incorporate black beans, shredded radishes, chopped red cabbage, and romaine lettuce that not only makes salads look good but taste good, too.

Some items you may see on our menus include reduced or low-sodium soups like tomato, butternut squash, or garden vegetable.



















Create A Meal

Five food groups are offered for lunch:
Protein, Grain, Vegetables, Fruits, and Milk

- Start with a Fruit or Vegetable (or both)
- Add some other foods like: Protein, Grain, and Milk
- Take a minimum of 3 food groups

MEAL EXAMPLES

| | | | | | | | | |
|---|---|---|---|---|---|---|---|-------------|
|  | + |  | = | MEAL | | | | |
| Fruit | | Grain and Protein | | | | | | |
|  | + |  | + |  | = | MEAL | | |
| Vegetable | | Grain | | Milk | | | | |
|  | + |  | = | MEAL | | | | |
| Fruit | | Grain and Protein | | | | | | |
|  | + |  | + |  | = | MEAL | | |
| Fruit | | Vegetable | | Grain and Protein | | | | |
|  | + |  | + |  | + |  | = | MEAL |
| Vegetable | | Grain | | Protein | | Milk | | |
|  | + |  | = | NOT A MEAL | | | | |
| Grain and Protein | | Milk | | (No Fruit or Vegetable) | | | | |

The National School Lunch Program is operated in accordance with U.S. Department of Agriculture by which does not discriminate because of race, sex, or ethnicity with regard to national origin. Any person who believes he or she has been discriminated against in any USDA activity should write to the Secretary of Agriculture, Washington, D.C. 20258.



Our new "Create A Meal" poster gives students examples of complete meals.

New "Create A Meal" Poster

We have developed some new materials which will be introduced to students when they start school this year. These materials will help to explain the new school meal requirements to students. Our public announcement messages will focus on the food groups. There are five food groups that are offered for lunch, these are proteins, grains, vegetables, fruits and milk. School meals must contain at least three of the five food groups with one being a fruit and/or vegetable selection to be considered a complete meal.

Our new "Create A Meal" poster gives students examples of what food selections make up a complete meal and will help to make it easy to understand the new school meal requirements.

Chartwells is offering more fruits and vegetables, different types of proteins including lean meats and vegetarian options, whole grain items, and low-fat and non-fat milk. We encourage students to try something new every day. We also advise them to make their plate colorful and vibrant with foods rich in color and flavor so that they may get the full school dining experience.

Working All Summer for Your District

Ensuring A Smooth Transition

Chartwells associates were hard at work all summer long to ensure a smooth transition into this year's school meal program. As part of the National Lunch and Breakfast Program, associates participated in an in-depth training during July and August to prepare themselves for the new USDA regulations.

Training Our Teams

Chartwells support teams created a USDA Implementation Toolkit, the Nutrition, Culinary and Marketing teams trained managers on new tools such as standardized menus, culinary techniques, portion size requirements and the new vegetable sub-group categories during regional meetings that took place nationwide over the summer months.






Chartwells is excited to kick-off the 2012-13 school year and serve well-balanced meals that our students and the school community will love.

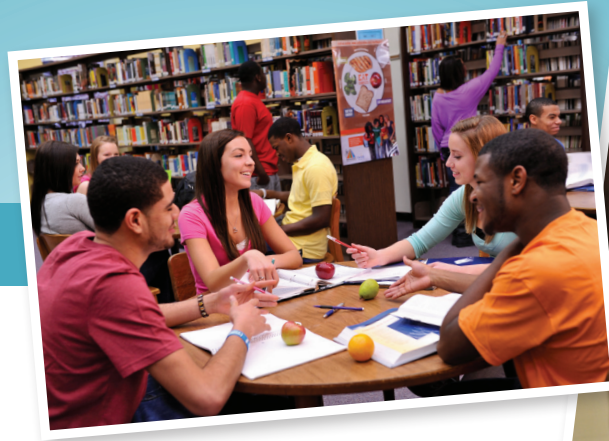


Encouraging Healthy Lifestyles for Families!

What's New for School Meals

Here are some examples of lots of new healthy changes that you will see for school meals.

| | |
|---|--|
|  <p>Fruits and Vegetables</p> | <p>Every complete school lunch will include a colorful fruit or a vegetable. These provide essential vitamins and minerals that are important for growth and development during childhood.</p> |
| <p>Grains</p>  | <p>Menus will offer specific amounts of whole grains. Whole grain foods are part of a healthy diet and are recommended by the Dietary Guidelines for Americans. Menus may feature whole-wheat versions of favorite foods, such as brown rice, whole-wheat pasta or whole-wheat macaroni and cheese. Not only are they healthier but they taste just as good!</p> |
|  <p>Proteins</p> | <p>There are new specific limits on the amounts of proteins that may be offered each day. We only offer meat and poultry that are lean or low fat, ground beef that is at least 90% lean, as well as dishes made with beans, peas, legumes, nuts, soy, and seafood.</p> |
| <p>Legumes</p>  | <p>A variety of nutrient rich vegetables will be served during each week, including legumes (beans), dark green, orange and starchy vegetables.</p> |
|  <p>Low-fat and Fat-free Milk</p> | <p>A choice of low-fat and fat-free (skim) milk will be offered with each school meal. By switching to lower fat versions, we cut calories but not reduce calcium or other essential nutrients.</p> |
| <p>Lower Sodium</p> | <p>Chartwells' chefs and registered dietitians continually create tasty new recipes that use non-salt seasonings and herbs to replace and reduce salt, in addition to using food products with lower sodium.</p> |
| <p>Reduced Fats</p> | <p>Chartwells only serves food products and ingredients that contain zero grams of trans fats per serving and we encourage the use of healthy fats and oils.</p> |
| <p>Menus by Age Group</p> | <p>New grade groups for menu planning will be aimed at ensuring students receive age-appropriate portions and nutrients.</p> |



Tips for a Healthy Meal

- Always make sure you choose a fruit or a vegetable as part of your meal.
- Make your plate colorful and vibrant with vegetables that are rich in color and flavor. They are full of vitamins and minerals.
- Make simple switches like choosing 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.
- Choose fat-free (skim) or low-fat (1%) milk. Lower fat versions cut calories but not calcium or other essential nutrients.
- Try going meatless and choose seafood that are higher in essential oils and low in mercury.
- Try dishes made with plant proteins such as beans, peas, legumes, nuts and soy.
- Drink water instead of sugary drinks. These drinks provide more calories than needed and usually contain a lot of added sugar.

Looking for more healthy living and eating information for your family? Visit our wellness destination website: www.balanceittakesyou.com



Throughout the year, we will provide you with regular updates on the new USDA regulations for school meals.

If you would like to receive regular issues of e-bites, please sign-up for our electronic version at:

http://www.chartwellsschools.com/Nutrition_Newsletter_K12.cfm

Why Choose School Meals from Chartwells

Now is a great time to encourage your child to choose school meals from Chartwells!

School Meals by Chartwells...

- Offer students milk, fruits and vegetables, proteins and grains
- Meet strict limits on saturated fat and portion size
- Are healthy and well-balanced
- Offer a great value and convenience for busy families
- Provide students all the nutrition they need to succeed at school

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