

Southridge Wednesday

12-13

A Weekly Publication of Southridge School

February 27, 2013

No. 23

Head of School

Pink Shirt Day – Choices and Power

Sometimes we take the little things for granted. Our ability to make choices is a good example. Without question I know that I often construe the freedom to make choices as so embedded in my pattern of thought that I could hardly imagine living in a situation that shuts down personal choice. Having choice means we have power. And I mean real power - the kind of power that defines who we are as individuals.

Pink shirt day is being recognized in our Junior and Senior Schools today. When our students wear pink shirts they take a stand against bullying. Pink shirt day is an opportunity for us to demonstrate our support of individual differences by recognizing the power that comes with choice.

Choosing our thoughts and actions allows us to assert ourselves because thoughts and actions reflect our individual values. Such clarity helps define our “truth” and is a statement of power. Taking away the freedom of personal choice through negative actions like bullying interferes with individuality. Pink Shirt Day helps remind us that we need to choose our own everyday actions in reference to their impact on others. Our actions influence the dignity, power, and freedom of others, and in a community we rely on the trust we have in one other to use our influence wisely.

At Southridge we seek to build relationships trusting one another to uphold and support a common set of values while recognizing the importance of individuality. Being a part of Southridge comes with the responsibility to choose our thoughts and actions knowing that they have the power to influence others and our community as a whole. As Jimi Hendrix once wrote, “When the power of love overcomes the love of power the world will know peace.” I think Jimi must have been wearing a pink shirt when he wrote those lyrics. Have a wonderful week!

Mr. Drew Stephens
Head of School

Important Dates			
Senior School Play My Fair Lady	Wednesday, Feb 27 th - Friday, March 1 st	7:00 – 9:00 PM	Alan Brown Great Hall
	Saturday, March 2 nd - Sunday, March 3 rd	2:00 – 4:00 PM	
Junior School House Captain Theme Day	Friday, March 1 st	All Day	Junior School
Grade 8 Parent Coffee Morning	Tuesday, March 5 th	7:30 - 9:00 AM	Cafeteria
Junior School Exhibition Presentation for Grade 4 Parents	Wednesday, March 6 th	6:00 – 7:00 PM	Junior Great Hall
Grandparents Day Tea	Tuesday, March 12 th	12:30 PM	Junior School Gymnasium
MYP Musical Willy Wonka Junior	Tuesday, March 12 th	1:30 PM	Junior School Great Hall
	Wednesday, March 13 th	6:30 PM	
	Thursday, March 14 th		
Term Two Report Cards	Friday, March 15 th	At Dismissal	
Last Day of School Before Spring Break	Friday, March 15 th		Both Schools
Return from Spring Break – Late Start	Tuesday, April 2 nd	10:25 AM	Both Schools

Junior School News

Celebrating for Others

Cheering from the side lines for others helps us to vicariously feel the thrill of their accomplishments. This past week, history was made in our Junior School, as our Grade 7 girls basketball team placed first place in the ISABC competitive league. The girls really gelled and the victory was truly a team effort. The reason history was made is that this Grade 7 team of girls also placed 1st in soccer and in volleyball, making the basketball the 3rd sport for them to secure the 1st place finish. Our girls should be recognized for this 'triple crown performance'. So well done! Watching as a fan from the sidelines has made me even prouder of their accomplishments.

This past Friday, I was fortunate to attend a ceremony where my husband, Michael, was awarded the Queen's Diamond Jubilee medal from our Attorney General Shirley Bond for his endless advocacy for public safety in our province. As I listened to her speech and her carefully chosen and eloquently delivered words about Michael, I felt inwardly elated for him. Cheering from the sidelines for him actually felt better than the honour of receiving the medal myself.

On Friday after school I saw one of our Grade 12 girls at her basketball game and asked her about her university prospects. Ironically, she had just received word about a significant scholarship and admittance to a university that she really wanted to attend. As I stood there reflecting back on the 6 years that I have known this young lady, I actually got shivers. I was so proud of her that I had a physical reaction.

Celebrating and cheering for others in this life demonstrates our emotional investment in them. We do feel the highs and lows that they feel. But today I want to focus on those celebratory 'highs' for those Grade 7 girls and thank them for making history at Southridge! Well done young ladies! Have a great week.

Mrs. Laurel Middelaer

Spring Break - Term Two Report Cards

For those anticipating the Spring Break, the last day of school is Friday, March 15th, with a return to school on Tuesday, April 2nd, 2013. Report cards will be distributed at dismissal on Friday, March 15th. To maintain consistency for all our students, the report cards will not be distributed any earlier than dismissal time.

Coming Soon to a Stage Near You: Willy Wonka Junior!

If you have been by the Junior School lately you may have heard the sounds of the Candy Man or seen some Oompa Loompas. That's because this year's MYP Musical, Willy Wonka Junior, is less than two weeks away! All MYP students have been working hard and having a lot of fun taking part in this Broadway Junior production based on the beloved novel and popular movies. It promises to be a fantastic show, with amazing sets, fantastic costumes, and memorable songs!

The students will perform for each other and for the PYP students on Monday, March 11th in our dress rehearsals, and shows will then be performed for the rest of our community on Tuesday, March 12th at 1:30 PM as part of our Grandparents' Day celebrations; Wednesday, March 13th at 6:30 PM; and Thursday, March 14th at 6:30 PM. This year, there will be no tickets sold; seats will be on a first come basis, as we do for our Christmas concerts. Please note that we will have our 'Food Friday' bins out for donations to the Food Bank at all shows.

Also, just a friendly reminder that if you have children in the MYP, they are expected to attend all performances. We have been working on class numbers in our music classes as part of our performing arts curriculum and it can really affect the choreography that we have been practicing if one student is missing. If you know that your child will need to miss a performance due to exceptional circumstances, please let us know via email by no later than Monday, March 4th.

Many thanks to the students, staff, and parent volunteers for their help in bringing the world of Willy Wonka to life on stage. We couldn't undertake such a large production without your support!

We look forward to seeing you all for a celebration of Pure Imagination!

Dr. Kevin Bespflug, Mrs. Donna Winterburn,
Ms. Jackie Janzen, and Ms. Alexis Mauricio
The MYP Musical Performing Arts Team

Grandparents' Tea

Tuesday, March 12th, 2013 at 12:30 in the Junior School Gymnasium

Grandparents you are all an important part of your grandchildren's lives. We want to honor you by inviting all the Southridge Grandparents to join us for coffee, tea and cake before the MYP Musical. This year MYP students will be performing the musical: 'Willy Wonka Junior'. It will be held on Tuesday, March 12th at 1:30 in the Junior School Great Hall. Before the musical the Grade 4 students will serve you tea and coffee at 12:30 in the Junior School Gymnasium. They will greet you, serve you cake and then help you select your seat for the performance. After the performance you can visit any of your primary (K-4) grandchildren in their classroom! Be sure to let your grandchild know you will be coming. They will be delighted to see you! Thank you for all you do for your grandchildren.

Ms. Rowena Raber

Senior School News

Celebrating Commitment, Dedication & Effort!

I enjoy my role as Head of Senior School in so many ways! Working with dynamic, intelligent and engaging people (students, staff & parents) makes each day unique and valuable. I find I continue to learn on so many levels when surrounded by such an amazing community of people. As many of you will be aware, we are near the end of the term and this corresponds with athletics wrapping up for the term. Linking to my submission last week, there were still some remaining teams 'alive' in their respective leagues. The athletes and coaches (and many friends, faculty and parents as well) were excited to be in this situation where each game is a do or die and holds that much more excitement.

After many hard fought games the last team standing is our senior girl's basketball team who qualified for Provincials again this year. They are off to the BC interior next week to compete and we wish them every success at the Provincial Tournament! However, there were a lot of long faces around the halls as well. Students that had hoped for a similar result had come up short (in some cases by just a few points). It was clear that they were disappointed and even in assembly, they were reluctant to share these results with the audience.

I recall a wise coach (I believe it was my Grade 8 hockey coach), that told us after a particularly close loss that winning was certainly special and should be celebrated but that throughout our lives we would see disappointment. He even prefaced this by mentioning that the disappointment might actually come more often than the winning. Now, before you wonder if this isn't a bit negative or pessimistic, he added that it was how you saw the loss or your response to it that was important.

In Monday's assembly this week, I asked those students that were feeling disappointed and the rest of the audience to consider the fact that only one team or person reaches the pinnacle of a certain competition. So, how can we use the experience of a disappointing season to our advantage? Especially when we want to just forget it!

I think it is very important to wait a while until the 'bite' of emotion subsides and then look at the dedication, commitment and effort that it took you or your team to get to this point. The hours practicing, and planning and working are never a waste. Even deciding to try-out for a team or working to improve over the season is a great accomplishment. I fear at times that we are too tied to the result as a measure of any success in these types of activities. Not that it isn't an excellent goal to set, build to and attempt to reach, but there are other incentives and growth to be considered when gauging success. As an example, what about the relationships forged together during a season in sports or activity such as a canoe trip or Reach for the Top? For many of our graduates, these are the memories they recall when looking back on their Southridge experience.

In addition, I connected the above thoughts to our Senior School production happening this week. Having seen the countless hours of preparation that have gone into this show, I can't wait to go and celebrate not only the final product, which is fantastic by the way, but also to ensure the faculty and students that are a part of this know how proud I am of them purely on the effort. Please [get your tickets](#) and help to support and celebrate this amazing accomplishment!

There is no doubt that there is a place and a time to focus on and work towards reaching the pinnacle of success that one wishes to accomplish. But let's not lose sight of, and be sure to acknowledge the commitment, dedication and effort that surrounds us at Southridge. I believe it can help to support people to reach even higher and know that we care about their goals and success.

See you at the production of My Fair Lady! Have a great week!

Doug Palm
Head of Senior School

My Fair Lady

Southridge Senior School presents My Fair Lady, a musical based on George Bernard Shaw's play, Pygmalion. After its successful run in 1956, it was transformed into an award winning film, and has had numerous Broadway revivals. It remains a timeless classic that is extremely popular with audiences today.

The story is set in 1912 in London, England where a poor 'cockney' flower girl, Eliza Doolittle aspires to live a better life. Eliza wishes to take speech lessons from Professor Henry Higgins, an esteemed phoneticist, who makes a bet with a good friend, Colonel Pickering that he could pass her off as a lady of higher society. The hilarious attempts to change her speaking voice, along with Eliza's father's opinions on social class and morality, are extremely engaging to watch.

While Professor Higgins finds teaching Eliza how to pronounce her vowels and consonants, and showing her off to high society, an amusing game, he regards her social position to be irredeemably lower class. However, she later proves that she is remarkably self-aware and communicates her feelings far better than he. Moreover, Higgins's self-indulgent bet to transform Eliza into something better than a poor flower girl is not as significant as her ability to deeply transform his soul and touch his heart.

My Fair Lady has been a true community production and the dedicated ensemble includes talented students from Grades 8 through 12, and also features three of our own Southridge school teachers, Ms. Holt, Mr. Doig, and Mr. Sterelyukhin.

Tickets are \$10.00 and can be purchased online through [this link](#).

The five performances will be held in the Alan Brown Great Hall in the Senior School:

- Wednesday, February, 27th at 7:00 PM
- Thursday, February, 28th at 7:00 PM
- Friday, March 1st at 7:00 PM
- Saturday, March 2nd at 2:00 PM
- Sunday, March 3rd at 2:00 PM

Ms. Kelly
Senior Drama Teacher

News for Both Schools

Country Fair Lead Volunteers Still Needed

We are still looking for lead volunteers in these areas:

- Southridge Café - In this role, you will be working with an experienced department head to organize and manage the Southridge Café which sells snacks, sandwiches, muffins and drinks. You will be assisted by a team of assigned volunteers to set up and run the Cafe on Fair Day. Certification in Food Safe is an asset but not a requirement.
- Signage, Internal - In this job, you will also be working with an experienced department head to create, print and laminate signs for various departments. This work is completed before Fair Day. This is a great job for someone creative!
- Shadow Department Heads for Various Areas, including Games, Loonie Bags and Toys.

We have people in place for the 2013 Fair but we are hoping to recruit some volunteers that can shadow/observe an area this year and step in as lead volunteers next year (2014). No past experience necessary so we welcome new parents as well

as volunteers that would like to try out a new area of the fair! It would be great to do with a friend, be a risk taker and try something new.

Contact the volunteer committee if you are interested in any of these positions. We are happy to answer any questions you may have. volunteer@southridge.bc.ca.

Sign-up Online for your Country Fair Shifts starting Monday, March 4th

Starting on Monday, March 4th, volunteers will be able to sign up for their pre-Fair and Fair-day shifts online! It's "first come, first served" so don't wait too long, or you may be disappointed!

To preview the site:

1. log onto the parent portal of the website
2. go to the 'Volunteer Corner' page
3. click on the orange 'Volunteer Opportunities' button
4. select 'Fair'
5. read job descriptions for hundreds of pre-Fair and Fair-day jobs!
6. On March 4th, the 'Volunteer Now' button will allow you to actually sign-up for specific shifts

Detailed instructions will also be emailed out on March 4th. Watch your inbox for details and thank you for volunteering!!

Rachael Lawson, Chair
on behalf of the Volunteer Committee

Southridge School iPhone App

In case you haven't heard, Southridge now has its own iPhone App. You can get it at the App Store – did I mention it's free? The Southridge School iPhone native app is now available. The Android version is coming soon!

Created especially for your iPhone, this app provides you with the most important timely information at your fingertips.

We know it will make your life easier. Here's what you'll find:

- Personalize your school calendar feed with over 30 calendars to choose from. You see only the calendars you chose.
- Personalize your news feed with over 25 possibilities.
- Personalize your team news feed. Get athletic news for all teams or the ones you pick.
- Keep updated with the latest athletic team scores and upcoming game schedules.
- View photo albums from the Junior and Senior schools.
- Update your profile – make address and phone number changes to school records from your phone.
- View our latest Twitter feeds.
- Read the latest headlines.
- Use the directories to locate other school families.

Go to the App store now to upload for free. Search for Southridge School.

The app doesn't have everything the portal has, but it has all of the important dates, news and information we think you need at your fingertips. There is a login for directories and updating your profile as well as some calendars and news feeds.

Everything that should be protected is behind the login. We are open to your feedback if you can think of ways to make improvements.

You can read the attached PDF file for simple instructions on how to use the App features. Please feel free to contact me with any questions you may have about the use of the new iPhone app.

Alan McInnes
Manager
Web and AV Services

Digest, Menu, and Nutrigram

As nutrition is a big factor in our daily lives and an important factor within our organization and more importantly, within our kitchen at Southridge, I wanted to share with you the sentiments and our companies mission with this information adopted from our companies newsletter:

As the leading food and support services company in Canada, nutrition & wellness is a key focus within our sustainability strategy. A key wellness concern is the amount of artificial trans-fat found in some of the foods we serve. By March 2009, Compass Group Canada has committed to eliminate as much trans-fat as possible from these foods. Since 2006, we have been switching to “trans-fat free” products as they become available from our food supplier partners. We will continue to influence and seek partners that provide foods which meet our corporate nutrition standards regarding trans fat content. Prior to the completion of any agreement, and on an ongoing basis as determined between a food supplier and Compass, specific nutrition standards will need to be met. Products that fail to meet these standards will not be considered to be used/sold by Compass Group Canada.

Nutrition Standards for Foods Purchased by Compass Group Canada:

For all vegetable oils and margarines, the total trans fat content must be less than 2% of total fat content. All partially hydrogenated shortenings, oils, spreads and margarines will be restricted. For all other foods purchased, the total trans fat content must be less than 5% of total fat content. This limit does not apply to food products for which the trans fat originates exclusively from ruminant meat (e.g. cow, sheep or goat) or dairy products. Any changes made to foods purchased by Compass Group Canada, must be communicated by the food supplier to Compass before the product is in distribution. Nutrition facts and ingredients of all products are required for review before the completion of any contracts between food supplier and Compass Group Canada.

Above standards are based on the recommendations from the TRANS forming Our Food Supply report released by the Trans Fat Task Force co-chaired by Health Canada and the Heart & Stroke Foundation. This report, was adopted by the Minister of Health in June 2007.

For the full report visit:

http://www.hc-sc.gc.ca/fn-an/nutrition/gras-trans-fats/tf-ge/tf-gt_rep-rap_e.html

As an organization, we are committed to helping our customers meet their dietary goals by making it easy to make healthier choices. This is another step Compass Group and specifically Chartwells has taken to positively influence the health of Canadians and our direct clients.

We look forward to seeing you at the Southridge Café.

Marat Dreyshner
Chef/Unit Manager

**THE SOUTHBRIDGE JUNIOR SCHOOL MYP MUSIC
DEPARTMENT IS PROUD TO PRESENT...**



**Based on the book, 'Charlie and the Chocolate Factory' by Roald Dahl
Words and music by: Leslie Bricusse & Anthony Newley
Stage adaptation by: Leslie Bricusse & Timothy A. McDonald**

**Tickets are not required to attend the performances. We kindly ask that
you bring a non-perishable food item in support of our junior school Food
Friday program.**

**1:30 pm on Tuesday, March 12th, 2013
6:30 pm on Wednesday, March 13th, 2013
6:30 pm on Thursday, March 14th, 2013**

**Due to copyright restrictions of Musical Theatre International, the
videotaping or other video or audio recording of this production is strictly
prohibited.**

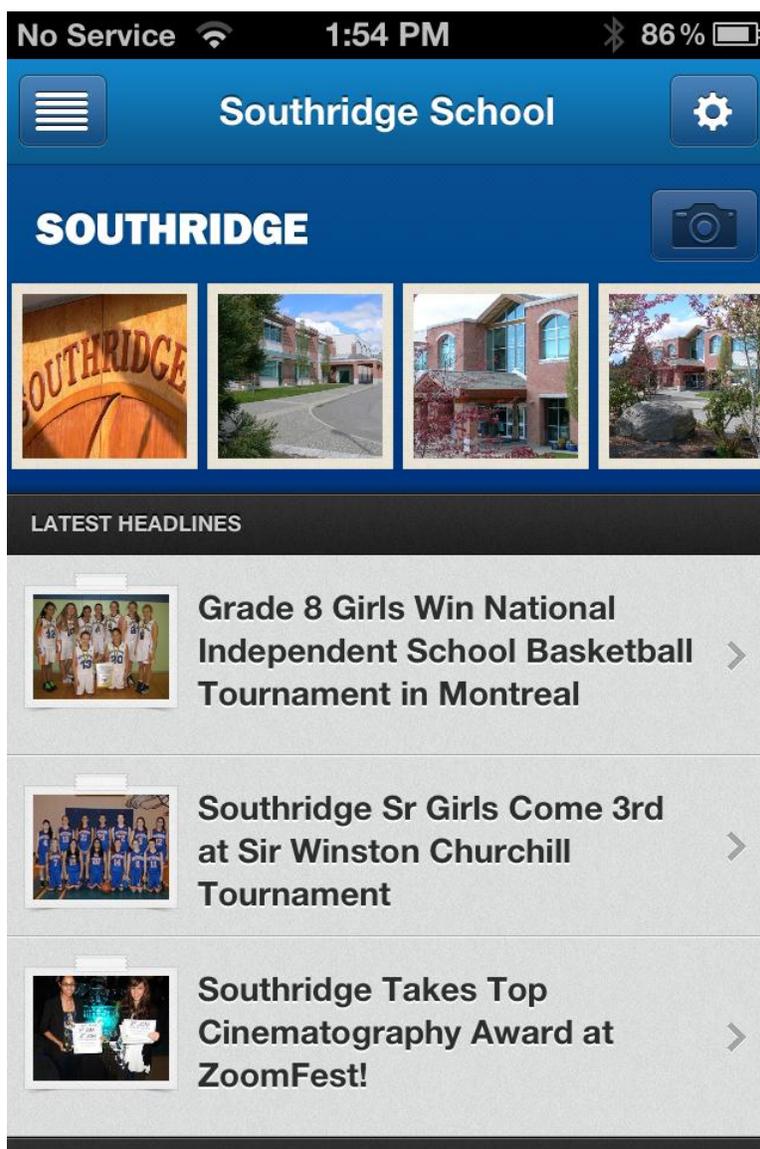
Southridge iPhone APP

The Southridge iPhone App is like any other iPhone application and is available for free from the App store. Just search for “Southridge”.

Once you install the app and launch it, you will see a home screen like this:

Across the top is a featured photo gallery. You can view the photos by swiping to the left or right and touch to view any photo.

Below that are the Latest Headlines followed by Upcoming Events, Team Schedules and Latest Tweets. The Home page provides you a way to get an overview of what is happening at Southridge.



At the top left of the home page you will see a button that is the main menu button.

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When you touch the main menu button, the menu will slide the Home page to the right and reveal the main menu as you can see here:



If you are on Facebook, you will be familiar with this style of menu. The main menu is divided into three categories; **Account**, **Features** and **More**. You will notice that some categories have a lock icon to indicate that they are not available unless you are logged in.

Your **ACCOUNT** area includes:

HOME: Touch this link to take you to the home page.

LOGIN: Touch here to login to the App to access the password protected content such as News, Calendars and the Directories that you would normally only be able to access in the website portal.

CUSTOMIZE: Touch here to customize your News categories, Calendars and Team News choices. This provides the same function as touching the **Settings Button** in the top right corner of the Home page.

UPDATE PROFILE: Touch here to update or change your contact information. This will update your profile for the website directory.

Your **FEATURES** area includes:

NEWS: Touch here to view all the news categories that you have selected in **CUSTOMIZE** or by using the Settings button in the top right corner of the Home page.

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CALENDARS: Touch here to view all the calendar categories that you have selected in **CUSTOMIZE** or by using the **Settings button** in the top right corner of the Home page.

ATHLETICS: Touch here to view all the team news categories that you have selected in **CUSTOMIZE** or by using the Settings button in the top right corner of the Home page.

DIRECTORIES: Touch here to access the directory search and map function that allows you to search for Parents, Students, Alumni and Faculty/Staff as well as see the location of other parents for car pooling.

GALLERIES: Touch here to access photo albums and see the latest photos.

Your **MORE** area includes:

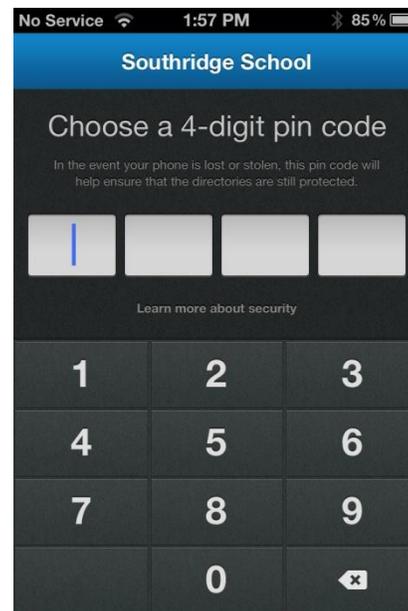
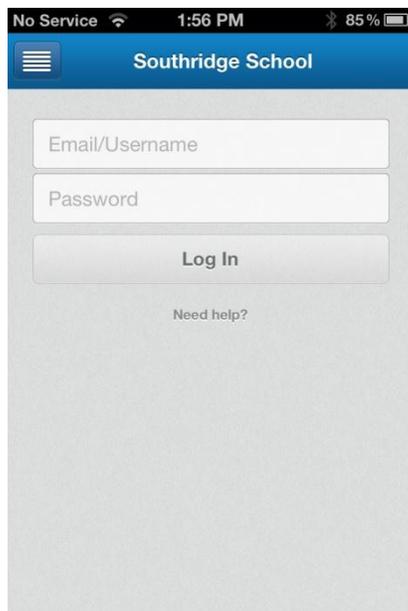
CONTACT US: Touch here to view contact information for the school.

ADMISSIONS: Touch here to read about Admissions for the school.

NOTE: The **MORE** section allows us to add seasonal pages such as for the Gala, Country Fair, the Golf Tournament and special events. These pages will come and go according to our needs.

LOGIN

When you first launch the App, you will want to Login to ensure you can access all the content that will be important to you such as the News, Calendars and Directory functions that are only available once you log in. Go to the Main menu and select Login and you will be presented with the Login screen as shown on the left. Enter the email and password combination you use for logging onto the website portal.



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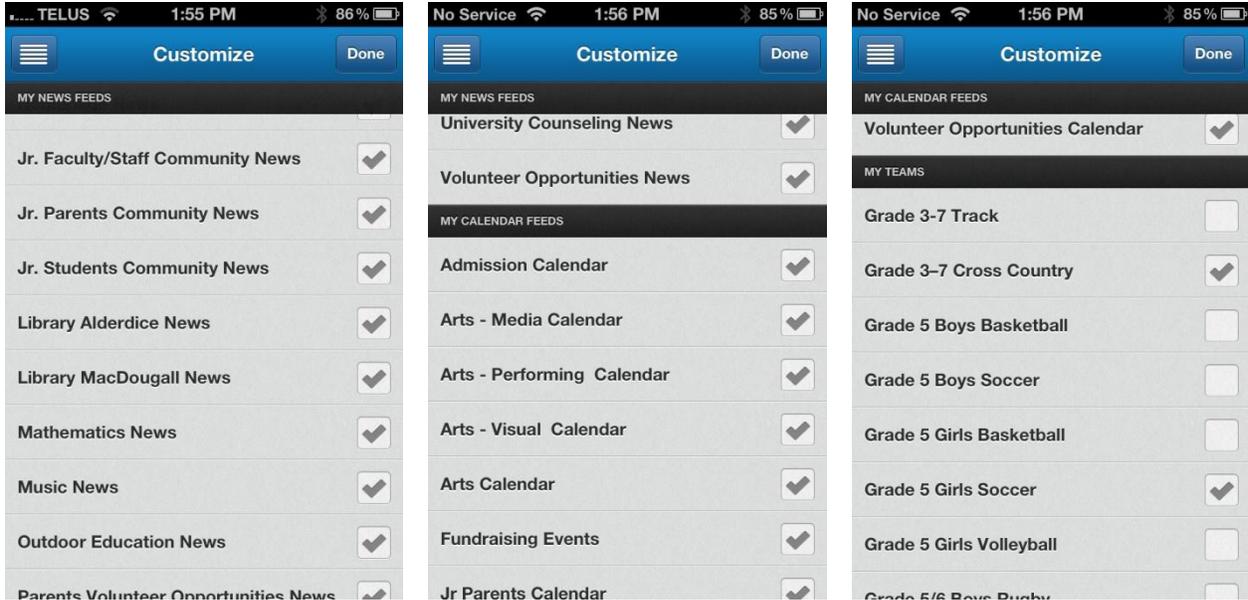
Once you enter your email and password combination you will be presented with the screen shown above on the right. Enter a 4 digit code that you will use to access the Directories and other password protected area.

NOTE: The security system allows you to stay logged in to the App for an extended period of several months while the 4 digit code provides secondary protection and works just like the 4 digit code you might use to lock your phone.

CUSTOMIZE

You can customize your News, Calendar and Team News by using the Customize feature which is available through the Main menu or Settings menu. When you select Customize you will see screens as shown below. As you scroll down past the News categories you will then view the Calendar categories and finally the Team News categories. In each area, you can touch the box next to the category you want to have show in your News, Calendars or My Teams views.

Once you have selected all the News, Calendar and My Team categories, touch the "Done" button in the top right corner of the screen to save your selections.



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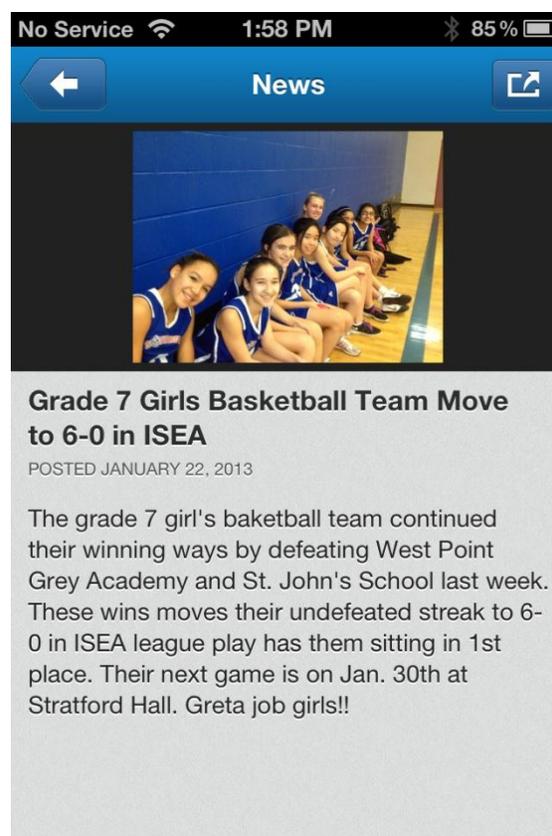
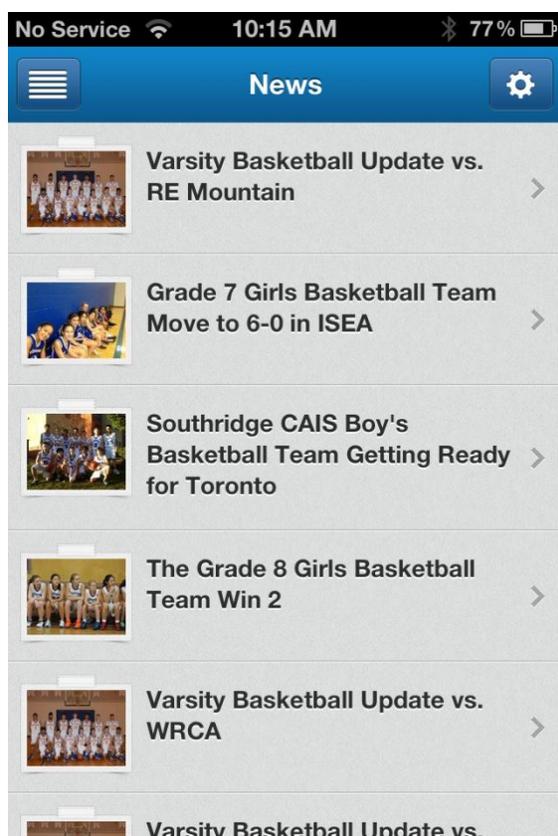
UPDATE PROFILE

The Update Profile function in the App lets you update your contact information just as you would in the website portals. You can change or update your name, email, address and phone numbers.

NOTE: After making any changes, be sure to scroll to the bottom of the screen and touch the SAVE button.

NEWS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your news, you can view a list of the news through the News menu as shown in the left screen below.



You can scroll up and down to view the news items and then by touching the news of your choice, you will see a screen like the one on the right above. You can touch the photo to see a larger version of the photo and a feature of this page is the **Share button** in the top right corner that allows you to share the photo via Email, Facebook, Twitter or to save the photo to your phone. If the news text goes below the screen, you can use your finger to scroll down to read the entire article.

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CALENDARS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your calendars, you can view a list of the calendars through the Calendar menu as shown in the screen below.

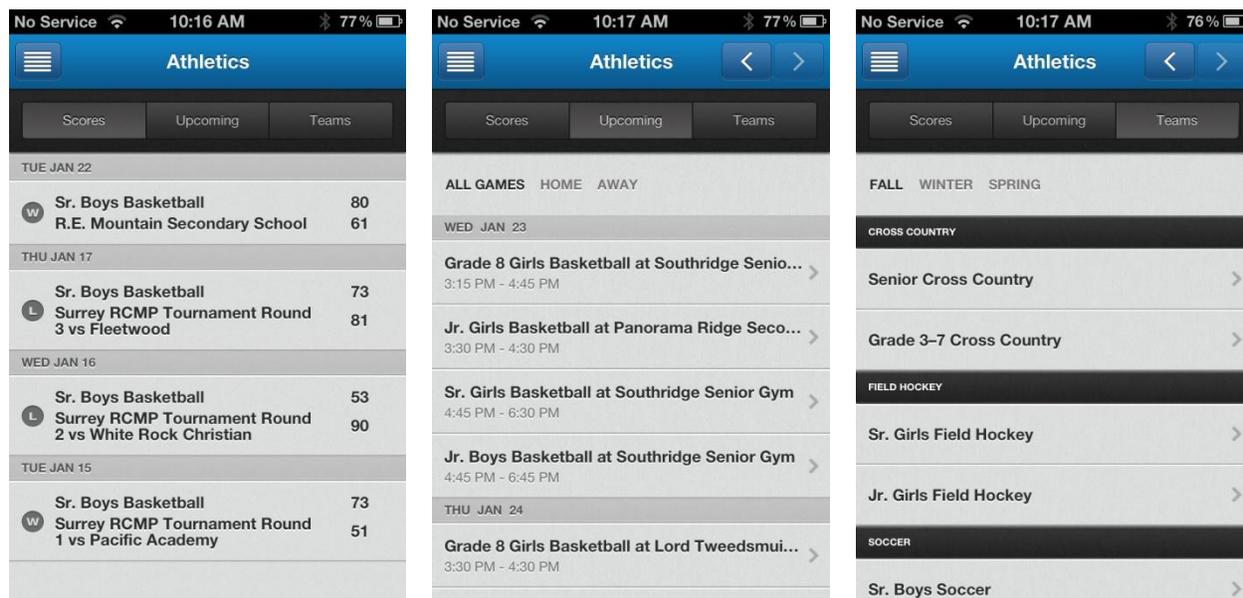


You can scroll up and down to view the calendar items and then by touching the calendar item of your choice, you will see a details page.

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ATHLETICS

Once you have used the **CUSTOMIZE** feature or the **SETTINGS** button to customize your Athletic Teams, you can view a list of the Athletic Teams' News through the Athletics menu as shown in the screens below.



When you first view the Athletics page, it defaults to the **Scores** view. Using the buttons at the top of the page, you can select **Scores**, **Upcoming** or **Teams**.

SCORES

This is a list of all the teams' recent scores that you have selected in **Customize**.

UPCOMING

Upcoming will then show you a list of all the upcoming games for teams that you have selected in **Customize**.

TEAMS

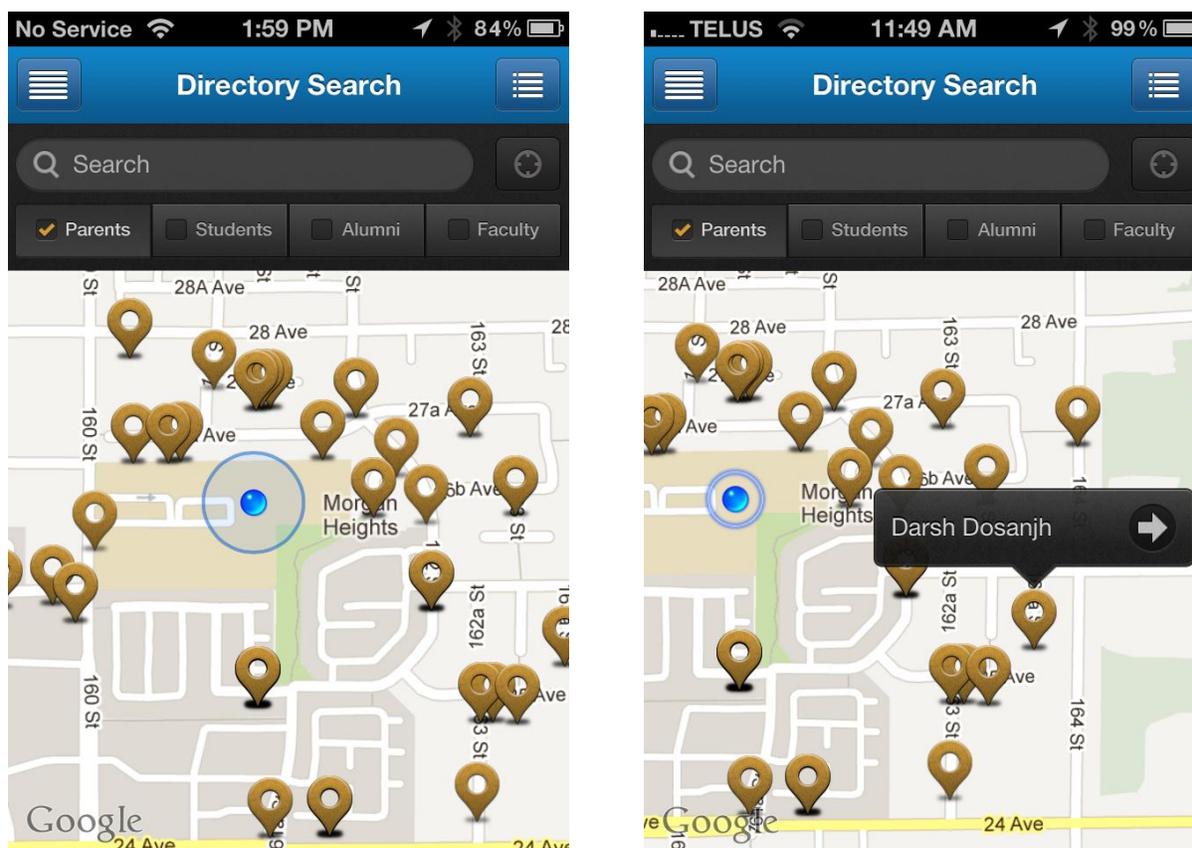
Teams will show you a list of all the teams that you have selected in **Customize**. In the Teams view, you can select the Fall, Winter or Spring sports to see a list of each season's teams. You can then scroll up or down the list to find the team you want to view. Touch the team you want to view to see all the team's details.

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DIRECTORIES

The Directories function is both an information directory and mapping function. You can look up parent, student, alumni and faculty/staff to view contact information and for parents, you can view location for organizing carpools.

NOTE: Parents must set their address to be viewable in the UPDATE PROFILE section in order for their address to be viewable by other parents. This is set to viewable by default when parents' information is first entered into the Parent Directory.

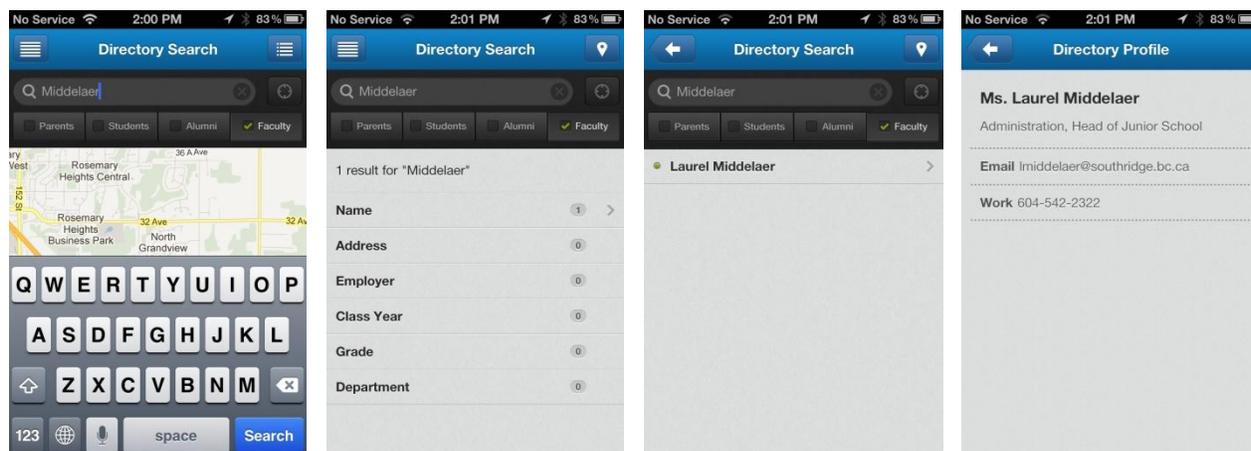


The screen above on the left shows the view that you will see when you select the Parents' Directory by touching the Parents button at the top of the page. The blue dot represents your location and the surrounding icons represent parent locations. When you touch one of the parent icons, you will see a name flag as is shown in the screen above on the right. When you touch the right arrow icon next to the parent's name, you will be taken to a page with the parent contact information.

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DIRECTORY SEARCH

To perform a directory search, select the directory you want to search by touching one of the category buttons at the top of the page; Parents, Students, Alumni or Faculty(Staff). Enter the first or last name of the person you are searching for and press the Search button in the lower right corner on your keyboard.

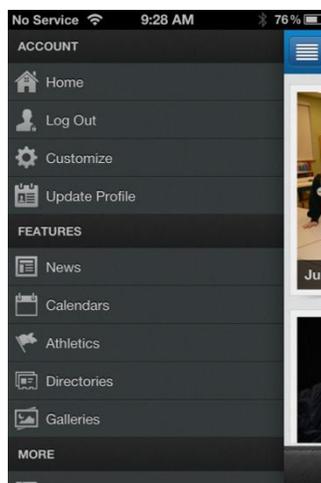


The Directory Search sequence of pages is shown above from left to right.

NOTE: You can search multiple directories at once by selecting each directory before you enter the search name.

PHOTO ALBUMS

One of the great features of the App is the ability to share photos. From the main menu, you can select the photo albums through the **Galleries** link as shown below.

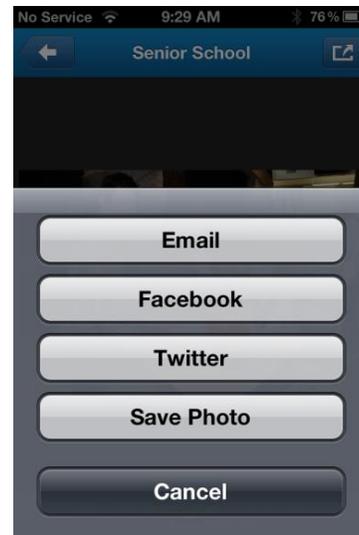
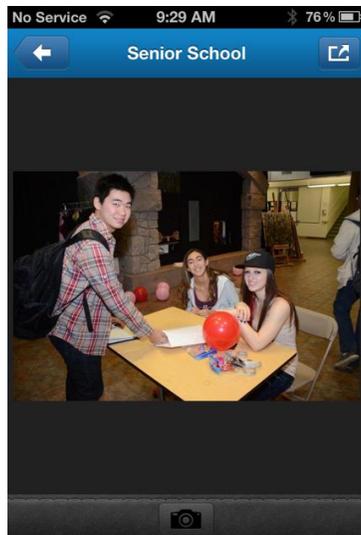


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Once you select the **Galleries** link, you will be shown a list of the available photo albums as in the photo on the left below. You can scroll up and down this list by using the standard swipe gesture with your finger. Select the album you wish to view by tapping on it with your finger and you will be shown the contents of the album as in the photo below on the right. You can scroll up and down the photos using your finger and then tap the photo you wish to view.



Once you tap on a photo, it will be presented as shown in the photo below on the left. You can then tap on the icon in the top right corner if you wish to share the photo and you will be presented with the menu options shown in the photo on the right below.



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Using the menu choices, you can share the photo in an email, to your Facebook or Twitter account or save it to your phone photo album.

Weekly Menu

MAR 4th – MAR 8th, 2013

MONDAY

PEROGIES WITH BRATWURST
Vegetarian choice available

TUESDAY

SHEPERDS PIE
Vegetarian choice available

WEDNESDAY

INDIAN SPICED CHICKEN

THURSDAY

SPANISH
ROASTED LEMON CHICKEN
WITH ROASTED POTATOES
Vegetarian choice available

FRIDAY

PASTA WITH SUNDRIED TOMATO SAUCE
Vegetarian choice available



Procyanidins

Flavanols

Dark Chocolate

*Cocoa beans are not actually beans – they are the seeds from the fruit of the cocoa tree (*Theobroma cacao*).*

In choosing cocoa and chocolate products rich in flavanols, look for non-alkalized or lightly alkalinized cocoas, also known as “dutch” cocoa.

Chocolate and cocoa are naturally rich in free-radical-fighting antioxidants known as flavanols.



 Eurest

 Chartwells

 MORRISON

 ESS

Members of Compass Group Canada

Epicatechins