

# FAQs

## ABOUT YOUR NEW DINING SERVICES

### What is Flik?

Flik is the last name of the couple who began our company in 1971. Building their company through corporate dining services and private catering, Rudi and Julie Flik expanded into the education sector focusing on private and independent schools. In 1995 Compass Group, Flik's parent company headquartered in Charlotte, acquired the company. We operate over 190 private and independent schools nationwide.

### It is Food Prepared From Fresh Ingredients

We believe in clean eating. Flik has a comprehensive Food and Nutrition Philosophy and our focus has always been cooking from fresh, whole foods using minimal processed or frozen foods. This style of preparation also enhances the quality and variety.

### It is Sustainable and Locally Produced Products on the Menu

We serve food that meet responsible and sustainable agricultural practices. Its standard practice for us and has been for years. For more than a decade, Compass Group, our parent company, has strived to make positive changes in our communities by supporting local economies, sourcing sustainable seafood, implementing measures to address climate change issues and more. We are proud to lead the foodservice industry with groundbreaking policies such as,

- Championing local family farmers and Fair Trade
- Sourcing foods that are produced with minimal use or free of chemicals and antibiotics
- Supporting campaigns that reward the efforts of farmers and laborers
- Sourcing proteins from suppliers that promote the humane welfare of farm animals.

### It is Nutrition Education

Flik understands the importance of educating your children about what they are eating. As food service professionals, we know that telling children about the importance of nutrition will not always translate into their selection and consumption of foods. Instead, we must demonstrate that eating nutritious foods can also be novel, creative and delicious.

In addition to providing appealing and nutritious foods, Flik directly supports and enriches the educational curriculum. We are always willing to provide nutrition education in the classroom at all grade levels. Our Registered Dietitian creates programming that takes learning into the dining hall, in the classroom and on the field.

The whole community benefits from Flik's educational commitment; working with faculty and parents is important in instilling healthy eating habits overall.

### What if my child has an allergy or medical condition?

Flik will work with any parent who has a concern regarding the dietary needs of their child. We are very proactive in our own education regarding allergies and this is one of the main reasons we use very limited processed foods.

### Where can I find the daily menu?

Starting August 2018, you can access your school's menus and other downloaded information on our mySchool Dining site at [www.mySchoolDining.com/covenant](http://www.mySchoolDining.com/covenant)

To see what we are doing, follow us on our social media sites!

