

# Wellness Programming

At Flik Independent School Dining, we believe in a holistic approach to wellness and nutrition education. We have a variety of signature programs and introduce new promotions each school year. These promotions are highlighted monthly and focus on foods we all need to consume more of: fruits, vegetables, whole grains and legumes. All programs are reviewed annually to assess successes and current innovative trends.

**Here are examples of our signature and annually rotating programs:**



**TASTINGS** provides opportunities for culinary experimentation and menu-building as well as communication with students. Ongoing encouragement to try a small amount of a new, healthy food or a familiar food prepared in a different way is key in acceptance and enjoyment of the item.



**REVVED UP RECIPES** are popular items that pack an extra nutritional punch. This concept is an application of recipe enhancement; adding nutritious ingredients or making appropriate substitutions that make sense – without compromising the integrity of the recipe. The goal is that familiar recipes taste and appear as they normally would but have an improved nutritional profile.



**EAT 2 COMPETE** offers meals and snacks designed to provide the nutrients needed to fuel athletic activity. This program is best implemented in coordination with the athletic department for a school community approach to nutrition and athletics.



**CREATE YOUR PLATE HEALTHY** is a simple, color-coded, number guide to selecting balanced meals based on the five food groups. Geared toward younger grades, students are encouraged to select a variety of colors to put on their plate, creating a more nutrient rich meal.



**TEACHING KITCHEN** is a hands-on, active participation in culinary education and breeds nutrition and culinary literacy for a lifelong path of health, wellness, and a connection to food. In partnership with The Culinary Institute of America and Harvard T.H. Chan School of Public Health, Flik dietitians and chefs develop and conduct various lessons and curricula for different age groups to demonstrate that “how-to.”



**#VEGREV** is an example of a monthly program highlighting a specific food group or item rich in nutrients. Vegetables are featured as the star of each dish to promote innovative preparation of vegetables and plant-forward eating.



**SUPERFOODS** are foods that provide health benefits beyond their basic nutrient content. We pair superfoods with superpowers to empower students to tap into their inner superhero in trying and consuming some of these foods.