

# Wellness Programs

At FLIK Independent School Dining, we believe in a holistic approach to wellness and nutrition education. We have several ongoing signature education programs and introduce new menu promotions each school year. Our annual marketing calendar highlights recipes to be featured each month. Food items we focus on are fruits, vegetables, whole grains and legumes. We are thoughtful in our selection of these promotions and recipes so that current culinary trends and innovations are reflected in conjunction with current nutrition science.

Be on the lookout for:



## **VegEdge**

Common veggies just got more interesting! Popular vegetables are featured each month 4 different ways to highlight the variation in preparation and taste. Don't like those steamed Brussels Sprouts? Try the Brussels Tots recipe we developed! Plain old cauliflower not cutting it? Try our Buffalo Cauliflower Bites. And much more!



## **Tried It!**

Who doesn't love a sample? Each month several recipes are featured in sample form for feedback. No pressure! Students are encouraged to try the new recipes with the goal that they will ultimately be incorporated into the menu. Trying new foods is a process and is a cornerstone of nutrition education and menu building. It's a fun and healthy way to expand student palates and to engage them in the menu.



## **Revved Up Recipes**

FLIK signature recipes 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. The goal is to celebrate and highlight the nutritious ingredients, not hide them. Favorites include our Revved Up Marinara Sauce and our Revved Up Meatballs.



## **FLIK Clips**

Our digital library continues to grow. From our Teaching Kitchen content to other wellness, sustainability and culinary education pieces, our YouTube channel is an informative and interesting supplement to the dining hall, classroom and beyond! [Click here](#) or visit us at Flik Independent School Dining on YouTube.