

Nutrition Education

Our nutrition education programs encourage students' development of healthy lifestyle habits and communicate the basics of good nutrition.

ACE Nutrition Mascot Program

Throughout the school year, our elementary school nutrition mascot, ACE and his friends, share the Stay Healthy wellness message through a monthly program. Enrolled students receive an educational gift with nutrition fun facts that reinforce the importance of healthy eating, regular exercise and getting plenty of sleep. Please visit acefanclub.com to learn more.

This year's theme is Action ACE! Each month, ACE and his elementary friends will provide students with exciting educational information about fruits and vegetables. This program will also encourage healthy eating and an active lifestyle.



Educational Resources

For Your Students

- **Brochures**
Topical, easy-to-read brochures on health-related issues, for middle and high school students
- **Monthly Wellness Poster Series**
Eye-catching, age-relevant posters, highlighting a *Wellness Lesson of the Month*, for use in the cafeteria or classroom setting
- **Healthy Bites**
A program that provides students with the opportunity to sample nutritious foods that align with key wellness topics

For Adults

Healthy For Life™ educational tools allow educators, administrators, parents and guardians to aid children in developing good health habits.

- **Parent Education Brochure**
Comprehensive information about Aramark's Healthy for Life™ program
- **Quarterly Newsletter**
Relevant nutrition news and helpful tips for parents
- **Nutrition News Fact Sheet**
"Fad-free" facts, insights and information
- **Parent Ask the Dietitian FAQs**
Frequently asked questions with useful suggestions from Aramark's Health and Wellness experts
- **Wellness Education Center**
Convenient, readily-available health and wellness communications



MONTH	THEME
September	Read a New Book
October	Keep a Food Journal
November	Be Thankful
December	Walk It Off
January	Unplug and Relax
February	Get Enough Sleep
March	Start with a Good Breakfast
April	Drink Enough Water
May	Keep Moving

Focus on Breakfast

Numerous studies have shown that breakfast improves attendance, behavior, and performance in school. Developing the breakfast habit at an early age also helps students maintain a healthy lifestyle. A well-balanced breakfast provides the fuel their bodies demand to stay energized and alert throughout the day, while eliminating the desire to overindulge between meals.



AMP Up with Breakfast™

A comprehensive breakfast program that provides students with an opportunity to jump start their days with a healthy and nutritious meal.

The program includes a wide variety of great-tasting morning favorites that are fun, portable, nutritious, and delicious, such as:

- Fresh whole fruits and fruit in juice
- Whole grain cereals
- Packaged, healthy breakfast favorites for today's "on the go" students
- Yogurt and smoothie beverages
- 100 percent juices



AMP Up with Breakfast™ accommodates a variety of student needs with options including:

- Breakfast in the classroom
- Breakfast in the café
- On-the-go breakfast convenience cart

Environmental Sustainability

We are passionately focused on reducing the environmental impact within our operations. We continuously improve our own practices while offering expertise and practical solutions. Through **Green Thread**, our environmental sustainability platform, we bring innovative and efficient solutions to life. We place special emphasis on:

- Responsible Sourcing
- Waste Minimization
- Efficient Operations
- Transportation Management



- Engaging in **Farm to School** programs by working with suppliers to identify local produce, support farmers and promote nutrition, and partnering with **FarmLogix**, a company that uses an online platform to connect local farmers to schools
- Recognized by the U.S. Environmental Protection Agency (EPA) as the U.S. Department of Agriculture (USDA) as a **Food Loss and Waste 2030 Champion** for our commitment to reduce food loss and waste in operations by 50% by 2030

School Gardens

- **ACE's Gardens™** interactive elementary school gardening program to teach students about the benefits of growing and consuming their own fruits, vegetables, and herbs.
- **Growums® Garden in a Box** interactive school gardening program for all ages helps students learn where their food comes from and understand the importance of eating healthy. Students learn all of the steps necessary to grow vegetables and herbs, including planting and germinating seeds, daily garden care, and harvesting the foods they grow.



2017 – 2018

K-12 Food and Nutrition Programs



Food and Nutrition Services

Breakfast and Lunch Programs / Nutrition and Wellness / After School and Summer Meals /Catering aramark-schools.com / 800.926.9700

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A sharpened focus on the health & wellness of your children

Aramark K-12 Education welcomes you back to the new school year. As your school district's food service provider, our primary goal is promoting your students' overall wellbeing and growth with nutritious menus; innovative, student inspired dining environments; and wellness education programs that support their achievement! Enclosed is a summary of our nutrition and wellness programs that have been created for the new school year, specifically for your students. *Have a great school year!*



Aramark K-12 Education is committed to improving the health and academic potential of your students and children.

Our Healthy For Life™ Program

- Provides a wide variety of menu offerings of safe, wholesome nutritious foods
- Teaches students to make healthy meal and lifestyle choices
- Creates appealing and healthy eating environments
- Builds healthy resources for your school, district and community
- Works together with you to find new ways to make your children Healthy For Life™

Our Menu Philosophy

Aramark is committed to providing safe, nutritious food, prepared fresh daily. We align with prominent global food companies to buy the highest quality products available. Our menus are created from an extensive database of age-segmented recipes, developed by our Culinary Team (of dietitians, chefs, and purchasing specialists) and manufacturer partners. We collaborate with parents to accommodate the dietary requirements of students with special needs.

For your students, we offer a variety of meal choices with one goal in mind: To provide outstanding service and high quality “kid-friendly” meals that meet or exceed the latest federal and state requirements. To reach this goal, we:

- Work directly with food companies to set new industry standards for healthier foods, by requiring all key products meet our criteria to reduce or eliminate fats, salt and sugars, and to add whole grains.
- Incorporate wholesome, natural ingredients and source foods rich in fiber and essential vitamins and minerals, like whole grain breads, pastas and cereals, fresh fruits and vegetables (local when available); low fat or non-fat milk; other reduced fat dairy options; and lean, low fat chicken, beef and fish.
- Source high quality, safe foods with no added trans fats; hormone- and antibiotic-free dairy products; poultry raised without hormones and with only humane use of antibiotics; sustainably produced seafood; and cage-free eggs.
- Use minimally-processed foods, and foods without artificial ingredients and high fructose corn syrup, wherever possible.

The products and cooking methods we use conserve food quality and nutrients, while limiting the addition of fats and eliminating frying. So although you may see popular items like pizza and chicken nuggets on your menus, be assured that your child's meal selections are lower in fat and salt, and contain healthy whole grains.

Our Wellness Commitments

1. Serve nutritious menus that exceed current USDA requirements and meet individual State requirements for all students.
2. Promote participation in National School Breakfast Program in a variety of settings including in the cafeteria and classroom as well as mobile cart solutions.
3. Offer healthy, nutrient dense snacks and healthy meal options for after school programs and special events.
4. Encourage healthy lifestyles by linking nutrition messaging with the foods we serve.
5. Employ proven techniques to encourage students to try new healthy foods.
6. Buy locally, partner with organizations to procure sustainable foods, and support school gardens to help schools become more “environmentally friendly.”
7. Provide quality service to our students and our customers with an engaged, committed staff.
8. Train and encourage staff to be good stewards of water and energy in schools; Support composting, recycling and green cleaning for healthy school environments, where possible.
9. Advance employee knowledge and sensitivity to health and wellness education through training and communication resources.
10. Engage in legislative advocacy on behalf of our nation's students.

Elementary & Secondary Programs

Dining Environments

Dynamic, age-segmented dining environments promote healthy meal selection, excite students and increase student meal participation.



Cool*Caf

A fun, food-court-inspired concept, designed especially for **elementary school** students. With colorful and engaging graphics and a variety of well-balanced menu options, the café encourages children to make healthy food choices.



Tines™

The Tines offers **middle school** students the dining experience they crave with fresh options served in a sophisticated retail environment. Fun, energetic colors canvas the café and food photography highlights the variety of freshly prepared offerings available every day.



The Good Mix™

Coming Soon!
An oasis where every **high school** student fits in and feels connected. This concept creates an experience for customers to enjoy The Good Mix™ – good food with fresh flavors and good friends in a comfortable space they can call their own.

Our High School food court station brands offer fresh ingredients, homemade specialty items and menu selections with exciting flavor profiles:



Tortilla



Custom Bros. Grill Co.™



Green Street Deli™



Corner Crust Original Pizza™

Special Event Promotions

In addition to wellness menu specials, we also have special event and holiday promotions customized for each school. These celebrate holidays like Thanksgiving; national events like National Nutrition Month and Earth Day; and school-specific events, such as homecoming or the Spring dances. Here are some examples:

MONTH	SPECIAL EVENT FEATURED
September	Fruits & Veggies, National Cheeseburger Day, Ace's B-day Bash, National Pancake Day
October	World Vegetarian Day, National Taco Day, Homecoming, National School Lunch Week, National Pasta Day, Halloween
November	Thanksgiving, Cookie Monster B-Day, National Sandwich Day, National Nacho Day, America Recycles Day, French Toast Day
December	National Cookie Day, Winter Holiday
January	Hot Dog Day, Chinese New Year
February	Super Bowl, Pizza Pie Day, Valentine's Day, Mardi Gras
March	Dr. Seuss Birthday, National School Breakfast Week, March Madness, St. Patrick's Day, 1st Day of Spring
April	PB&J Day, Baseball Opening Day, Earth Day, National Pretzel Day, Spring Fling
May	Cinco de Mayo, National Hamburger Day



FUEL Menu

The FUEL program features monthly menu specials, developed by our chefs and nutritionists, to generate excitement by introducing new recipes or putting new twists on popular favorites. Designed for middle and high school students, FUEL combats menu fatigue and reinforces the connection between healthy, flavorful meals and performance at school.

MONTH	THEME
October	Hot Grillers: <ul style="list-style-type: none">• Chick 'N' Cheese• Steak 'N' Cheese
November	On a Roll: <ul style="list-style-type: none">• Chicken Salad BLT• Southwest Chicken Pinwheel
December	Ranchified Burgers: <ul style="list-style-type: none">• Chipotle• Pepper-Parm
January	Popcorn Chicken: <ul style="list-style-type: none">• N' Awlins Spicy Wrap• Lil' Italy Chicken Bowl
February	Bowl-a-Rama: <ul style="list-style-type: none">• Spicy Thai Chicken• Chicken & Hummus Salad
March	Wrap & Roll: <ul style="list-style-type: none">• Fiesta Foldover• Mediterranean Meatball Wrap
April	All-American Chicken: <ul style="list-style-type: none">• Spicy Southern• Cheese-Fry Sub
May	Spice by the Slice: <ul style="list-style-type: none">• Spicy Cauliflower Chicken Pizza• Pepper Popper Pizza

