

Aramark Food Service

Kimberly Young, General Manager

Jennifer Dobis, RDN, LDN, Assistant General Manager

Aramark's Wellness Pledges

- ▶ **Pledge #1: Provide a Wide Variety of Nutritious Foods**
- ▶ **Pledge #2: Teach Students to Make Healthy Choices**
- ▶ **Pledge #3: Create Appealing and Healthy Eating Environments**
- ▶ **Pledge #4: Build Healthy Resources for the Community**



Wide Variety of Nutritious foods: Pledge #1



- ▶ We provide fresh fruits and vegetables daily and encourage kids to try them
- ▶ We also offer hot veggies at lunch, canned fruits, and 100% fruit juice
- ▶ Every serving is in age appropriate portion sizes
- ▶ We offer a variety to help meet all of their nutritional needs (Vit A, Fiber, Vit C, etc)
- ▶ Nutritional analysis is completed for each age group
- ▶ We follow follow nutritional guidelines based on the age group

Wide Variety of Nutritious foods: Pledge #1

- ▶ We only provide Lean meats, low sodium, reduced fat, ZERO trans-fat, lower calorie & lower sugar options
- ▶ All of our grains are Whole Grain
- ▶ We have started listing 1 of the fruit and veggie options for the day out of 5 on the Elementary menus
- ▶ Everything is Baked, not fried- including A la Carte snacks/chips



Breakfast Meal Pattern

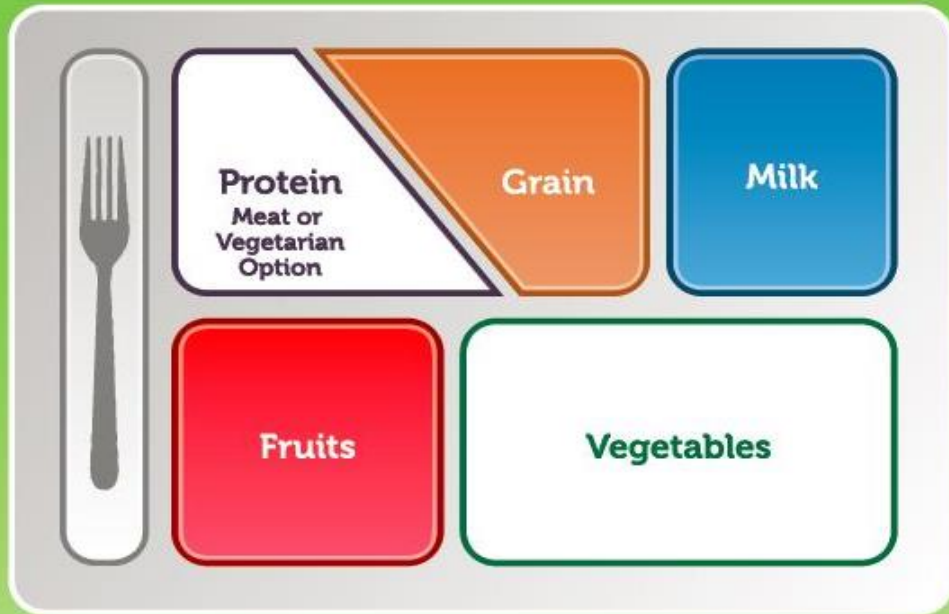
Grades	K-5 th	6 th -8 th	9 th -12 th
Min-Max Calories (kcal)	350-500	400-550	450-600
Saturated fat (% of total calories)	<10	<10	<10
Sodium	≤ 540	≤ 600	≤ 640
Trans fat	Nutrition label must indicate zero grams of trans fat per serving		

Lunch Meal Pattern

Grades	K-5 th	6 th -8 th	9 th -12 th
Min-Max Calories (kcal)	550-650	600-700	750-850
Saturated fat (% of total calories)	<10	<10	<10
Sodium	≤ 1,230	≤ 1,360	≤ 1,420
Trans fat	Nutrition label must indicate zero grams of trans fat per serving		

Build Your Own Breakfast

Choose at least 1 fruit and 2 additional food items to make a meal.



It's easy!

What Makes a Lunch?

Requirement:

Select 3-5 Components*

Must select 3-5 components to meet *USDA National School Lunch Requirements

each color dot below represents a meal component



*1 component needs to be a



OR



Teach Students to make Healthy Choices

Pledge #2

MONTH	Wellness and Action Ace Message	Action Ace Giveaway
September	Try Something New	Folder
October	Refresh and Recharge	Cup
November	Be Thankful	Magnet Frame
December	Smart Snacking	Stickers
January	Exercise More	Backpack Dangler
February	Get Enough Sleep	Pencil Pouch
March	Start with a Good Breakfast	Chef Hat
April	Eat a Variety	Pencil and Topper
May	Drink Enough Water	Curly Straw



Teach Students to make Healthy Choices

Pledge #2

- ▶ Learning about Food & Nutrition starts at home and also carries over into the classroom & lunchroom
- ▶ We train our staff to help encourage kids to try new fruits/vegetables and to ensure they are telling students how good they are for them!
- ▶ We have posters/flyers in the lunchrooms regarding healthy choices rather than advertisements
- ▶ We post information for parents/students
 - ▶ www.psd202.org
 - ▶ “Food and Nutrition Services”
 - ▶ “Nutrition Information and News”
- ▶ Here you can find a quarterly Newsletter and “Ask the Dietitian” information



Fall Newsletters: Topic of Added Sugars

ASK THE DIETITIAN
YOUR QUESTIONS ANSWERED

Q. What exactly are added sugars?
A. Added sugars are simple carbohydrates added to foods for sweetness. Ingredients such as syrups, honey, molasses, nectar, sucrose, fructose and dextrose are all considered added sugars. Typically, these are found in foods without much nutritional benefit such as soda, sports drinks, cakes, cookies, sweetened fruit drinks and candy.

Q. What about sugar in fruit? Should I be concerned if my child eats a lot of fruit?

A. Fruit, milk and yogurt all contain natural sugars, which are also found in smaller amounts in vegetables and grains. Eating more of these foods is a good choice because they also contain many other high quality nutrients such as fiber, protein, vitamins and minerals that our bodies need to grow and thrive.

Q. What do health experts say when it comes to sugar?

A. The 2015-20 Dietary Guidelines recommend Americans eat fewer foods and drink fewer beverages higher in added sugars and limit their added sugar intake to 10% of total daily calories.¹ The American Heart Association recommends children ages 2 to 18 consume no more than 100 calories or 6 teaspoons of added sugars daily and limit their intake of sugar-sweetened drinks to no more than 1 cup (8 ounces) each week.²

Q. How can I tell if a food has added or natural sugar?

A. Current food labels only feature the grams of total sugars in a food, which includes both natural and added sugars so it's harder to tell in a product, such as flavored yogurt, the exact amounts of each. The good news is food labels are getting an update. By the end of 2018, food labels will list grams of total sugars as well as grams and percentage daily value of added sugars per serving.³

Q. What are some reasonable ways to cut back on how much sugar my kids eat?

A. When buying condiments or tomato sauce, look for added sugars in the ingredients list. The higher they are on the list, the more added sugar is in that product. Choose cereals with less than 5 grams of sugar per serving. Try plain yogurt sweetened with fruit instead of flavored yogurt. Dilute sports or fruit drinks with water. Make baked goods at home more often. Serve dessert in smaller portions with more fruit.

¹ [https://health.gov/dietaryguidelines/2015/guidelines/interactive-summary/](https://health.gov/dietaryguidelines/2015/guidelines/interactive-summary)
² <http://www.heart.org/news/2015/10/20/heart-should-eat-less-than-50-grams-of-added-sugars-daily>
³ <https://www.fda.gov/food/food-labeling-guidance/updates-to-the-food-labeling-guidance-on-added-sugars>



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. visit myteatime.com



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FRESH & HEALTHY
HEALTHY LIFESTYLE TIPS

Sweet Talk: Understanding Sugars

Sugar is a main ingredient in cakes, candy, cookies and soda. However, did you know sugar is added to many common foods, such as ketchup and salad dressing? Sugar also is found in foods such as fruit, milk and whole grains.

It's no wonder the topic of sugar can be confusing. Let's break it down:

Natural Sugars: Foods that naturally contain simple carbohydrates, including fructose, lactose, glucose and maltose.

Examples of foods with natural sugars:

- Fruit • Milk • Yogurt • Grains • Vegetables

Eating more of these foods is a good choice because they also contain many other high quality nutrients such as fiber, protein, vitamins and minerals our bodies need to grow and thrive.

Added Sugars: Any ingredient with the words "sugar" or "syrup" or ending in "-ose" added to processed foods. Foods that naturally contain simple carbohydrates, including fructose, lactose, glucose and maltose.

Examples of ingredients that are added sugars:

- Cane sugar • Brown sugar • Coconut sugar • Honey • Maple syrup • Corn syrup
- Molasses • Agave Nectar • Fructose • Sucrose • Dextrose

Eating less added sugar is a good choice because these sugars are considered empty calories. Beyond providing quick fuel for the body, they do more harm than good when eaten regularly.

Hidden Added Sugars: Surprise! Processed foods you might never think are sweet – such as bread or peanut butter – sometimes have added sugars. Read the ingredient list and the nutrition labels of these foods when you shop and choose lower sugar or unsweetened options.

Examples of processed foods often with added sugar:

- Ketchup • Salad dressings • Pasta sauce • Peanut butter • Bread
- Boxed cereals • Frozen foods • Canned fruit • Granola bars
- Flavored yogurts • Barbecue sauce and other condiments



Creating Appealing and Healthy Eating Environments: Pledge #3

- ▶ All of our marketing is meant to appeal to each specific age group from our menus to our Cafeteria lines
- ▶ Most marketing focuses on how to build a healthy meal- with all of the components
 - ▶ Fruits, Vegetables, Grains, Milk, Lean Meats/Protein



Building Healthy Resources for the Community: Pledge #4

- ▶ Wellness committee meetings (Quarterly)
- ▶ Being a part of District Meetings
- ▶ Posting our Nutrition Newsletters on the district website
- ▶ Providing Nutritional information for all of our food items on the website
- ▶ Being a resource for all dietary concerns for students (allergies, special diets, etc)
- ▶ Partnering our efforts with activities going on in the community
 - ▶ Our employees donated over 300lbs of their own food for the Sept food drive