

# A COMMITMENT TO WELLNESS

## The Power of Food

Good tasting food and fun flavors can spark curiosity and encourage discovery. That's why our culinary and student nutrition teams work hard to serve healthy and tasty foods capable of getting students excited and engaged with school dining.



Beyond offering a satisfying culinary experience, we believe that food powers potential. The nutrition that students need from school food impacts their physical development, cognitive aptitude, and learning potential. That's why we have a carefully calculated and dietitian-approved way to provide better, more balanced nutrition. When students eat a school meal, we want to ensure that meal will help nourish their mind and body, and help them succeed throughout the day, every day.

## Our Wellness Commitments

- 1 **Serve delicious and nutritious** meals that satisfy students and meet USDA requirements.
- 2 Promote the benefits of eating breakfast by offering the **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 Offer frequent food sampling opportunities **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.

## feedyourpotential365™

As a part of our Healthy for Life® initiative with the American Heart Association (AHA), we're committed to reaching out to students, parents, and community members for healthy living ideas and inspiration. That's what our Feed Your Potential 365™ campaign is all about! FYP365 is empowering millions of Americans to DISCOVER, CHOOSE, and SHARE the healthy foods that can help them reach their potential and accomplish their best. It comes to life through robust digital experiences— online and on social media, where people can get the knowledge, skills, and confidence they need to prepare healthy food for their families.

### Visit [FYP365.com](https://fyp365.com) for

Budget friendly, globally inspired, healthy recipes

Cooking tips and tricks from chefs

Healthy lifestyle updates from nutrition experts

Meal-planning inspiration shared through electronic newsletter and social media

# Empowering Wellness Education

We actively connect and engage with students about healthy eating habits and overall physical and emotional well-being. As food becomes more and more integrated into shared spaces beyond the cafeteria, our conversation regarding wellness has also expanded.

With increased signs of anxiety and depression amongst the youngest generation of students, our elementary wellness program encourages students to focus on mindfulness and creating lifelong positive habits.



## Elementary Wellness



**Ace, our nutrition mascot**, and his group of friends teach our youngest elementary students how eating right, staying active, and getting plenty of sleep will lead to good health and achievement. Throughout the school year, our Ace & Friends program focuses on relevant monthly topics that students can connect to, such as “Fall Fun” at the start of school and building confidence to make new friends.



To help maximize engagement, this program includes promotional materials and monthly giveaways that students can enjoy, such as a notepad or coloring book. These activities can be done in a classroom setting or at home, so that students can engage in conversation regarding the message of the month.

**Our Healthy Bites program** provides promotional materials and tips on healthy eating, such as foods that provide energy, the importance of starting the day with a balanced breakfast, choosing nutritious snacks, and staying hydrated. As part of this program, students are encouraged to taste-test school menu items, with a focus on special daily features, seasonal fruits and veggies, and exciting new menu flavors. To help complement these educational materials, **our Beyond the Bites program** focuses on emotional well-being, with topics related to connecting with friends, setting goals, and taking a mental break throughout the day.



## Middle & High School Wellness

With our older students, health and wellness is incorporated throughout the dining space itself, where students are prompted to think about their own potential and healthy habits.

Our goal is to help students make smart decisions that benefit their mind and nourish their body to drive success today and in the future.