




Nourishing a Brighter Future

November 2017

Eat to Nourish

 Food Focus... #FlikSoCheesy presents Swiss grilled cheese this month!

 Healthy Foods Matter... Our #FlikGrain of this month is the grass seed, Wild Rice! Keep an eye out for it this month!

 This year, #TravelingFlavors brings you #FlikAroundTheWorld in which we will be featuring some wonderful meals from London England, Bombay India, Yokohama Japan and San Francisco USA!

Share Knowledge

Sage will be our #Tastings item this month. Our guests will have the opportunity to try it and see if they like this often used herb.



This month's #SuperPowerFood is Beets and it is a root vegetable that is high in fiber, Vitamin C and potassium!



Nutri-message:

The *Root to Stem* movement is a food trend aimed at putting more fruits and vegetables on your plate and less in the landfill. Instead of throwing out carrot tops or beet greens, try eating them instead!

Connect Community

Create your Plate Healthy!

This November we will be incorporating our Create your Plate Healthy Program. This program is designed to incorporate at least three of the five food groups into meals! With our 1-2-3 message we will build healthy and balanced meals for our guests. Step one includes starting with a red food, fruit, or a green food, vegetable, step two includes a blue, milk, or purple food, meat and beans and finally step three is an orange food for grains!

