




Nourishing a Brighter Future

October 2017

Eat to Nourish

 Food Focus... this month's #FlikSoCheesy grilled cheese is featuring a Mediterranean favorite, Feta Cheese.

 Healthy Foods Matter... Our #FlikGrain of the month is the whole wheat grain, Bulgur check it out in the many dishes on the menu 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

Smoked Paprika will be our #Tastings item this month and it will allow our students to expand their palates and see if they like this flavor.



This month's #SuperPowerFood is Yogurt! Make sure to keep an eye out for Yogurt being featured in many sweet and savory dishes this month.



Nutri-Message

Mix up your snacks! Have fruits, veggies, whole grains, low-fat yogurt and protein (like hummus!) between meals to fill nutritional gaps and to keep you satisfied and energized!

Connect Community

Throughout the month of October we will be participating in the Waste Not program. **In America, 40% of food is wasted.** Recycling is generally what is thought of when thinking about green initiatives, but it is actually one of the later steps that should be taken when thinking of ways to stabilize our environment through better waste management. We can do much more to reduce waste in the first place! The Environmental Protection Agency (EPA) suggests that we must gear our focuses on reducing food waste at the source of the waste itself. Waste Not is a web based tool that allows for tracking and measuring food waste at the station level. By utilizing this tool, we will be able to track the amount of food being wasted in the three categories of waste, overproduction, production and unused/out of date inventory, with enough time before Stop Food Waste Day on April 28th, 2018!



Learning moment

You can do your part in reducing waste at school and at home by:

- Conserving Energy
- Reducing Packaging
- Reducing Food Waste
- Conserving water

