

# Hello from Flik!

As the start of service approaches, we want you to get to know us a little better. The concept, Eat. Share. Connect., conveys our culinary and wellness philosophy.

We begin with our menu, the foundation of all we do. We build on the food with a variety of educational initiatives and community engagement, thereby sharing knowledge and helping members of school communities make connections with food and others.

## Eat

- Dishes are prepared with fresh ingredients. Frozen, canned and processed foods are limited.
- Food is displayed in small portions and replenished frequently.
- Great presentation is emphasized to encourage participation and healthy eating.
- We partner with a variety of vendors to prioritize local, sustainable and responsibly sourced ingredients.
- Menus reflect diverse needs to accommodate a variety of preferences and special dietary needs.

## Share

- The Flik wellness and culinary teams conduct a variety of educational initiatives and programs in the dining hall, providing resources and support to the on-site management team.
- A Flik registered dietitian is available to customize nutrition education in the classroom, at assemblies and for athletic groups.

## Connect

- Community feedback is elicited through surveys, focus groups and polling.
- We partner with the school's communications team to foster engagement through a variety of channels, including social media.

We look forward to  
sharing even more in the  
upcoming weeks!

# Our Approach

## Nutrition Education

We take a holistic approach to nutrition and wellness with a food-focused nutrition philosophy. Our belief is that healthy food tastes good. Balance, variety and moderation are always promoted. Food is a wonderful part of life, meant to be enjoyed.

It is important to create an environment in which children have a positive relationship with food. We conduct engaging, age-appropriate nutrition education in a variety of settings – the dining hall, the classroom, with sports teams and more.

Our team of registered dietitians supports nutrition education and helps customize programs for each school's particular interests or needs.

## Organics

Organic purchasing is supported where it fits into the school's individual programs, based on availability and price. First choice is typically local/regional, as we also try to be aware of the carbon footprint. It should be noted there are also growers and producers employing organic-style practices that may not necessarily be certified organic due to the expense. When making decisions about purchasing organic produce, we would refer to lists like the "Dirty Dozen" and "Clean 15" for guidance about value.

## Sustainability and Local Purchasing

We must do all that we can to protect our planet. Nutrition and wellness are very much integrated with sustainability and purchasing practices. Waste reduction and facilities management are also primary focuses.

Flik's parent company, Compass Group USA, has led the industry in sustainability for more than a decade by developing an extensive sustainability platform, establishing specific milestones and tracking progress. The platform includes:

- Championing local family farmers and Fair Trade to empower communities.
- Supporting campaigns that reward the efforts of farmers and laborers.
- Sourcing foods that are produced with minimal use/free of chemicals and antibiotics.
- Sourcing proteins from suppliers that promote the humane welfare of farm animals.

At Flik, we are extremely committed to serving foods that meet responsible and sustainable agricultural practices. Local and regional purchasing is first choice and built into our ordering systems. Hyperlocal purchasing is coordinated with our schools to ensure quality assurance standards are met.

# Wellness Programming

At Flik Independent School Dining, we believe in a holistic approach to wellness and nutrition education. We have a variety of signature programs and introduce new promotions each school year. These promotions are highlighted monthly and focus on foods we all need to consume more of: fruits, vegetables, whole grains and legumes. All programs are reviewed annually to assess successes and current innovative trends.

**Here are examples of our signature and annually rotating programs:**



**TASTINGS** provides opportunities for culinary experimentation and menu-building as well as communication with students. Ongoing encouragement to try a small amount of a new, healthy food or a familiar food prepared in a different way is key in acceptance and enjoyment of the item.



**REVVED UP RECIPES** are popular items that pack an extra nutritional punch. This concept is an application of recipe enhancement; adding nutritious ingredients or making appropriate substitutions that make sense – without compromising the integrity of the recipe. The goal is that familiar recipes taste and appear as they normally would but have an improved nutritional profile.



**EAT 2 COMPETE** offers meals and snacks designed to provide the nutrients needed to fuel athletic activity. This program is best implemented in coordination with the athletic department for a school community approach to nutrition and athletics.



**CREATE YOUR PLATE HEALTHY** is a simple, color-coded, number guide to selecting balanced meals based on the five food groups. Geared toward younger grades, students are encouraged to select a variety of colors to put on their plate, creating a more nutrient rich meal.



**TEACHING KITCHEN** is a hands-on, active participation in culinary education and breeds nutrition and culinary literacy for a lifelong path of health, wellness, and a connection to food. In partnership with The Culinary Institute of America and Harvard T.H. Chan School of Public Health, Flik dietitians and chefs develop and conduct various lessons and curricula for different age groups to demonstrate that “how-to.”



**#VEGREV** is an example of a monthly program highlighting a specific food group or item rich in nutrients. Vegetables are featured as the star of each dish to promote innovative preparation of vegetables and plant-forward eating.



**SUPERFOODS** are foods that provide health benefits beyond their basic nutrient content. We pair superfoods with superpowers to empower students to tap into their inner superhero in trying and consuming some of these foods.