



## A+ Nutrition Program

The Arbor A+ Nutrition Program is more than a guideline, it's a lifestyle. Arbor Management integrates nutritious meals, quality service, and nutrition education to create a banquet for success.

### Nourishment

Our nutrition team of professional chefs and registered dietitians work together to develop healthy, balanced meals made with the best ingredients available that students love. Over the years, our professional chefs have perfected recipes which have become favorites among students. Our registered dietitians analyze menus to follow nutrition guidelines exceeding USDA expectations, put a creative, healthy spin on old-favorite recipes, and explore new healthy recipes to introduce.



Arbor's nutrition strategies are supported by sound nutrition science. Research shows that increased frequency to fruits and vegetables increases intake and enjoyment of produce and promotes a healthy lifestyle. This is why one of our goals is to expose students to new, healthy foods, such as edamame, kale, sweet potatoes, and zucchini. In addition, taste tests of new recipes spark students' taste buds and curiosity of healthy options.

### Nutrition Education



Education doesn't stop in the cafeteria. When students learn about healthy options and how foods affect their body, they are more interested in trying different healthy foods. Arbor knows the lunch room is the perfect environment for students to learn how to create healthy meals from various options available. Arbor supplies students with the tools they need to personalize their own healthy meals. Our registered dietitians and nutrition team educate and encourage students to choose healthy options and create balanced

meals. We provide a guide with the "Meal Deal," which models MyPlate and the new USDA nutrition guidelines. Classroom presentations by our registered dietitians allow for unique and interactive student engagement. Nutrition education is reinforced with vivid nutrition artwork, banners, flyers, posters, activity sheets, monthly newsletters, and bulletin boards prominently displayed. Nutrition topics of interest include nutrition throughout the ages, nutrition for athletes, healthy body image, portion sizes, food myths, healthy snacks, fun fruit & vegetable facts, and the importance of breakfast.

With a multifaceted approach to food service, Arbor Management makes eating right easy.

## Targeted Focus

Arbor pairs flavorful, balanced nourishment with education for students to **sprout, grow, and learn**. Our age-focused nutrition education targets different grade levels to positively influence students.



**a\*** **Sprout:** Elementary students learn the basics of nutrition including: explore the nutrients in our food, MyPlate, portion sizes, and healthy snacks. Cafeteria visits by our registered dietitians encourage young learners to have a positive outlook on healthy eating by selecting fruits and vegetables, whole grains, and low-fat, hormone-free dairy.



**a\*** **Grow:** Middle school students discover how healthy foods help our body grow. “Fuel Your Body” presentation teaches students how carbohydrates, fats, and proteins fuel our bodies, the truth about energy drinks, and fuel for athletes.



**a\*** **Learn:** High school students learn to answer the question, “How does healthy eating affect me?” The ME-Trition approach focuses on what high school students want to know. They receive answers to real life nutrition questions such as, “How much sugar is too much?”, “How do I read a nutrition label?”, and “How do I eat for a healthy weight?”

## Promotions

Arbor advertises health via various promotions throughout the school year. “Meatless Monday,” “Try It Tuesday,” “Wrap it Wednesday,” and “Lucky Tray Day,” are different healthy promotions available through Arbor. “Meatless Mondays” allow students to explore and discover new, delicious vegetarian options. “Try It Tuesday” encourages students to try new cuisines they may have otherwise been hesitant to try. “Wrap It Wednesday” introduces healthy wraps into the menu for a varied, balanced diet. “Lucky Tray Day” encourages students to build a balanced meal by selecting a Meal Deal.

## Community Relationship

Arbor believes in maintaining a unified, community relationship with clients. Our corporate dietitians and district managers participate in district food & wellness committees and wellness fairs. Monthly nutrition newsletters tie nutrition education to the home. In addition, our corporate dietitians are available to answer nutrition questions from students, parents, or faculty via our website link “Ask a Dietitian.” We make it easy for you to be confident about your health and wellness knowledge.