

NUTRITIOUS AND DELICIOUS MEALS AT MOTT ELEMENTARY EVERY DAY!

As your school's meal provider, **Aramark Education** has developed a nutrition education program that is fun for your elementary school children, while encouraging them to eat healthy, be active and get plenty of rest.



Our **most important** educational initiative is **keeping your child healthy!** We achieve this by offering a balanced, varied menu, ensuring we adhere to the most stringent food safety practices, and engaging students with our nutritional education activities.

BALANCED MENUS

Our **menus are designed** to ensure that students receive a balanced meal, **with items from all major food groups**, as well as a USDA requirement to be met in **types of vegetables** offered weekly.



Menus are created by local and national Registered Dietitians & Chefs, and they must meet stringent USDA regulations. Many of our **recipes** have been **modified to add whole grains, and reduce fats, sugar, and salt.**

FOOD SAFETY

Mott Elementary has been **complimented for their proactive approach to safety and security** by the Texas Department of Agriculture and other governing bodies, this includes their Quality Assurance Review scores, site audits, and employees certified in food handling and management.



DID YOU KNOW?

- All PreK students receive free breakfast and lunch.
- Our Go for More carts offer additional servings of fruits and vegetables, which are complimentary to students who purchased a complete meal.
- Per USDA regulations...
 - » All of the grains we use in our meals are whole-grain rich and all products are trans-fat free.
 - » Our breakfast meals do not exceed more than 540 mg of sodium, and lunch meals no more than 1230 mg.
 - » Students must take ½ cup of fruits or vegetables as part of their complete meal.
 - » We offer only fat-free flavored milk and 1% white milk.
- Many of the grab and go snacks and drinks we offer from familiar brands, including baked chips, cookies, crackers and ice cream, have been reformulated as reduced fat and sugar items to meet USDA guidelines.
- USDA mandates the portion size and food preparation standards of all the meals we serve. Failure to comply with their regulations may result in financial findings or withholding of district funds.
- Our managers incur in over 30 hours of training in food service, including safety.

NUTRITIONAL EDUCATION

Aramark's elementary school nutrition mascots, **ACE and Friends**, share the **Stay Healthy wellness message** through a program that includes positive messages and educational gifts.

This year's theme is Chef ACE! Each month, ACE and his elementary friends provide students with exciting health and wellness information that **encourages healthy eating and an active lifestyle**.



Aramark's **Healthy For Life™** educational tools allow educators, administrators, parents and guardians to aid children in **developing good health habits**. You can find the Healthy For Life™ literature at your school's cafeteria.

In addition to Aramark's national programs, the **PfISD Food Services team** offer multiple opportunities to introduce health and wellness messages in our community.

Our local programs include:

- **Ask our RD:** our district dietitian answers questions from our community.
- **Mobile Culinary Classroom:** Chef Patrick travels with a portable kitchen and makes live cooking, wherever he goes, possible.
- **Chef Patrick Pals:** Chef Patrick brings his zest for nutrition and cooking to stir-up fun at schools and community events.
- **Discovery Tuesday:** once a month we introduce an interesting new fruit or vegetable to students that is not part of our regular rotation.
- **Jr. Chef Recipe Contest:** Students submit recipes for a chance to see their creations featured in their cafeteria.
- **Holidays and Celebrations:** throughout the school year we celebrate special occasions with our students in unique ways, which include dedicated menu offerings, friendly competitions, and fun giveaways.



DID YOU KNOW?

- We are recognized nationally for our community service efforts, including our Canned Food Drive, Holiday Bike Giveaway, and the Pflugerville Pfriends Backpack Program.
- We are recognized by the USDA and TDA for our food department leadership.
- Since 2007, PfISD Food Services has secured over \$100,000 USD in USDA grants.
- PfISD is a pilot site for many Aramark initiatives, including the Food Trucks and P.O.D. Market in our high schools.
- Our Food Trucks have been recognized nationwide, including mentions in The Food Network.