

## Make Half your Grains WHOLE!

### What exactly is a grain?

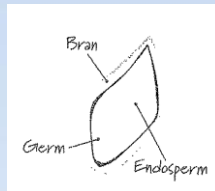
A grain is any food made from wheat, rice, oats, cornmeal, barley or another cereal grain. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples of common grain products we eat every day.

### Grains are divided into 2 subgroups, whole grains and refined grains.

**Whole grains** contain the entire grain kernel: the bran, germ and endosperm

Examples include:

- Whole-wheat flour
- Whole cornmeal
- Brown rice
- Oatmeal



**Refined grains** have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fibre, iron and many B vitamins. Some examples of refined grain products are:

- White flour
- White bread
- White rice

### Why is everyone talking about WHOLE grains?

Eating whole grains as part of a healthy diet may reduce the risk of some chronic diseases, such as heart disease. Whole grains retain important nutrients so you can see why it's important to choose them whenever possible. The earlier you start eating whole grains, the greater the health benefits you'll have over time.

## President's Message

Happy New Year and welcome to the 5<sup>th</sup> edition of **VOICE**, the Chartwells School Dining newsletter. We hope you had a wonderful and safe holiday.

As we roll into 2010, we continue to emphasize on the importance of nutrition and wellness of the children.

Chartwells has the experience and insight to provide carefully planned and well-balanced meals that appeal to the younger appetites. Making sure kids enjoy what they eat can do wonders for growing minds.

Our Balanced Choices® program supports the healthy lifestyle philosophy of moderation and variety. Through this innovative program, we are able to communicate the nutritional benefits of the foods, helping the kids make healthy, balanced choices.

We are always eager to hear your views, comments and suggestions. Please contact us at [chartwellscustomerservice@compass-canada.com](mailto:chartwellscustomerservice@compass-canada.com) or [click here](#) to submit your comments.

Stay warm and healthy,

Ross Munro  
President  
Chartwells



In all Chartwells  
school cafes...



### VALUE MEAL

Keep your eye out for our **Value Menu Program**! This program focuses on a set menu to be offered daily for a selling price of \$5.00 (including taxes). What a great value with driven menu selection...don't miss out!

## Change is Good for You!

Many nutrients are lost during the refinement process for grains. To get some of these nutrients back, try making these changes in the grain foods that you eat:

### Instead of....

Pretzel  
 Soup with Noodles  
 White Rice  
 Cous Cous  
 Rice Krispies  
 White Bread  
 Chocolate Chip Cookies

### Try...

Popcorn  
 Soup with Barley  
 Brown Rice  
 Quinoa  
 Cheerios  
 Whole Wheat Bread  
 Oatmeal Cookies

## What are Sustainable Foods?

### Sustainable foods...

- are produced by people with practices that value and care for the earth, workers and food
- are produced close to home so foods are fresh, nutritional and seasonal
- offer a delicious and social approach to the way food is produced, cooked and shared
- support economic, environmental, social and nutritional well-being



## What's New and Happening in Chartwells

**Environments** is a new program developed by Chartwells that is designed to create a new culture in school dining and will be tested in 14 locations across the country. It is an exciting experience that encourages students to make Balanced Choices wherever they **Eat** (Cafeteria), **Learn** (Classroom) and **Live** (Home, Community). The program will involve menu and program changes that will reflect changing market trends including regional nutritional policies.

**Trim Trax** is a program to track and measure food wastage. Westdale Secondary School in Hamilton, Ontario will be the pilot school to test it. The amount of waste is recorded on a daily basis. The goal is to make employees aware of food wastage, reduce the amount of wastage - ultimately reduce waste going into the landfill.

### Introducing "our 360°":

To further emphasize and strengthen our mutual obligation and responsibility to commit to, provide and implement environmentally, socially and financially responsible products, programs and services, Compass Group Canada is re-launching its sustainability brand as "our 360°", including a new logo design.

The new logo reflects the integration of our four focus areas, as they are all connected: **Environment, Sustainable Purchasing, Nutrition & Wellness and Compass in the Community.**

We hope to continue on our collective and personal Sustainability Journeys as, "our 360°" is **everyone everyday everywhere** making a difference.

