

Edible Thought...  
Venta Preparatory School

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Making every day a better day

September 2009



## LETTERS FROM YOUR FOOD SERVICE TEAM

Dear friends,

My name is Emile and I am the Chef Manager at Venta Preparatory School. I have been at Venta since 2001 and with Sodexo for over 25 years.

I have a family and live close to the school. My wife's name is Mary. We have two children Chantelle 27 and Jason 24.

I have many responsibilities at Venta, but most importantly is to feed and nourish your children. It is very important that I get feedback from your children as well as you, the parents, to ensure we are meeting your expectations. Please feel free to drop in anytime to meet with me and discuss your children's food and nutrition requirements.

Emile, Chef Manager

I work side by side with Emile and have been at Venta for 3 years. I was born and raised in Montreal and now happily call 25 acres in rural West Carleton home. When I am not working I am surrounded by nature hobbies including: gardening, biking, running, and cross country skiing. I really enjoy the community spirit at Venta and look forward to the new school year with the students, faculty and staff.

Beverly



## CONTACT US!

If you have any further questions about this newsletter or the services we provide at Venta Preparatory School, please contact Emile Emond, Sodexo Chef Manager at 613 839 2175 extension 228 or the District Manager for Sodexo Ontario Independent Schools Barb.Lee@Sodexo.com

## WE CONDUCT SURVEYS EVERYDAY TO SEE IF THE STUDENTS LIKED THE MENU

### Juniors

- 70% Liked BBQ Chicken
- 95% Liked Hamburgers
- 40% Said the Fajitas were OK

### Overall

- 61% Liked the menu
- 23% Said the menu was OK
- 16% Did not like the menu

### Seniors

- 65% Liked Meatballs
- 83% Liked Ham & Cheese Melt
- 48% Said the Tacos were OK

### Overall

- 47% Liked the menu
- 28% Said the menu was OK
- 28% Did not like the menu

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## FUN WITH NUTRITION – LIFT OFF'S PLAYGROUND

Dear Parent or Guardian,

Venta Preparatory School and Sodexo School Services, your child's food service provider and the nation's premiere food and facilities management company dedicated to student well-being, recently launched an all-new interactive children's Web site called Lift-Off!'s Playground [www.liftoffsplayground.com](http://www.liftoffsplayground.com). Hosted by Lift-Off!, Sodexo's nutrition and wellness star-shaped mascot, the Web site is packed with a variety of fun and educational venues for children of all ages to explore and enjoy.

Lift-Off!'s Playground offers children a variety of fun and educational activities, including:

- The Nutrition Zone: Featuring nutrition challenges, "Did You Know" amazing facts, easy kids' recipes, and Lift-Off!'s Champions brochure!
- The Fitness Zone: Featuring fitness challenges and fun, printable activity sheets!
- The Environment Page: Featuring easy tips on how to make a positive impact on the environment at home and school!
- Fun & Games: Featuring fun, educational games; printable activities and coloring sheets; and the "Riddle of the Day!"
- Downloads: Featuring cool downloads, including wallpaper, pointers, Lift-Off!'s song and printable calendars.
- Produce of the Month: Featuring a downloadable version of materials from Sodexo's Produce of the Month program, as well as amazing fruit and vegetable facts and links to produce commodity boards' children's sites.

In addition to all that Lift-Off!'s Playground offers children, this new Web site is a valuable resource for you too! A special Parent's Pavilion includes:

Nutritious recipes to share with your family.

- "Did You Know" newsletter from Roxanne Moore, MS, RD, Sodexo's Director of Wellness Initiatives for Education.
- An interactive "Ask the Dietitian" forum.
- "Produce of the Month" newsletters.
- ...and much more!

As you can see, Lift-Off!'s Playground is a fun, educational resource for both children and adults! Sodexo is pleased to offer you this resource as it continues its efforts to teach children about good nutrition and staying active for better health. Log on to [www.liftoffsplayground.com](http://www.liftoffsplayground.com) to start the fun! We look forward to seeing you soon at the playground!

Sincerely,  
Barbara Lee, Sodexo, District Manager – Independent Schools Ontario

Our Planet is Your  
Friend... So Be Kind!

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EDUCATION

Celebrate  
Our  
Environment

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## Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent seasonal flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** that can be used to treat and prevent the flu.

### Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

### Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

### Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

### Clean your hands.

Washing your hands often will help protect you from germs.

### Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## HEALTHY LIFESTYLE

- Have **breakfast** every day
- Benefit from eating **vegetables and fruits** at all meals and as snacks.
- Choose products that contain **less fat**, saturated fat, trans fat, sugar and salt (sodium).
- Select products with **more fibre**.
- When eating out, order **smaller portions** or share with a friend.
- **Avoid Skipping meals** which may cause you to eat more than you need later in the day.
- **Drink water** to satisfy your thirst and limit your intake of high-calorie sweetened beverages.
- Balance your eating with your **daily physical activities**.



# Nutrition: Not Just a Label...It's A Lifestyle!

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EDUCATION



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## DID YOU KNOW ?

- All our soups are homemade and we use Low Sodium Soup bases
- We provide an Herb Station for students to spice it the way they like
- We use only trans fat free oil. Use of the fryer is very limited
- We do not offer soft drinks
- We have introduced environmentally friendly napkin holders with 100% Recycled Napkins. These holders reduce waste of up to 33%
- We achieved double gold status on both our third party food and physical safety audits in the kitchen for 2008 – 99.5%
- We always focus on healthy cooking methods and bake everything we can.
- Whenever possible and in season we buy local fruit and vegetables from farms in Ontario and Quebec.
- Our salad bar is prepared on site daily with an extensive variety of vegetables, fruits and protein options.
- Sodexo staff at Venta received a safety achievement award 2 consecutive years
- We are constantly developing our people and enriching their careers through off site training courses and university level on line courses
- Sodexo works closely with Venta to provide nutritional information through the classroom and in the dining facilities as part of the on going education
- Every fall our chef manager conducts a food survey with the students to be sure we are providing them with nutritious and popular selections
- Emile our chef manager has been at Venta for over 8 years and with Sodexo for over 25 years!
- We cook and slice all our own meat in site at Venta
- We only use real cheddar cheese in our grilled cheese sandwiches – no processed meats
- We compost all fruit and vegetable waste on site
- We do not use disposable plates and cutlery in the dining hall
- We recycle all our cans, plastic and cardboard
- We conduct daily surveys with the students to see if they enjoyed the menu

## SCHOOL GARDENS

At Sodexo, we understand that as part of you community at Venta Preparatory School, we too become educators and support for best practices and enhanced learning experiences Emile and his team do this everyday! Sodexo is proud to announce our exclusive School Gardens program.

### Mission

The mission of the **Harvesting Success: School Garden Toolkit** is to help every student we serve learn how food grows from the soil. Harvesting Success can help millions of young people deepen their personal connection to nature and learn the benefits of healthy eating. In 2009-2010 we will be working with Venta Preparatory School in enhancing their agricultural experience that engages students, faculty, and staff.

We will work with Venta to create an outdoor, hands-on experience that connects the gardening adventure to a fresh, wholesome and natural dining experience and makes the cafeteria experience an important educational opportunity. School Gardens also positions Sodexo as the largest promoter of school gardening experiences across both Canada and the U.S.

  
school gardens  
by sodexo

