

# Taher's Food Revolution

## *Communication*

We recognize that good nutrition and physical activity are essential for the long-term health of children. Childhood obesity has reached epidemic proportions; Type 2 diabetes and other childhood-onset of adult diseases also have reached alarming proportions. To reduce the prevalence of obesity, we must:

- influence the food supply by providing healthier choices,
- reduce the marketing of energy-dense foods and beverages,
- and increase communication about healthy eating and physical activity.

Our commitment to be part of a solution led us to **our *Food 4 Life initiative* - our guiding principle since 2006:**

- focusing on scratch-cooking,
- offering foods that are fresh, of high quality and minimally processed,
- increasing the number of offerings of fresh fruits and vegetables, whole grains and legumes,
- while balancing the use of USDA brown box and state-processed commodities.

We have eliminated all trans fats, and only use healthy oils. We use low sodium bases in our recipes, and we do not use products with HFCS when possible.

In 2008, we adopted the guidelines from the Alliance for a Healthier Generation for a la Carte competitive foods, and offer these products when available from manufacturers and distributors. We have been devoted to the Farm to School initiative since 2009, and are currently revising our menu standards to follow the new White House Initiative and the Healthy School Challenge.

We encourage nutrition education. Every year, we tailor a campaign around the National Nutrition Month®, promoting the benefits of healthy eating by using grade level appropriate materials that are visually enticing. Our Harvest of the Month program focuses on highlighting a particular fruit, vegetable and grain monthly, which is served on the Fruit & Vegetable Bar and used in our recipes.