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NUTRITION NEWS

Milk - Good Stuff!

Milk is a reservoir of essential nutrients making it an important part of our daily balanced diet.

An excellent source of calcium, milk helps make teeth and bones strong. Milk also provides the body with quality proteins that contain essential amino acids, which the human body cannot produce itself.

Milk is a tasty wealth of versatility, providing not only calcium and proteins, but one glass of milk also contains about 44% of our daily recommended vitamin intake.

As the saying goes, "Milk...Makes A Body Good!"

Available in white, chocolate and assorted other flavours, Good Foods offers milk in innovative, environmentally friendly pouches, traditional cartons as well as recyclable plastic bottles in assorted sizes to suit everyone's tastes and needs.

OUR MISSION STATUS: HEALTHY BODIES & HEALTHY MINDS

The versatility of milk products offered by Good Foods helps ensure that youth programs can meet the daily nutritional needs of children, as recommended by Health Canada, while still appealing to their appetites.

OPERATIONS UPDATES

First In First Out ("FIFO")

FIFO is a way of organizing products and services relative to

time and prioritization, similar to a system we're all familiar with, First Come, First Served. Products which arrive in our warehouse first, are delivered first, ensuring that customers receive the freshest possible products being delivered and no expiring product in our warehouse.

Good Foods drivers are trained to rotate stock, ensuring that the milk in your school fridge is served on the FIFO basis as well, with the "oldest" milk on the top shelf for distribution first.

SYSTEM CHANGES

The online ordering system is completed and being tested by some customers. Soon, all customers will be asked to register for access, whereupon they will receive detailed instructions to use out new ordering system.

We greatly appreciate the patience and assistance of our brave volunteer customers in testing the system!

NEW PRODUCTS

Fresh Apple Slices

Treated with natural calcium and Vitamin C, these apple slices have an amazing shelf life and are sure to please.



These preservative free, fresh apple slices are in handy 57 gram packages at only \$0.55 each in cases of 72.

MARCH WEB SPECIALS

Those customers who have already registered for online access by completing our Customer Information Form can take advantage of our monthly web only specials.



To register for online access, please contact us.

EASTER FUN FOR THE KIDS

Why did the Easter Bunny hide the egg?

Because it was a little chicken!

What does the Easter Bunny get for making a basket?

Two points, just like everyone else!

What do you call a rabbit with fleas?

Bugs Bunny!

What do you call a silly rabbit?

A hare brain!

What's the best way to catch a unique rabbit?

You 'nique up on him!

How do you catch a tame rabbit?

Same way, you 'nique up on him!

How many hairs are in a rabbit's tail?

None, they're all outside!

FEEDBACK

Have a comment? Send your comments to cindi@goodfoods.ca. If we choose to display your comment on our website, you'll be eligible to win Good Foods Goodies!