

The Foody Goody

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Building Healthy Bodies
and Healthy Minds

www.goodfoods.ca

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Fun for All

NUTRITION NEWS

DHA Omega 3 and Mr. Cookie

Good Foods was one of the first school food distributors to team up with Ocean Nutrition Canada back in the summer of 2006 to bring omega-3 to school lunches in Ontario.

The U.S. Institute of Medicine recommends that children ages four to eight consume 80 mg of DHA daily. Our very own Mr. Cookie contains 25mg of omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), almost one third the daily recommended intake for young children. The Omega-3 fatty acids are thought to have cognitive development and eye health benefits and various studies suggest that EPA also helps manage learning and behavioral problems in children - making it an ideal school-time ingredient. Research has also shown that Omega-3 may lessen symptoms of Alzheimer's disease and rheumatoid arthritis while encouraging growth of healthy skin and hair. Masking the smell and taste of fish oil to make it appealing to children was a challenge that we believe was met with Ocean Nutrition's Power-loc double micro-encapsulation technology that underscores Meg-3. There's absolutely nothing fishy about Mr. Cookie! Mr. Cookie: Good, and good for you! Available in four varieties: Chocolate Chip, Double Chocolate, Oatmeal Chocolate Chip and Specialty Sprinkles.

OUR MISSION STATUS

Healthy Bodies & Healthy Minds

The addition of Ocean Nutrition's MEG-3 into Mr. Cookie helps promote brain health.

OPERATIONS UPDATES

Please ensure that you are placing your deliveries "in advance" meaning that the delivery is scheduled to arrive at least one full day prior to your needing it. Following this guideline will prevent milk or other goods being late for your scheduled break or lunch.

With so many potential delays that are beyond our control, this is just one more way that Good Foods can help you.

SYSTEM CHANGES

The online ordering system has been working very well. Detailed help files are available and we are working on step by step tutorials to aid you further. If you are having any difficulty, please contact us at (905)874-9882 or email operations@goodfoods.ca

NEW PRODUCTS

Stacy's Baked Pita Chips

Frito Lay recently purchased this innovative, healthy snack line and we are quite pleased to offer them to you.

Stacy's Pita Chips are a baked, all natural delicious snack now available from Good Foods in two

flavors, **Simply Naked**, with just a touch of sea salt, and **Parmesan Garlic Herb**, seasoned with real parmesan cheese, garlic and parsley.

APRIL 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.

Lay's Salt & Vinegar Chips
All varieties of Bulk Cookies
Fruit To Go Bars

To register for online access, please see the link at the bottom of our Contact Us page at www.goodfoods.ca

EARTH DAY, April 22nd

Earth Day began on April 22, 1970 and has been an important day ever since. It's a day to reflect on our planet, our environment and what we can do to help keep them healthy - and it's always fun! If you're looking for great ideas and resources for Earth Day, visit www.earthday.ca and click on the Resources tab.

FEEDBACK

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