

# The Foody Goody

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Building Healthy Bodies  
and Healthy Minds

[www.goodfoods.ca](http://www.goodfoods.ca)

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## **NUTRITION NEWS**

### **Fridge Fears**

A fridge is the single most important appliance when it comes to fresh food preservation; yet at the same time, it is also the most overlooked. The same fridge that stores your milk could also be harboring harmful bacteria and mould.

Fridges should be maintained at a temperature of no more than 4°C, located in a position where they have good air circulation and not be beside anything that generates heat, such as stoves and heating vents. Also very important, yet least frequently considered is that they be cleaned regularly, not only after an obvious spill, to ensure that potentially dangerous spores are eliminated and that fridge contents stay free of contaminants.

All compartments, shelving, seals and gaskets should be cleaned with a cloth and cleaning solution on a regular basis; at least every two weeks. Effective cleansers consist of vinegar, baking soda, bleach or melaleuca products. A frequently rinsed micro fibre cloth and any one of these cleaning solutions will help keep your fridge a safe place. When you know you will not be using your fridge for an extended period (like summer holidays), we recommend emptying, unplugging and thoroughly cleaning the fridge and freezer compartments and then blocking the door(s) open to allow air to

circulate, preventing mould and bacteria from growing in your freshly cleaned fridge!

## **OUR MISSION STATUS**

### **Healthy Bodies & Healthy Minds**

As we all grow more conscious of what we eat and what we feed our precious children, Good Foods is undertaking to provide you with more detailed information about each of our products. Over the summer, we will be upgrading our website to include the nutritional values and ingredients of each product available, better enabling you to make healthy choices.

## **OPERATIONS NEWS**

As the end of the month approaches, our drivers will be making their last deliveries and collecting fridges and payments. Please assist us in ensuring that payments are ready and that any fridges being returned have been cleaned, emptied, are in good working condition and are ready to be moved.

If you have any difficulties or questions, please contact us by phone or send an E-Mail to [operations@goodfoods.ca](mailto:operations@goodfoods.ca)

## **CHANGES**

Starting in August of this year, we will not be accepting standing orders as we have in the past. We will continue to assist our Milk Program customers to determine

their needs, however, we will now assist you in placing these recurring orders online. If you have not received your website login information by August 29th, 2008, please contact us to ensure that we have received your completed Customer Information Form, which is available on the contact us page at [www.goodfoods.ca](http://www.goodfoods.ca).

## **NEW PRODUCTS**

We will be spending some time over the summer months exploring some exciting new products for fall.

If there are products that you would like to see available from Good Foods, please contact [operations@goodfoods.ca](mailto:operations@goodfoods.ca)

## **JUNE 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.

**Frito Hoops**

**Oasis Fieldberry Juice**

**Unsweetened Apple/Grape Apple  
Sauce Tubes**

## **Fun in June**

To all those who are operating fundraising fairs this month, we wish you good fun, good weather and good luck!