



Building Healthy Bodies
and Healthy Minds

**The Foody Goody
Good Foods Enterprises Monthly Newsletter September 2008**

www.goodfoods.ca

Welcome back message from the GFE President

To our Outstanding Partners in Nutrition, Welcome Back.! We hope everyone had a safe and enjoyable summer and are feeling refreshed. As we begin this 2008-2009 school year, we look forward to continuing to provide you with superior service and more innovative and nutritious products.

NEW this year: Check out our revitalized website and Newsletters. Our Newsletters have been created to keep you informed and up-to-date regarding health concerns, important operations changes as well as product updates. On our website, you will be able to view in depth product information, download any required forms as well as access web only monthly specials and much more. In our continuing effort to become more environmentally friendly and pass along the savings to you, we have not attached a copy of our product / price list; instead, we ask that you view our detailed product information online at www.goodfoods.ca.

As always, Good Foods is sincere in its commitment to serving youth oriented programs with healthy and nutritious products for OUR children.

If you have any questions or require any further information, please feel free to contact us. We sincerely thank you for your continued support and look forward to another great year of working together.

Your truly,

Aman Rajan
President of Good Foods Enterprises

GFE Operations News

To service our customers at optimum levels, we have re-scheduled some of our routes, meaning some of you will have new drivers and their usual time of arrival may change. Delivery times cannot be scheduled or guaranteed, so we remind you to please place your orders for delivery at least one day prior to when you need it. For example, if you need your school milk for your scheduled delivery on Wednesday at 11:00 am, please arrange for delivery at least one day prior. Schools without milk programs that want to place nutrition orders will have to give at least 3 business days notice to ensure availability. If you have any difficulties or questions, please send an E-Mail to operations@goodfoods.ca

Over the summer, we made some improvements to our website; please log in and view the help files for important changes. If you do not have a website login, please complete and submit our Customer Information Form, available on our Contact Us page.

New Products

Flat Earth Veggie Crisps

A great new Trans Fat Free snack from Frito Lay that combines the taste of chips with the goodness of vegetables. Each serving contains one half serving of the daily recommended intake of fruits and vegetables, according to Canada's Food Guide. These 28 gram bags of vegetables crisps are currently available in two flavors, Tangy Tomato Ranch and Garlic & Herb and come in conveniently sized cases of 20. If there are products that you would like to see available from Good Foods, please contact operations@goodfoods.ca



September Web Specials

Customers who have already registered for online access can take advantage of our monthly web only specials

Oasis Tropical Passion Juice



Neopolitan Ice Cream Sandwiches



Cookies for Kids – Elementary School Fundraising Program

Good Cookies, Sweet Success

The Good Foods “Cookies for Kids” Program is designed to help elementary school students develop important leadership skills and earn money for activities by selling Good Foods Cookies. This program is a successful way to help students realize their full potential and practice life skills such as goal setting, problem solving, decision-making, teamwork, communication, and resource management. It is challenging and fun.

Good Foods fundraising guide includes useful resources for students in developing plans, setting goals, building teams, and practicing communication skills. It also includes selling tips and safety issues.

Please contact Good Foods at (905) 874-9882 for a copy of Fundraising Guide. You can also e-mail us at sales@goodfoods.ca. We believe you will find this document useful and wish you success in your fundraising endeavors.

Healthy Drinking Program

Objective

The Healthy Drinking Program is designed to help parents and teachers to monitor beverage intake and physical activity of school kids.

Starting the Program

Call Good Foods for a copy of “Weekly Drink and Activity Tracker” form; Photocopy the form and give every kid a copy every week; Ask parents to help their kids to record kids’ everyday drink intake and activities;

“Milk Boy” and “Milk Girl”

All boys and girls who meet the recommendation will be awarded the certificate of Milk Boy or Milk Girl. Each school will ask one Milk Boy and one Milk Girl to submit an article on “How I achieved my goal”. Good Foods will select good articles to post on our Website.

Free Milk for “Milk Boy” and “Milk Girl”

Milk Boys and Milk Girls whose articles are selected to post on Good Foods Website will be offered one free pouch milk (white or chocolate) every weekday for FOUR weeks. Certificates will be granted to these milk boys and girls.

World School Milk Day

World School Milk Day

WSMD, World School Milk Day, an initiative of the Food and Agriculture Organization of the United Nations (FAO) is celebrated on the last Wednesday each September. The goal is to organize a day focused on school milk programs, highlighting the importance of milk in student’s diets in cultures around the globe.

Free Milk from Good Foods

Good Foods Enterprises, a five-star supplier for school milk programs, invites your school to participate in this WSMD multicultural event by offering complimentary milk to all students in your school. All GFE current customers that registered in WSMD will receive the free milk within the week of WSMD. If your school has not yet signed up with Good Foods, it’s not too late – call Good Foods at 905-874-9882 and we will help you to register for the free milk.

The Foody Goody is published the first week of each Month during the academic school year by the Operations Department at Good Foods Enterprises.