

NUTRITION

INK

Magazine

SPRING 2019

The
Nutrition
Group

Volume 26 | Number 1

Bistro BOXES

TAKING REIMBURSABLE
LUNCHES TO THE NEXT LEVEL



Participation Success

ATTRACTING KIDS TO YOUR
K-12 CAFETERIAS

POW!

POP-UP STATIONS BRING
ACTION TO LUNCH

Ready. Set. Breakfast!

OFFERING FLEXIBLE
MORNING MEALS

Notes from Nancy



NANCY KOHL
President
@TNGMadPres

FUN • FACT
Nancy joined the company 28 years ago as a Food Service Director!

It isn't your father's cafeteria, it's a whole new experience! Through years of development, our lunchrooms have new foods, new menus, and exciting choices. Our chefs keep pace with current trends and create original recipes for our programs such as Food Fusion, Wellness Wednesday, and Recipe of the Month.

Our Breakfast Program has expanded into the classroom, allowing more students to enjoy a delicious breakfast even after the first bell rings. By reimagining ways to serve breakfast, more children enjoy a healthy start to their day.

At The Nutrition Group we are committed to finding new ways to improve the student experience. At lunch, our expanded menus, pop-up stations, and unlimited fruit & veggie selections provide nutritious options most cafeterias have never seen before.

Looking towards the future, we support innovation teams throughout our organization that are focused on groundbreaking concepts and best practices that set us apart from other food service management companies.

Our focus is discovering ways to reinvent school food service for your district and grow your food program. We welcome you to come grow with us!

Nancy Kohl

**FRESH,
NUTRITIOUS,
& INNOVATIVE.**

At The Nutrition Group, we promise to deliver fresh, quality food to your district. Our recipes have been chef-crafted by our team and are offered through creative and educational programs throughout the entire school year. We are more than just school lunch... **#WeAreTNG**



Spring 2019

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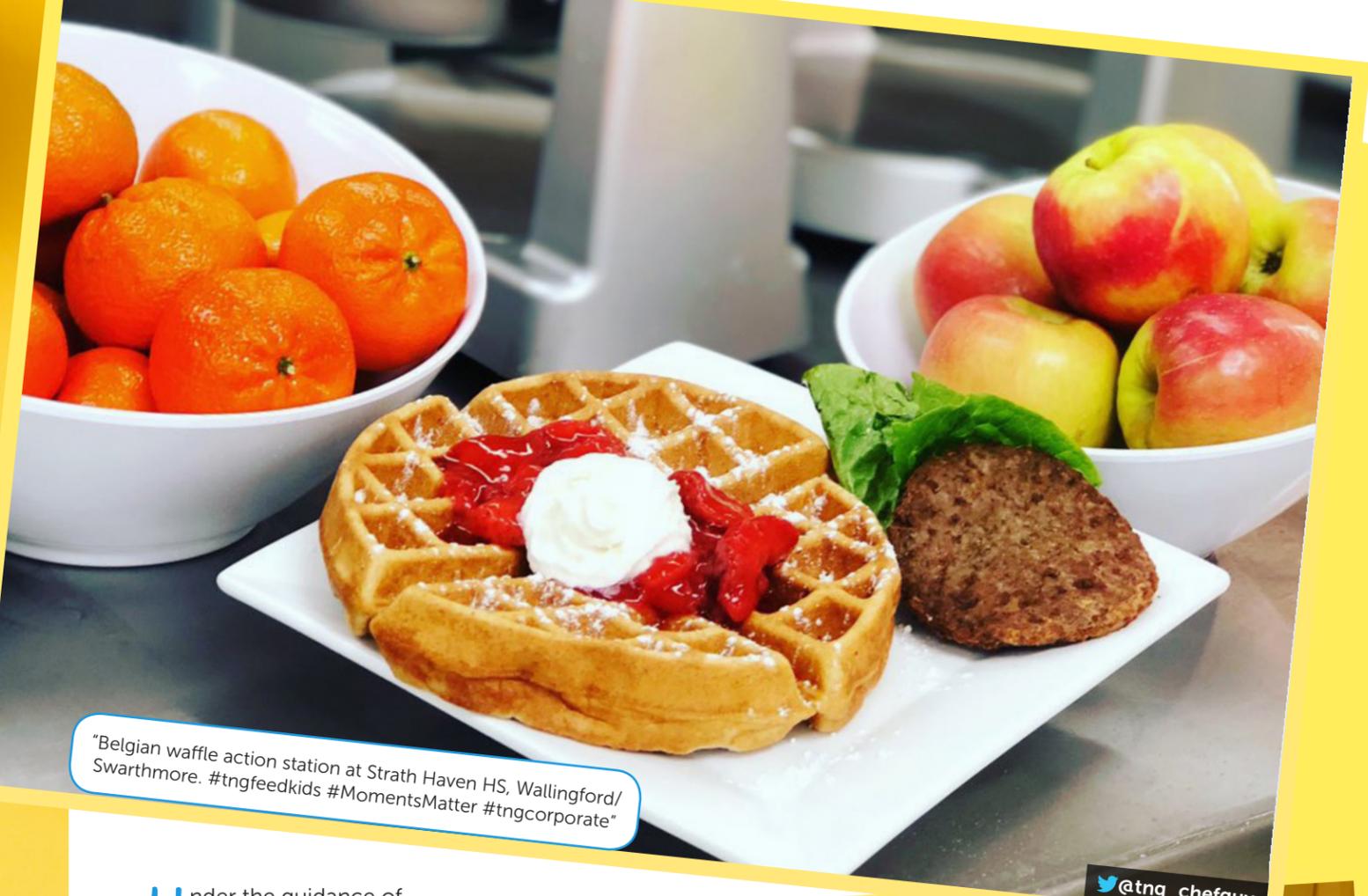


RISE & SHINE

IT'S BREAKFAST TIME!

MOST IMPORTANT MEAL OF THE DAY!

Early in the morning, the halls at Woodland Hills schools are quiet and serene except for the delightful smells drifting from the cafeteria. You wouldn't know it, but since 6:00 a.m., the staff has been hard at work preparing for the first meal of the day; breakfast. For many students, breakfast might be the last thing on their morning to-do list, or worse, it might not be on the list at all.



"Belgian waffle action station at Strath Haven HS, Wallingford/Swarthmore. #tngfeedkids #MomentsMatter #tngcorporate"

@tng_chefguy

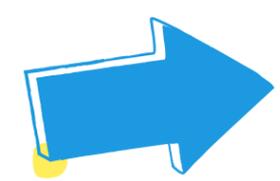
Under the guidance of Woodland Hills Food Service Director Kylene McLean-Blake and TNG Regional Manager Kelly Patterson, the district is going above and beyond to make sure each student can eat before starting class. This team is doing such a stupendous job that the No Hungry Kids Campaign, in conjunction with the Greater Pittsburgh Food Bank, recognized Woodland Hills School District as one of only 11 schools this Spring as a 2019 *Pennsylvania Breakfast Hero*.

Woodland Hills is not alone. Across TNG accounts, we use multiple service styles to ensure that students and staff members can enjoy breakfast despite their different schedules. Our flexible options give students and staff plenty of ways to put breakfast back on their daily menu.



@tngwoodlandhil1

"Happy National School Breakfast Week! WHSD Academy is trying something NEW! 7th & 8th grade now have the option to get a Grab & Go Breakfast served right in their hallway for their convenience. #TNGFeedsKids #mostimportantmeal #freebreakfast"



In the 2017–2018 school year we recorded **16,285,879** BREAKFASTS SERVED!

MEET OUR BREAKFAST PROGRAMS:



TRADITIONAL BREAKFAST
The original service method used in the National School Breakfast Program. Reimbursable meals are provided exclusively within the school cafeteria to students and staff. Depending on your school environment, serving a traditional breakfast may be the most practical service option.



GRAB & GO BREAKFAST
A quick and easy alternative to a traditional breakfast, these serving lines in the cafeteria offer a pre-packaged, reimbursable meal for those short on time.



BREAKFAST IN THE CLASSROOM
Just as the name implies, students can enjoy a reimbursable breakfast in the classroom. A cafeteria staff member will deliver a hot or cold breakfast to the classroom or a student representative may pick up breakfast in the cafeteria and take it back for the class to enjoy!

BREAKFAST AFTER FIRST PERIOD
It's reasonable to deduce that by offering a mid-morning breakfast break, more students eat breakfast! A "second chance" breakfast is a great way to reach students who did not have time to eat before school or were not interested in eating when they first arrived at school.



MONTHLY SPECIAL EVENTS AND PROMOTIONS
Our signature programs include "Choose Two Days" and "Blast Off with Breakfast". These are just two of the special events students will be excited about when they come to the cafeteria!

OMELET STATIONS TO WAFFLE AND PANCAKE BARS!
Fresh, made-to-order omelets with an assortment of meats, cheeses, and veggies made on-site for students. Fluffy waffles and pancakes that students can top with fruits, syrups, and more!



"The pancake station was a success at Meyersdale School District! Thank you to the wonderful staff for making it a fun day for the students and staff @TNG_Meyersdale"
#TNGFOODFUN #MomentsMatter



BREAKFAST CARTS
This option brings breakfast to the student, making it easier for them to choose to eat. Food service staff prepares reimbursable breakfasts in individual disposable containers. These meals can efficiently be distributed in high traffic areas such as school entrances, cafeterias, or near the gym. These mobile carts work well to serve all grade levels. ■



Check out how we celebrate National School Breakfast Week!
@TNG_Corporate

Thinking INSIDE the BOX

Lunchtime can be hectic. Students and faculty members running to meetings over the lunch hour lack the time to go through a serving line to receive a lunch. The Nutrition Group has a solution—the Bistro Box! TNG chefs and nutritionists have combined their powers to develop the all-new Bistro Box concept currently available at participating schools.

These boxes are full of fresh, nutritious options. Designed for those on the go containing protein-rich selections, such as chicken, turkey, and hummus. We pair them with quality whole grain sides, plus fresh fruits and veggies to meet National School Lunch Program standards.

Since first launching the boxes this Fall, Corporate Chef Myra Fink stated, "We are finding out what works and have a solid lineup of over 12 unique boxes that any of our schools could roll-out". She also said that, "Surprisingly, our trendsetting combinations with cottage cheese are more widely accepted than our traditional favorites like turkey or ham".

Bistro Boxes are fresh, low calorie, and delicious lunch options making their way to a secondary cafeteria near you. ■

Fresh new **BISTRO BOXES** available at participating schools!

LOW CALORIE MEALS

PROTEIN-RICH CHOICES

FRESH VEGGIES!

JUICY FRUITS

WHOLE GRAINS

Healthy FLAVOR-FILLED MEALS FOR STUDENTS & STAFF. JUST GRAB and GO!

MADE FRESH DAILY ON-SITE

ACTION PACKED MEALS



FOOD SERVICE DIRECTOR (FSD) ROBERT LENHART COOKS A VEGETARIAN STIR FRY AT CHARLEROI.

At the side of the Hempfield High School cafeteria, three tables filled with fresh and colorful veggies paired alongside delicious lo mein noodles span across the bank of windows. Two students stand by enthusiastically while Regional Manager Andy Bergman and the Hempfield staff sauté up fresh chicken stir-fry. One girl mentions how good it smells and can't wait to eat, then jumps in line.

Offering Action Stations, such as the Wok Station, creates a sense of excitement and urgency to try something new during a limited time. Not only are students excited, it increases how many students participate

in the lunch program. Students who traditionally pack their lunch are known to see our Action Station and purchase lunch on these days.

During the Fort Allen Elementary Pancake Bar at Hempfield, lunch went from a daily average of 150 student meals to serving 231 student meals, calculating to a 54% increase in daily participation for that day, proving that a little extra effort goes a long way!

MADE FROM SCRATCH CREPES ARE A HIT AT MONTOUR!



DIRECTOR OF OPERATIONS JOE GEISWEIDT, FSD ANDREA CANNON, AND REGIONAL MANAGER ANDY BERGMAN HOST A WOK ACTION STATION AT EVERETT.



BIG SMILES FOR THE WOK ACTION STATION AT INDIAN CREEK!



54% increase
Wok Station
vs. average day
HEMPFIELD HIGH SCHOOL

HOT OFF THE GRIDDLE! BREAKFAST FOR LUNCH IS BEST MADE FRESH AT NEW BRIGHTON.



DELICIOUS CHICKEN LO MEIN STRAIGHT FROM THE WOK AT HEMPFIELD!

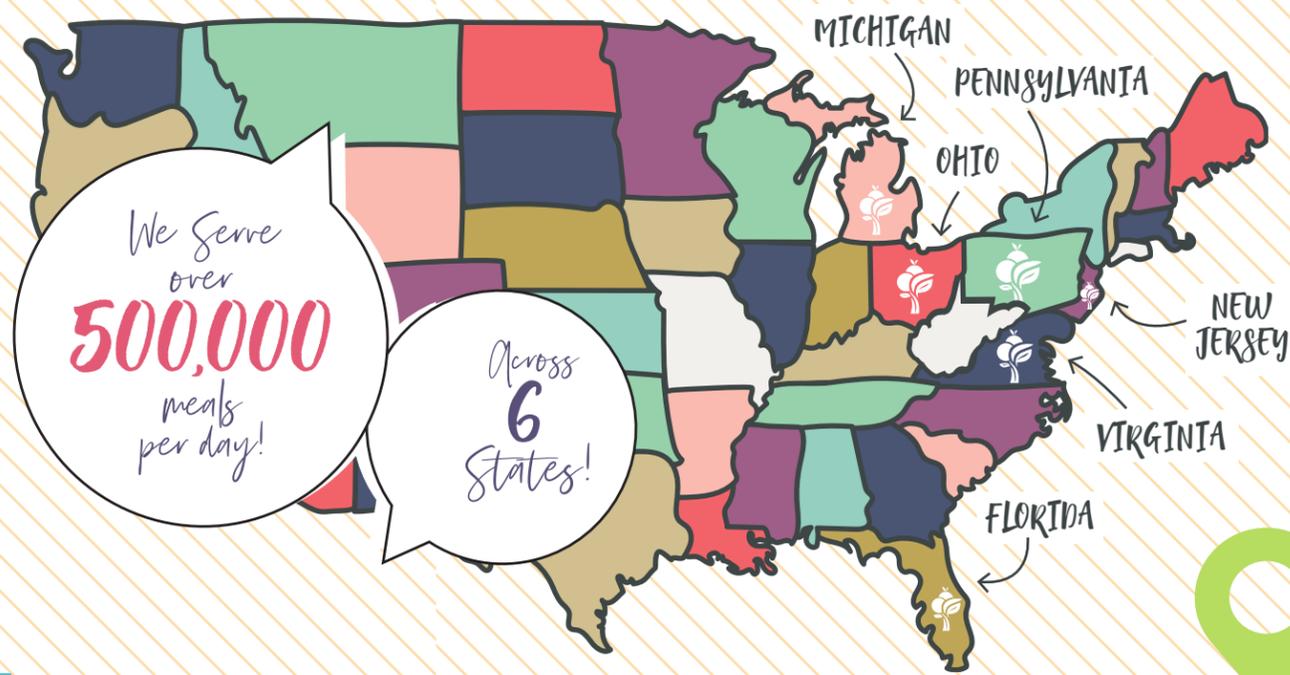
THIS & THAT

SHARING FUN FINDS ACROSS OUR SCHOOLS!



BIKING THROUGH the YEAR!

Sharpsville Elementary School held a week long event promoting eating healthy and staying active. They held a breakfast promotion where each participating student received one raffle ticket for going through the breakfast line with the opportunity to win a new bike! Our lucky winner took home the grand prize of a Roadmaster Mountain Bike. Congratulations Dakota!

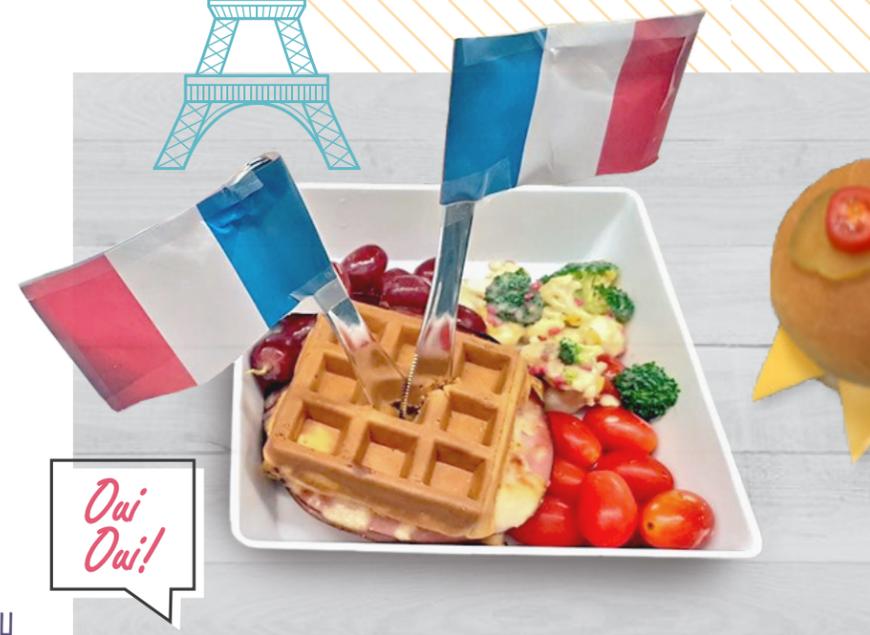


Food Truck CONCEPT

The culinary world is breaking barriers and making us rethink how food can be presented. Our newest program, Food Fusion, combines street food and food truck offerings right in your cafeteria.

This exciting program introduces creative dishes such as Baja Fish Tacos, Pulled Pork Mac & Cheese Waffle Cones, and so much more for the High School level!

The Nutrition Group was established in June '75 in West Newton, Pennsylvania



Oui Oui!

INCREASING PARTICIPATION Day by Day

Montour's cafeteria staff is always thinking of innovative ways to keep their students interested in breakfast and lunch programs. The staff creates healthy and fun meals for students at all grade levels. "Silly Sandwich Day" is a great example of how these events produce higher lunch counts and get the students buzzing about our programs.

UNLIMITED FRUIT & VEGGIE CHOICES

Did you know? Participating schools have chosen to invite their students to eat as many fruits and vegetables as they want. Looking to participate? Ask your Regional Manager for details!



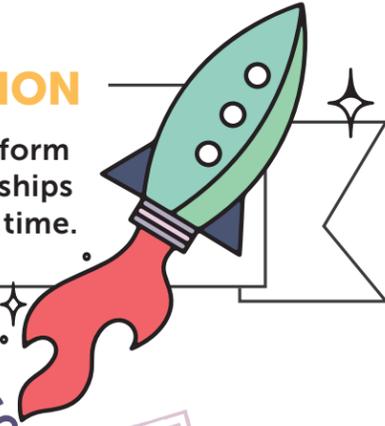
TAKE ME TO THE MOVIES

Keystone Elementary School students had a "Day at the Movies" as they enjoyed their lunch. The café was decorated like a movie premiere with a concession stand, serving delicious white cheddar popcorn to each student! Students that purchased a lunch during that week were entered in a raffle to win a prize basket filled with treats. The winner of the movie basket was third grade student Lyrika!



OUR MISSION

To satisfy customers and form fulfilled, trusting relationships one meal and facility at a time.



FULL BELLIES
lead to
ACTIVE MINDS!

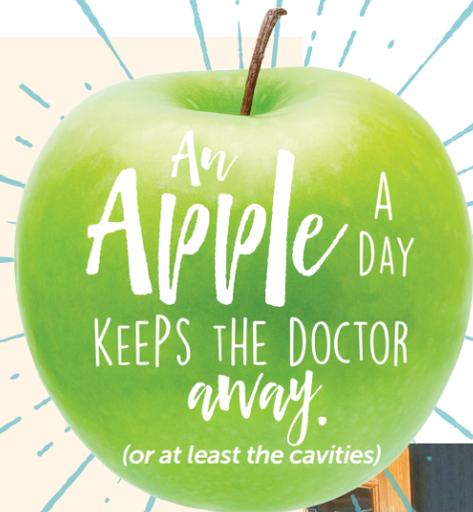


GOT MILK?

TNG partners with local dairy farms to make sure your school receives the freshest products on a daily basis!



OUR STAFF PARTICIPATE IN A SIMPLE AND ENCOURAGING IDEA TO WRITE POSITIVE MESSAGES ON SELF PACKAGING FRUITS LIKE BANANAS AND ORANGES!



60 MINUTES

Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate or vigorous aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.

P.S.

We CATER!

Having a meeting at your school and need food? We've got you covered! TNG has a wide variety of platters, side dishes, and your favorite desserts for your event. Ask your Food Service Director how we can make your event a success!



STRAWLESS CAFETERIAS

Mission:
POSSIBLE

REDUCING PLASTIC WASTE
IN OUR DISTRICTS
ONE STRAW AT A TIME.

According to onesstraw.org, over 500 million straws are used daily across the United States alone. If you were to place those straws end to end, that amount of straws would circle the equator 2.5 times. Recognizing how enormous that amount of plastic straws is, The Nutrition Group has taken the proper steps to become more environmentally friendly by helping K-12 school districts reduce waste *one straw at a time*.

Leading the initiative is Regional Manager Jim Keller, with the assistance of Vice President Susan Veitch. Though there may be reasons why it isn't always practical, in many scenarios successfully implementing a strawless program is typically met with little to no resistance.



Straws last FOREVER!

Did you know...every plastic straw ever manufactured still exists and breaks down into small plastic micro-particles, polluting our landfills and oceans, and harming wildlife!



Continuing the effort to reduce waste across a number of TNG accounts, the Sustainability Team at The Nutrition Group is working with districts on how they, too, can reduce their consumption.

We are open to embracing this grass root effort and partnering with school districts in the sustainable initiatives they choose to pursue.

Interested in starting a strawless program or other sustainable initiatives in your school? Contact your Food Service Director and ask how The Nutrition Group can help make a difference today! ■



SERVING LOCALLY GROWN PRODUCE

The Nutrition Group's signature concept, **Farm to Fork**, offers fresh produce from local sources in school districts every year! We partner with area farmers to bring farm fresh produce to your cafeteria.

We offer a different locally sourced menu item every week for the first nine weeks of the school year, culminating in a bountiful Harvest Feast at Thanksgiving.



NUTRITION EDUCATION

Meet four of our Nutrition Education Programs.



NUTRITION EDUCATION SCHOOL VISITS

TNG mascots, **Molly the Cow** and **Calvin the Calf**, have the unique ability to teach students in an entertaining and interactive way.

Molly the Cow shares her moo-ving message about the importance of calcium-rich foods. When Molly visits students, she introduces students to new and creative ways of making sure they obtain calcium through their meals.

As a part of our Farm to Fork program, Calvin the Calf shares the importance of eating a variety of fruits and vegetables daily.

By hosting these memorable visits, students gain insight to a healthier diet through direct interaction.



Wellness WEDNESDAY

NUTRITIOUS AND DELICIOUS COMBINATIONS

Often times, young students are reluctant to try new foods. Knowing that variety is essential for a healthy diet, we created **Wellness Wednesday**. A special table with colorful decorations is designated in the cafeteria each month and elementary students are encouraged to give the featured recipe a try. It could be foods that are familiar, but in a new combination, or something they've never tried before.

Each recipe is carefully crafted by our chefs and features colorful vegetables, legumes, and seasonings. Even the choosiest eaters are eager to sample these exciting new dishes, especially when they receive a colorful sticker that says "I Tried Something New Today!"



ZOO PROGRAM

MOBILE ZOO AND FOOD

The Nutrition Group has partnered with Reinhart Foods to bring a fun educational program to elementary schools: **The Zoo Program**. Students in grades Kindergarten through 4th attend an exciting assembly demonstrating the importance of proper nourishment for animals. Zoo keepers explain the similarities about wise food choices in both animals and humans. Students are encouraged to wear their favorite animal prints or clothing and participate in a zoo-themed lunch in the cafeteria. ■



#MomentsMatter

At our 2018 Summer Seminar, we challenged each of our Food Service Directors, Regional Managers, and Corporate Support team to create memorable moments with those we interact with every day. Little did we know, we had started a movement that would spread from town to town, showing our districts that we are more than food service—We are part of the community and truly care for those we serve.

#MomentsMatter has become a corporate-wide initiative to embrace opportunities throughout the day to make a difference for those around us. Awarding those who have gone above the call of duty, our Leadership Team chose fifteen winning schools. The selected schools received a special surprise celebration with cake and balloons. In addition, each worker received a crisp \$100 bill. Congratulations to each of our winning teams! ■

#MomentsMatter Winners

- South Williamsport
- Pennsbury
- Cambridge City
- Neshannock Twp.
- Moshannon Valley
- Philadelphia PACS
- Windber
- Wilkes-Barre
- Oil City
- Leetonia Exempted Village
- West Mifflin
- Susquehanna
- East Palestine City
- Wissahickon
- Union Area





#WeAreTNG



TNG GETS
Social

Follow us!
@TNG_Corporate

Did you know that you can see what is happening in our accounts from the convenience of your phone? The Nutrition Group utilizes social media to showcase events and promotions across all of our school districts. Here are some of the great events going on in our cafeterias! ■



BEAVER LOCAL
"Beaver Locals Thanksgiving Feast."
#blyoumatter #Momentsmatter
#TNGfeedskids #WeAreTNG"



WILKINSBURG
"Spring has officially sprung at Wilkinsburg! Bunny Ears & Bunny cookies for EVERYONE today during lunch! We Love our customers."



BIG BEAVER FALLS
"A gift of time spa day at Big Beaver Elementary. This would not be complete without the tiny tea sandwiches and fruit infused water. #WeAreTNG #TNGFeedKids #MomentsMatter #TNGFoodFun"



MOSHANNON VALLEY
"Last cooking class of the year!! The Dirt pudding treat was a hit!! Thank you to everyone who came out this evening!! #MomentsMatter #TNGFeedsKids"



NEW KENSINGTON
"Our very own Managing Director, Jessica Anzelone talking with our valued customers. Making #MomentsMatter"



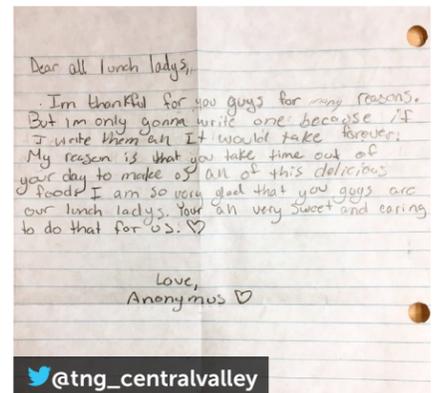
NEW BRIGHTON
"Just to brighten your day!"



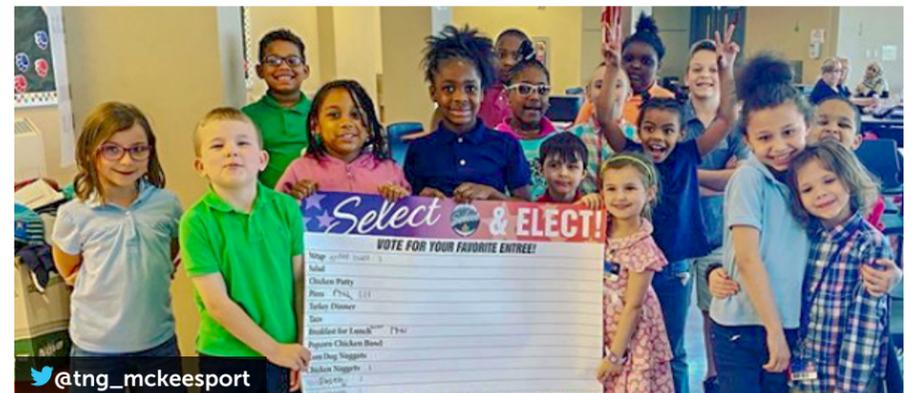
STRATH HAVEN HIGH SCHOOL
"Pizzas, quesadilla burger and scratch-made Tuscan kale and bean soup offered for lunch at Strath Haven HS, Wallingford-Swarthmore #greatfoodquality"



ST. MARYS
"Three big fans of the Edamame Corn Salad on Wellness Wednesday!"



CENTRAL VALLEY
"The Middle School Cafeteria received a #ThankfulThursdayLetter from a student saying how grateful they are for the lunch ladies. #MomentsMatter"



MCKEESPORT
"Today at our YAC meeting we selected & elected lunch for the 1st day of school for next year!"

We Social Media
@TNG_CORPORATE



THANK YOU

Thank you to each of our wonderful sponsors who kindly donated to the Lunch for Life program which helps to educate our youngest students on the benefits of school nutrition.



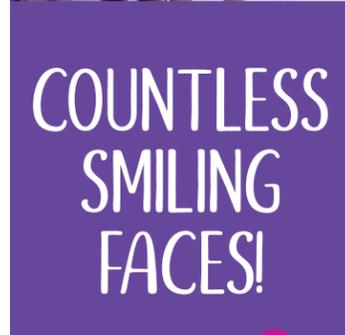
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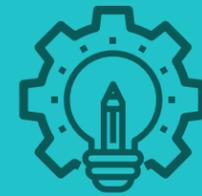
3
DAYS



5
CHAMPION
SPONSORS



COUNTLESS
SMILING
FACES!



INVESTING IN OUR PEOPLE

MAKING THE DIFFERENCE THROUGH TRAINING

The Nutrition Group is a family that cares for our people. We value the success of each individual working to serve our districts and place a strong emphasis on training, employee appreciation and creating opportunities for career advancement. "We believe if we train and take care of our employees, our employees will in turn take care of our clients", said Jessica Anzelone, Managing Director of TNG.

Through a collaborative effort of the Training, Human Resources, and Leadership & Management teams, multiple training sessions are conducted each year for all employees, based on their employment experience and job title.

Employees follow a series of trainings to keep current on dietary and culinary standards, operations specialties, and customer service expectations.

When employees start at TNG, their journey is initiated through the New Employee Orientation Program to familiarize them with our company. Next, they attend Nutrition 101, an in-depth training on food quality, costs, food safety, increasing participation, marketing, merchandising and communication in their district.

Over the school year, employees master their skills with Nutrition University. Each month features a different training subject in conjunction with their daily tasks to refine their

skills. During the year they participate in various other trainings such as ServSafe, HACCP, and Civil Rights.

During the summer months, training sessions don't stop. Kicking off the summer is Reveal Days. Here, staff is introduced to new offerings and tools available for the upcoming school year.

“We have come to feel that Nutrition is like family to us - putting us and the needs of the students and district first and foremost.”
- Cafe Staff
Titusville Area School District

In July, we host our annual 2-day company-wide conference, Summer Seminar. Attendees hear nationally recognized keynote speakers deliver informative and inspirational training sessions that present opportunities to learn, grow and network with industry peers.

By empowering our employees with knowledge and hands-on training, we guarantee our guests receive the best food and service in their district. ■



TNG CULINARY TRAINING
MASTERY CHARTER SCHOOL DISTRICT



SUMMER SEMINAR



PROFESSIONAL DEVELOPMENT DAYS



REVEAL DAYS



NUTRITION 101



NUTRITION UNIVERSITY

LIBERTY-BENTON



Food Service Director, Dustin Klopping, read *Cloudy with a Chance of Meatballs* to Mrs. Fish's second grade class. Afterwards, he spoke to the class about the importance of reading and eating well.

SOUTHERN LOCAL



Celebrating Dr. Seuss's birthday for breakfast with green eggs and ham served by Andy Pettitt, Regional Manager for The Nutrition Group.

KEYSTONE ACADEMY CENTER



Two second grade students enjoying time with friends and a new menu item, buffalo chicken roll-ups!

CAMPBELL CITY



Campbell Pre-School classrooms learned about the five senses all while making a delicious yogurt parfait!

FRANKLIN TOWNE CHARTER



The students at Franklin Towne Charter enjoyed pizza day.

THANK YOU for a WONDERFUL year!

It's hard to believe that another school year is wrapping up. 2018-2019 was filled with memorable events, new programs, and delicious recipes at each of our schools. We thank you for your continued support and choosing The Nutrition Group as your food service management company. With you, **#WeAreTNG**

LACKAWANNA TRAIL



Celebrating School Lunch Hero Day!

MOUNT CARMEL



Mount Carmel football players manning the catered donut table.

BELLWOOD-ANTIS



Bellwood Elementary is where it's at today! The kids loved their fresh made pancakes.

INDIAN CREEK



Indian Creek making peanut butter sandwiches for the homeless. Awesome!

SOUTH RANGE

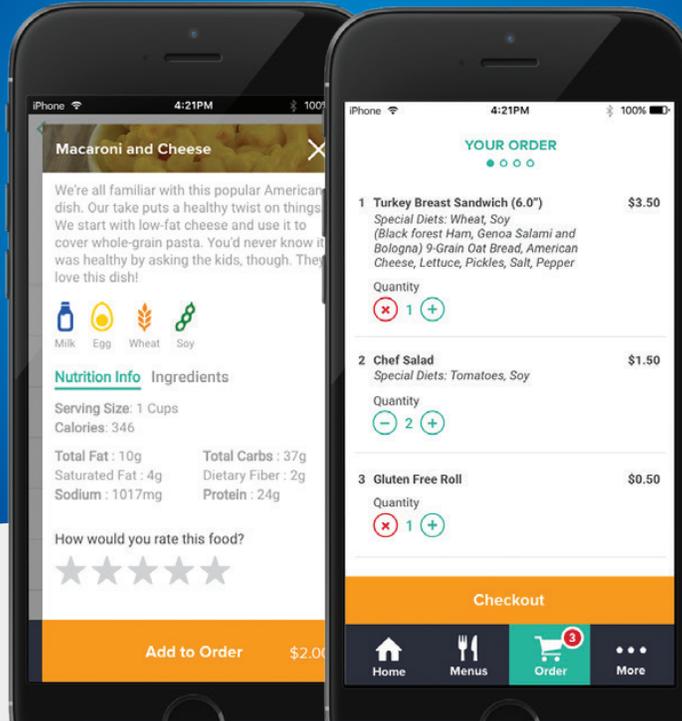


Hawaiian Beach Party today in the cafeteria!

NORTHWEST AREA



Molly the Cow provides a MOO-ving lunch experience.



DOWNLOAD THE MOBILE APP



DOWNLOAD YOUR SCHOOL LUNCH APP FOR

MENUS, NEWS, & EVENTS!



Download on the
App Store

GET IT ON
Google Play

