

Dining Services at Friends School of Baltimore

Our Food and Nutrition Philosophy

- Menus are created on your campus, specifically designed to meet the Friends community's needs. Parents and students are welcome to tour the foodservice facility and their suggestions are encouraged.
- Our Nutrition Specialist is available to review menus, consult on disordered eating habits, to provide nutrition education and assist communities that need to become more "aware" of particular dietary concerns such as allergies, celiac disease and food sensitivities.
- We prepare our foods from whole fresh ingredients, limiting the use of processed foods and avoiding products containing artificial flavorings, M.S.G., preservatives and high levels of sodium.
- We use minimal amounts of fat in food preparations. We primarily use olive and canola oils, which have a healthier blend of fatty acids than other cooking oils. Non-hydrogenated canola oil, which does not contain trans fat, is used for fried preparations. We do not use peanut or tree nut oils.
- Our salad bar items are prepared fresh on premise. Low-fat dressings, cheese, and yogurt are available daily.
- 100% fruit juice, low-fat milk and water are available daily.
- Seasonal fruits and vegetables are offered daily, utilizing local farmers practicing ecologically responsible farming methods whenever possible.
- We serve seafood purchased in accordance with the Seafood Watch guidelines for sustainability.
- We purchase meats graded "choice" or higher. We roast our deli beef and turkey on premise.



Our Nutrition Programs



Color Your Plate Healthy is a simple, color-coded guide to selecting balanced meals. Each menu item offered is labeled with the color or colors that represent the food group or groups that the food comes from. Students are encouraged to select a variety of "colors" to put on their plate, creating a more nutrient rich meal.

Color Your Plate Healthy offers a quick and easy message for all ages; consistency with MyPyramid for additional teaching opportunities; and a positive way to encourage healthy eating.



Balanced Choices provides students with the food choices they need to have a healthful diet and the education they need to help them make wise food choices. Icons help students identify foods that meet certain criteria such as vegetarian or organic. Educational materials provide current, student friendly information on nutrition and wellness topics. Monthly Superfoods promotions get students excited about foods that provide an extra boost of nutrition.



Our Sustainability Efforts

Sustainable Eating and Environmental Dining, is our way of engaging in positive practices that compliment the Flik Independent Schools' food and nutrition philosophy. The goal is to protect the environment and the ability for future generations to thrive. It has become the umbrella under which we encompass all of our sustainable efforts.

TRIM TRAX:

Trim Trax, a food waste reduction program and green initiative. It is designed to be implemented and executed by staff to increase engagement and operational efficiency, as well as create awareness about the environmental impact of food waste.

FOOD FOCUS:

This program is utilized to educate students about the culture of different foods. We focus on different foods of the world either by specifying a food from a particular region or choosing a food demonstrating how it is used in different parts of the world.

CERTIFIED CAGE FREE SHELL EGGS:

Certified Humane eggs meet the animal welfare standards of an independent auditing organization called Humane Farm Animal Care. Battery cages are not permitted and the housing facilities must include areas for hens to nest, dust bathe, scratch, and perch. This policy was developed with guidance from the experts at the Humane Society of the United States and we are proud to serve cage free whole shell eggs on our campuses.

FAIR TRADE COFFEE:

With our selected partners for coffee, we have been able to help promote fair trade coffee on our campus. Many farmers around the world receive pay lower than the costs of production, forcing them into a cycle of poverty and debt. Fair Trade works to correct these imbalances by guaranteeing a minimum wage for small producers' harvests and by encouraging sustainable cultivation methods.

SLOW CUISINE:

With the Slow Cuisine Program, we highlight different foods that are consistent with the principles of the Slow Food Movement. By educating our students about locally produced foods, we are helping to promote the appreciation and consumption of seasonal and local foods and the support of those who produce them.

ANTIBIOTIC-FREE CHICKEN AND PORK:

Compass Group has instituted, with partners Environmental Defense and Smithfield Foods, Inc., a first-of-its-kind policy to curb antibiotic use in pork and chicken production. The policy prohibits the purchase of pork or chicken in which antibiotics that belong to classes of compounds approved for use in human medicine have been used for growth promotion purposes. It also requires suppliers to report and reduce antibiotic usage over time.

SUSTAINABLE SEAFOOD:

Our promise with the implementation of the sustainable seafood program is to shift the purchase of Atlantic Cod to Pollock, Pacific Cod or other sustainable seafood alternative, decreasing the use of farmed salmon and non-US farmed shrimp by 20%, avoid the species that are specified by the Monterey Bay Aquarium's Seafood Watch Program and increase use of "Best Choices" seafood picks and support positive change in the aquaculture industry.

rBGH FREE MILK:

To the extent possible, we are committed to offering milk that is produced without artificial hormones.