



**BFY FOODS R BETR 4 U (or "BETTER FOR YOU FOODS" ARE BETTER FOR YOU)**

It's good news that health messages are gaining ground with American children and adults. Just Kid, Inc is a kid marketing firm that has conducted several research studies with children and parents about purchasing influences and behaviors, healthy eating, and the definition of fun. In one study, they found that 93% of all children, ages 8-12, care "a lot" (54%) or at least "a little" (39%) about eating "better-for-you" (BFY) foods. The vast majority of parents also report they want healthier food options to be available for their children. But often times, what children and parents *say* can differ from what they *do* - especially when it comes to healthy eating. Why?

It's because taste reigns supreme. Taste beats nutrition in terms of kid importance. In one survey, 83% of children say they "prefer to eat healthy foods --- as long as they taste good". Other factors that go into a child's decision to choose a food or snack include it being something allowed by the parents, being filling, being healthy, being portable, and being fun and fast to eat.

So, our hunt is always on for delicious and nutritious, as well as affordable foods that meet our *Healthy Menu Guidelines*. Please feel free to contact Done Right Food with ideas, comments, or questions.

**MULTI-CHEESE PITA MELT RECIPE**

Combine 1 oz shredded mozzarella and 1 oz shredded cheddar cheeses with Italian seasoning to taste. Assemble melt with 6" pita bread on bottom (bumpy side up), ¼ c pizza sauce spread out, and 2 oz cheese mixture on top. Put in 400 °F oven for ~ 8 minutes or until cheese is melted and slightly browned.

**OUR DONE RIGHT FOOD COMMITMENT --- HEALTHY FOOD, HEALTHY MESSAGE**

DRF follows our own *Healthy Menu Guidelines* when planning menus that offer great food for students at school. Menus are aligned with the Dietary Guidelines for Americans, health education curriculum, and school wellness policies. Our guidelines state specific types of healthy, wholesome foods that are popular with students and are served every day in school. Daily lunches include fresh green leafy salads, fresh vegetables and fruits, lean meat and poultry, reduced fat cheese and dressings, whole grain items, and more. Breakfasts offer low sugar cereals, low fat yogurt, etc. All meals include skim milk.

In addition, the guidelines state specific types of heat-and-serve, convenience, less "healthy" foods that will not be served at all. Lunches do not include any breaded chicken products, hot dogs, corn dogs, hamburgers, frozen pizza, french fries, tater tots, fried chips, etc. Likewise, breakfasts do not include any high sugar cereals, chewy cereal bars, pop tarts, etc.

**For more information, contact us:**

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