

Food safety and sanitation are critical ongoing processes that require strict procedures and training. All food service managers possess current Fairfax County Sanitation Certification and have successfully completed our manager-training course. A sanitation self-inspection using the Hazard Analysis Critical Control Point (HACCP) format has been implemented in all schools. This format requires managers to follow the purchased product through the various stages and temperatures from receipt to service. This is a second food safety measure. The Fairfax County Board of Supervisors recognize the Office of Food and Nutrition Services for maintaining the highest levels of food safety and cleanliness in its food preparation areas.

**“WE CARE” IS OUR SLOGAN.
GOOD NUTRITION IS OUR GOAL!**

Facts for Teachers



Fairfax County school meals are planned by registered dietitians to reflect the Dietary Guidelines for Americans and student preferences as determined at student taste parties. Food specifications and food preparation assist in this effort. It is a continuous process that requires the cooperative efforts of students, Food and Nutrition Services, and the food industry. **Nutrient analyses are available upon request.**

To preclude confusion for our students and parents; maintain choices; and complement our nutrition curriculum based on the new *MyPyramid- Steps to a Healthier You!* lunches contain:

- Meat/meat alternate
- Two different vegetables and fruits
- Enriched bread/bread alternate
- Skim, 1% unflavored, or 1% chocolate milk

Students are encouraged to select a complete lunch; however, under federal regulations, they are allowed to select three, four, or five items. Monthly printed parent menus with nutrient information are distributed to all elementary school students. Vegetarian options are available daily.

2006-2007

**FOOD AND NUTRITION SERVICES
FAIRFAX COUNTY PUBLIC SCHOOLS**

“The USDA is an equal opportunity provider and employer.”

The Registered Dietitian Team and supervisors are available to assist teachers with nutrition education in the classroom. Topics range from our National award winning nutrition education programs (“Give Me 5! Colors That Jive!”, “Fairfax Kids Cooking” and “Healthy Snacks”) or custom designed lessons that fit the needs of you and your students. With the increase of childhood obesity we want to promote the value of exercise and healthy food choices.



Redeem your completed BL Team Club card with your Food Service Manager.	
Member's Name: _____	_____
School: _____	_____
Manager: _____	_____
Food and Nutrition Services	Fairfax County Public Schools

START YOUR DAY WITH BREAKFAST

Breakfast is the most important meal of the day. School breakfast is not only helpful to families in which both parents work, but research demonstrates that students who eat breakfast perform better in school. Breakfast is available in 154 schools and 8 centers. Check to see if Breakfast is available at your school.



FOOD SERVICE DISPOSABLES AND TRASH

Since 1994 all polystyrene items and trash used in food services are being processed into "post disposal energy recovery" at the Energy Resource Recovery System (ERRS) facility in Lorton, VA. We also strive to use as much recyclable paper as possible.

Nutrifax are nutrition messages developed by Food and Nutrition Services. They are designed to provide nutrition information to students, teachers, and parents. Nutrifax are included on our Energy Zone Web site. Please visit us at:

www.fcps.edu/fs/food/

HEALTH FAIR AND NUTRITION EDUCATION RESERVATION FORM

School: _____

Teacher: _____

Topic: _____

Date: _____

Time: Allow 40-60 minutes for each lesson

Return by email to Maria Perrone at:

Maria.Perrone@fcps.edu

Adults pay higher prices for school meals than students because students' meals are subsidized with federal and state monies. Federal regulations state "adult prices must be the full cost or at least the price paid by students plus the rate of federal and state reimbursement and the value of USDA donated foods." The latter is the practice in Fairfax County.

THREE WAYS TO PURCHASE MEALS: ONLINE PAYMENTS, CHECK OR CASH

- **ONLINE PAYMENT** – using www.myLunchMoney.com is available. The service is easy to use, convenient, private and secure. There is a convenience fee. Once the account is open, you may check the balance anytime. Use your employee number to establish an account.
- **CHECK** – checks made payable to (*school name*), Food and Nutrition Services and bring the check to the food service manager's office.
- **CASH** – cash for daily purchases or deposit on your accounts.

Energy Zone is the marketing logo of Food and Nutrition Services. We strive to ensure our school cafeterias are colorful, friendly places for students to eat school meals.

Give Me 5! Colors That Jive ! is our national award winning nutrition education promotion to help students learn the importance of eating five servings of fruits and vegetables every day. Familiar fruits and vegetables and less familiar ones are highlighted each month.

Revenue for this \$70.1 million business comes from the following sources:

- 58% from student payments
- 29% from federal funds
- 1% from state funds
- 12% from other services (day cares, senior nutrition programs, private schools, catering, and vending)

No local real estate tax dollars are used to support the program. Food and Nutrition Services is required to purchase all new equipment and pay indirect costs such as utilities.



BL TEAM CLUB			Members of the BL Team Club receive a complimentary nutritious breakfast or lunch with the purchase of ten school meals.