



FOR IMMEDIATE RELEASE  
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A'viands  
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### **A'viands Nutrition Services Department Piloting New Wellness Program "Food For Thought"**

The A'viands Nutrition Services Department is implementing a new wellness program in January called Food for Thought. It's a nutrition education program for all grades that will focus on whole grains and introduces students to new foods and encourages them to try them through sampling at Thoughtful Bite events hosted during lunch. The whole grains that will be featured include wild rice, barley, quinoa and wheat berries. Each month two separate Thoughtful Bite events will be scheduled. During these events, students will sample one new recipe with the featured item of the month, receive recipe cards of that recipe to take home, and fill out a ballot. The ballot will ask students if they liked or did not like the recipe and allow them to leave comments. After each Thoughtful Bite event, the ballots will be tallied. Of the two recipes tested each month, one will be the winner which will be posted on the Food for Thought Bracket in the cafeteria. May, the final month of the program, will be the Battle of the Grains. Students will vote to select the final two from the monthly winners. A final Thoughtful Bite event will be held to sample the top two recipes, students will vote and a champion will be named.

We hope that students enjoy participating in the Thoughtful Bite events, find a new food they like that they could make at home and learn something new about whole grains.

### **About A'viands' Student Nutrition Services**

A'viands K-12 focuses resources on providing popular and healthy meals that exceed expectations and result in increased student participation. Among our K-12 partners, we serve both private and public schools, including those following the National School Lunch Program.

A'viands is committed to the education of healthier minds, bodies, and spirits using our knowledge, culinary expertise, and advanced technology. We believe nutrition education is as important as the food we serve. Our programs are designed to educate students and their parents on making wise, healthy menu choices.