

# Sodexo's Be Fit Guide

On December 12th, 2008, Sodexo's Cathy Rocco introduced the "Be Fit Guide" to the Rhode Island Statehouse. This valuable program is available only to Sodexo managed school districts in Rhode Island. Every student in a Sodexo operated school district in grades K-2 will receive their own guide for free.

## *Highlights from Ms. Rocco's Press Conference*

The "Be Fit Guide" is an action guide for K-2 teachers in RI that helps to incorporate nutrition and physical activity education into regular curriculum. It was created through a partnership between Sodexo and the Quaglia Institute for Student Aspirations, a non profit organization dedicated to promoting and practicing conditions that foster student aspirations in schools and learning communities.

The "Be Fit Guide" incorporates the Quaglia Institute's "The 8 Conditions That Make A Difference®", along with information on the importance of nutrition education and physical activity.

## *The guide is not just for teachers and students*

Parents and family members are encouraged to become involved in the education process through activities and recipes. Along with information on nutrition and exercise, the guide covers the important topics such as healthy choices, purchasing local produce and the importance of taking care of our environment.

**All Rhode Island Teachers will be provided Free Training in all Sodexo Managed School Districts**  
Sodexo and the Quaglia Institute will be scheduling training for RI teachers. This training session will maximize the educational impact of the "Be Fit Guide" by offering tips and techniques enabling teachers to incorporate the activities into their regular curriculum plans.

## *Statewide Celebrations Will Complement Education:*

The impact of the "Be Fit Guide" will stretch beyond the classroom as Sodexo and the Quaglia Institute host special events for parents and students that reinforce the healthy lifestyle messages.

## *Why is the "Be Fit Guide" so important?*

The nation-wide rise in childhood obesity has resulted in a call for increased nutrition education. As a leading provider of student nutrition services in RI and across the United States, Sodexo School Services has long been focused on helping students learn about the importance of exercise and a balanced diet. The "Be Fit Guide" allows both Sodexo and the Quaglia Institute to share their combined expertise in a way that allows students to live healthier lives while also achieving their true potential in the classroom.

Watch for "Be Fit Guides" to be arriving in your schools soon!

For more information on the Quaglia Institute for Student Achievement please visit [www.qisa.org](http://www.qisa.org)



# Newport: Home of The Vikings



Kerry Kunze, General Manager for Newport School Lunch. Kerry has been a school lunch professional for the past 13 years; having

worked in the Newport Rhode Island School district since 1996. Kerry began her career as an assistant production cook preparing 1200 meals a day. In 1998 Kerry became the Administrative Assistant; a role she acted in until she became General Manager in 2008.

Kerry is deeply committed to the fight against childhood obesity; she brings innovative nutrition programs and menus to the Newport Schools on a daily basis. She is a leader on the district's wellness committee and avidly attends the YMCA on a regular basis.

Kerry holds the office of President with the Kevin Soares Foundation. This foundation was begun when Kerry's nephew died of cancer. This group's mission is to support others with financial need while they are sick from cancer or other illnesses. Kerry is also a member of the LAOH of Newport (Ladies Ancient Order of Hibernians). This group raises funds for the Newport community as well. She has been married to her husband Erich for 22 years. They have made their home in Newport throughout their entire marriage. Their daughter Kasie attended Johnson and Wales University in Charlotte NC for Business Management. Kerry was born and raised in Newport where she grew up with 10 brothers and sisters. Kerry and her siblings maintain very close family ties; they hold regular family functions with grandchildren galore in attendance.

## Newport Farm to School Project

The Rhode Island Department of Education and the U.S.D.A. have awarded the Sullivan Elementary School with one of only eight grants to help increase student consumption of fresh fruits and vegetables. Using this \$13,700 grant, Sodexo will purchase fresh fruits and vegetables to be served throughout the school day (excluding lunch time).

Statistics:

- ⇒ In the first six weeks of school, 2380 fresh local apples from Ferobink Farm of Tiverton RI were served to students.
- ⇒ In the first 15 days of school, 14,505 pieces of fresh fruit were served in Newport; 34% of that fruit was grown at a Rhode Island farm.
- ⇒ 100% of Newport elementary students were served fruit each day.
- ⇒ 83% of the Newport secondary students had fruit each day.
- ⇒ 6750 servings of local potatoes were served
- ⇒ 10% of the elementary school meals are entrée salads, 13% are wrap sandwiches, 64% are hot entrees and 15% are grilled cheese.



## Serving Up Smiles

The Sodexo Lunch Program partnered with the Newport Fire Department the week of October 14-17th to celebrate National School Lunch Week and National Fire Prevention Month.

Firefighters served lunch along side Sodexo staff at all Newport Elementary Schools while teaching students the valuable lessons about nutrition and fire safety!



The Newport Police Department served lunch the week of December 15-19 at all Newport Elementary Schools.



## Newport: Home of The Vikings

### Kid's First Introduces Legumes!

On December 8th, a chef from Kids First of RI came to the Underwood School and introduced legumes to a group of skeptical children. Some menu ideas that were tested included roasted garbanzo beans seasoned with taco seasoning. To the children's surprise, they liked them and thought they were nut-like and not "bean" like. Other introductions included roasted red pepper hummus, roasted cannelloni beans with tomatoes, and "faux" American Chop Suey which substitutes garbanzo beans for ground beef. Survey says...yes to beans!



### Exhibition Cooking



On September 26th Thompson Middle school students and staff enjoyed a made-to-order Fajita station for lunch. Students were given their choice of black beans, corn, tomatoes, peppers, onions and either beef or chicken which were all sautéed right before their eyes and served steaming hot. The meal was

complemented by brown rice accented with black beans and apple churros. The meal was so well received that repeat a performance was quickly scheduled for every other month.



Christopher Maitland, Chef/Manager of Jamestown, offers more than three decades of accomplishments and experience in the culinary industry. Christopher brings valuable insight regarding the leadership

and management challenges faced by productive culinary institutions.

Beginning his career in the fine arts, Christopher was readily involved with the culinary processes of local restaurants with high acclamations and continued this trend throughout his years in college.

Distinguishing himself as a creative force, he parlayed his artful background towards ultimately re-engineering menu production and implementing new ideas through computer management.

In recent years, as the Executive Chef at The Glass Onion Restaurant, voted “Best Restaurant” by Newport Life magazine each year for the five-year tenure of his employment, Christopher was a two time winner of Newport Rhode Island’s renowned Chili Cook-off contest. He won it once again later as a catering Chef for The Market on the Boulevard. Employers prior to these include:

the Vanderbilt Hotel before it was converted to double-sized suites, Capriccio’s in Providence, One Financial Place, The New England and the Meridian Hotel in Boston, Massachusetts. Throughout his career, Christopher has had the opportunity to develop strengths in a variety of culinary techniques and approaches. The scope of his experience has spanned virtually all aspects of restaurant production and management, including baking, pastries, coupling wines with meal items, pasta varieties, production soups, café to fine dining, and catering. Christopher earned his Associates Degree at the Community College of Rhode Island in Warwick, Rhode Island in 1977.

# Jamestown: Home of James the Warrior Wolf

## On-Line Payments Receive Parent Approval

The new NutriKids Computerized Cashiering System “went live” at the Melrose and Lawn Schools on November 10th. This system not only provides speed in service, and accurate accounting at each school, it allows parents to monitor their child’s account and deposit funds via the world wide web. Paying bills “on-line” is becoming common place. When Sodexo expanded the school lunch software’s abilities to allow parents to make deposits to their child’s lunch account via the internet, many parents were thrilled. What they may not know is that there are many benefits for the school district as well.

### BENEFITS TO PARENTS

- \*Convenience of home or office computer being the conduit for payment
- \*Schedule automatic payments based on account balance
- \*Monitor what their child purchases on line
- \*Receive e-mail notification of meal account balance and low balance alerts

### BENEFITS TO DISTRICT

- \*An additional service for families that is free of charge
- \*Seamless deposits minimizing labor costs for handling money
- \*Dedicated technical support to monitor system 24/7 and assist administrators
- \*Reduction in “insufficient funds” checks because the deposits are approved prior to depositing to child’s account



## Jamestown: Home of James The Warrior Wolf

### Wellness Focus In Jamestown

- ⇒ September 23rd, Jamestown meals were highlighted in the Kids First Annual Healthy School Breakfast as one school district with measured progress with healthy school meals.
- ⇒ Exhibition cooking on November 6th offered new items, freshly cooked for Lawn Middle Scholars. The Made To Order Fajita Station gave students choices which included black beans, corn, tomatoes, peppers, onions, and a choice of beef or chicken. Meals were complemented with brown rice and warm local apples with cinnamon. Programs such as these expand nutritional horizons.
- ⇒ Parents are commonly invited to events encouraging a healthier lifestyle to be a family mission, not just for the school.
- ⇒ Continued progress implementing new Rhode Island Nutritional Regulations is of great importance to the district.
- ⇒ Focus group meetings and the creation of the Middle School Board of Directors have been the spring board to more healthy choices including soup and sandwich combos and pasta bars which incorporate whole grains, meatless choices, and more variety.



Chef Christopher displays a typical Jamestown lunch tray which offers fresh carrots and zucchini; both vegetables grown locally. Jamestown Farm to School Project has been well received by the students. In the first 31 days of school, Jamestown students consumed 980 local apples, 750 bananas, 552 oranges, 150 pears, 150 local peaches, 188 plums, 150 nectarines, 1152 portions of kiwi, 180 portions of cantaloupe and 80 portions of watermelon. This program is so successful that it will no longer be a pilot but a permanent fixture for the students of Jamestown.



**sodexo**

*Making every day a better day*



# Sodexo Recognized as Employer of Choice

*"Hire good people, train them well, then treat them like family."*

*Bill Marriott*

## 2008

Named **"One of the Top 200**

**Intern Employers"** and **"One of the Top 50 Entry Level Employers"**, as identified by CollegeGrad.com in recognition of its efforts in favor of development and training programs designed to create a professional path in the company.

- Recognized as **Best in Class Recruitment Organization** at the annual ERE Exposition.
- Received the **"Best in Class" Award of the Most Innovative Recruiting and Staffing Program/Initiative** award, given by the International Quality and Productivity Center (IQPC). Recognized in four categories of excellence: creative problem solving, innovation, employment brand strength and return on investment.
- Sodexo's Solutions Magazine, a quarterly publication for the company's U.S. employees, received an **Award of Merit** in the International Association of Business Communicators Silver Quill Awards Program.

## 2007

- Honored with the **Pro Patria Award** from the U.S. Department of Defense for its support of employees who are members of the National Guard or Military Reserves.
- Received **"Five-Star Employer"** status from the U.S. Department of Defense's Employer Support for the Guard and Reserve organization (ESGR) for its commitment to more than 3,000 U.S. employees who serve in the military.
- Honored by the U.S. Department of Defense as a recipient of the **Secretary of Defense Employer Support Freedom Award** for supporting employees in the National Guard and Reserve.

