



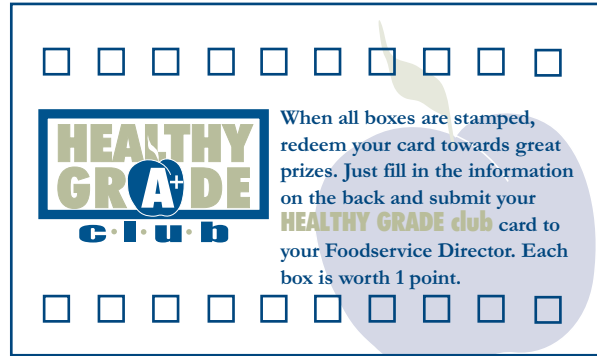
The **HEALTHY GRADE club** represents the power of our students to make the right choices when it comes to healthy eating for a better future. It is a school nutritional program focused on encouraging students to make healthy nutritional choices through education and fun.

- Obesity in young adults is becoming a national crisis with 15% of American youth ages 6-19 are overweight.
- Poor nutrition can have a negative impact on a student's performance physically and academically.
- Being overweight is associated with many health risks, including diabetes, asthma, depression and low self-esteem.



*All healthy menu items will be easily identifiable by this label.*

- All students will receive a **HEALTHY GRADE club** card that will be stamped each time an item is purchased with a **HEALTHY GRADE club** label on it.
- When the card is completely stamped, it will be entered into a periodic raffle for great prizes!



Front



Back

Here's a sample list of items from which students can choose.

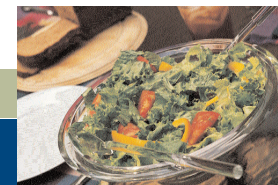
- 🍏 Fresh Green Salads
- 🍏 Fresh Fruit
- 🍏 Vegetable Crudite
- 🍏 Yogurt Parfaits (*fruit, yogurt, granola*)
- 🍏 Whole Wheat & Grains
- 🍏 Grilled Chicken
- 🍏 Turkey Burgers
- 🍏 Seafood
- 🍏 And many more healthy choices!



*\* All recipes have been reviewed and approved by our registered dietitian.*

The culinary team at all Navin Bros. facilities use **ZERO TRANS FAT OIL!**

*Trans Fats raise the level of bad cholesterol (LDL), which can clog the arteries leading to strokes and heart attacks. Trans Fats scrub away the good cholesterol (HDL) that keeps arteries clean.*



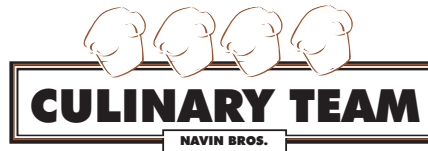


Navin Bros. Culinary Team and the administration are taking a proactive approach to help reduce obesity in young adults. The **HEALTHY GRADE club** program is our answer to the obesity fight. We will achieve our goal by partnering with chefs and dieticians and providing them with the tools and food products necessary to promote and provide healthy nutritional choices for young adults.

*Components of the*

### **HEALTHY GRADE club:**

- *Extensive Product line consisting of healthy products and healthy choices*
- *Menu Planners*
- *Merchandising Materials*
- *Promotional Programs*
- *Nutritional Analysis*



#### About Navin Bros.

- We use only the finest quality ingredients
- We take responsibility seriously, and not just in the kitchen; we also offer Nutritional Seminars on Healthy Eating

#### HEALTHY EATING TIPS

- Eat different kinds of food each day.
- Eat more whole-grain breads and cereals, fruits and vegetables.
- Keep moving to stay in shape.
- Start your day with breakfast.
- Snack smart.
- Do not eat too much of any one food.
- Be adventurous.
- Make healthy eating fun.
- Drink fluids – up to eight glasses of water daily.

#### ***Navin Bros. Food Service, Inc.***

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