

Bethel Lutheran School has partnered with Arbor Management, Inc. to offer nutritious, healthy food options to all students. Arbor Management, Inc. places emphasis on proper nutritional choices. The introduction of Arbor’s “a plus” Nutrition Program offers one of the most dynamic nutritional awareness programs available. Arbor is committed to promoting the consumption of whole grains and fresh fruits and vegetables while reducing sodium and cholesterol and eliminating trans fats. Quality foodservice begins with quality food products. Products are monitored throughout the distribution process to guarantee that quality standards are being met. Random product testing is conducted at the manufacturer, at the distributor level, and in the field. At Arbor Management, we take great pride in the high standards we adhere to for product quality. We are confident our standards are among the very highest in the industry.

[**Ask the Dietitian**](http://www.arbormgt.com/ask-a-dietitian/)

**News Blog**

[**Arbor Management Web Page**](http://www.arbormgt.com/)

**Arbor Employment Opportunities**

**Arbor Management Facebook Page**



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**Nourishment & Fresh Foods**



Our nutrition team including professional chefs, registered dietitians, and experienced foodservice managers work in synergy to develop healthy, balanced meals that are created fresh with quality ingredients that students enjoy. Our registered dietitians utilize strategies supported by sound nutrition science as the framework for menu planning. Arbor chefs put a creative, healthy spin on scratch recipes. Our goal is to replace processed foods with whole foods and fresh ingredients.

**Health and Wellness Knowledge**

Arbor provides an environment for students to learn how to create healthy meals from a wide variety of options. Our chef created, dietitian approved meals provide a guide modeling the most current nutrition guidelines. Our Corporate Dietitian is available to answer questions via the Arbor website “Ask a Dietitian” link. We make it easy for students and parents to be confident about their health and wellness knowledge.



A group of people eating at a table

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**Farm-to-table Initiative**

We are including a local vendor that works with local farmers to provide many additional fresh, home grown ‘farm-to-table’ options. Arbor will work with clients and the local vendors towards achieving any potential ‘farm-to-table’ goals that are desired.

**Arbor’s Mission is to:**

* Aid in the fight against childhood obesity by serving wholesome meals that provide fuel and nutrients for a healthy body weight
* Maximize the use of fresh fruits and vegetables purchased locally as seasonally available
* Serve a wide assortment of fresh, nutrient rich foods every day and encourage the consumption of wholesome, balanced meals
* Provide a variety of protein options including lean meat, poultry, legumes, tofu, hummus, yogurt, and quinoa
* Serve products with a minimum number of ingredients and avoid added sugars, artificial ingredients, and preservatives
* Use cage free poultry with no added hormones or steroids.
* Purchase fresh eggs from a local farm that has been awarded for innovative conservation and ships eggs within twenty four hours of being laid
* Serve local skim and low-fat milk that is free from artificial growth hormones and is produced at sustainable farms
* Eliminate all trans-fats
* Utilize healthy cooking techniques including baking, grilling, and steaming
* Conduct surveys, taste tests, and food advisory committees to collaborate and brainstorm new ideas with students, parents, and staff
* Provide education and information regarding allergen safety, label reading, and age appropriate portions sizes
* Offer fresh, whole and multi-grain breads to increase vitamin and fiber intake
* Promote environmental responsibility and sustainability

~Arbor Management~

