

# The Foody Goody

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Building Healthy Bodies  
and Healthy Minds

[www.goodfoods.ca](http://www.goodfoods.ca)

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## NUTRITION NEWS

### Trans Fats

According to Health Canada, a food item is considered Trans fat-free if the food contains less than 0.2 g of *trans* fatty acids per reference amount and serving of stated size and the food item provides 15% or less energy from the sum of saturated fatty acids and *trans* fatty acids.

Although there may be 0.2 grams of trans fat in a product, by definition, they are considered to be trans fat-free. **All non dairy snacks available at Good Foods are trans fat-free.**

The recent legislation regarding trans fat content does not apply to naturally occurring trans fats such as those found in dairy and meat products. Further, the legislation has specifically exempted "Special Event Days" from these regulations.

The bottom line is, Good Foods is committed to building healthy bodies and we are pleased that we were in compliance with this legislation long before it came to be.

## OUR MISSION STATUS: HEALTHY BODIES & HEALTHY MINDS

To assist parents and care givers, Good Foods will soon be adding the Nutritional Facts and Ingredient listings to all products

available on our website. In the meantime, should you have any questions regarding the nutritional value or ingredients of our products, please feel free to contact us at (905)874-9882 or by sending an E-Mail to [operations@goodfoods.ca](mailto:operations@goodfoods.ca)

## OPERATIONS NEWS

Good Foods has hired some new delivery personnel. Please be patient as they learn their way around your school and determine your individual needs. Good Foods drivers are required to identify themselves, be courteous and helpful, deliver goods straight to your fridge and rotate stock, as necessary. If you are having any difficulty or have special needs, please contact us by phone or E-Mail to [operations@goodfoods.ca](mailto:operations@goodfoods.ca)

## CHANGES

Online orders must be placed so that we have one full business day to process them. These orders will not be accepted by the system without sufficient notice and certain products require more lead time than others, such as our bulk cookies, which require five days' notice. Telephone and E-Mail orders must be received by our order desk prior to noon on the business day prior to delivery. For orders placed at this late hour, we cannot guarantee that everything you order will be in stock.

## NEW PRODUCTS

Flat Earth Veggie Chips Frito Lay recently introduced These innovative vegetable chips which are currently available in two varieties: Garlic & Field Herb & Tangy Tomato Ranch. These healthy snack items will be priced at just \$0.65 per bag and are expected to be available for delivery June 1st.

## MAY WEB SPECIALS

Those customers who have already registered for online access by completing our Customer Information Form can take advantage of our monthly web only Specials:

**Bulk Oatmeal Choc. Chip Cookies**  
**Munchies Original Snack Mix**  
**Unsweetened Apple Sauce Tubes**

To register for online access, please see the link at the bottom of our Contact Us page at [www.goodfoods.ca](http://www.goodfoods.ca)

## Fun in May

Spring has finally sprung and with it outdoor events abound. Let Good Foods help. We have portable coolers available to loan with the purchase of bulk ice cream or other frozen treats. Or, try something a little different, freeze our yogurt or unsweetened apple sauce tubes for a really cool healthy treat!