



Your Meal Plan Questions, Answered

Will the lunch offerings be healthy?

Heathwood Hall has partnered with Flik Dining Services' nutritionists and chefs to develop a daily menu with well-balanced offerings. Our foods are prepared from wholesome and fresh ingredients, limiting the use of processed foods and avoiding products containing artificial flavorings, M.S.G., preservatives and high levels of sodium.

I pack my child's lunch to save money. How much more will this cost me?

This can only be determined on a case-by-case basis. Some families will spend more and some may spend less, especially when factoring in shopping time, meal preparation time and discarded food. Parents are already spending money on their student's lunch, whether it's at school or the grocery store. It should also be noted that our dining program operates at cost to Heathwood Hall, the school is not making a profit on the meal plan.

Flik has calculated the annual cost of a typical brown bag lunch to be \$558, which does not include any additional costs such as the amount of time required for grocery shopping or preparing lunches each day. We feel our new dining plan offers not only a good value for the choices provided but also considerable savings in terms of time and effort. More importantly, our plan gives our children excellent nutrition and selection each and every day.

How will I pay for this service?

Heathwood has significantly simplified the terms under which families may pay for the inclusive meal plan. Options include payments on a monthly, semi-annual, or yearly basis. The cost of the program is the same no matter which payment plan you choose. There is also a limited amount of need-based financial aid for those who qualify.

My child is a picky eater, so I pack their lunch every day. How can I ensure that there will be daily options for them that they will enjoy?

Flik works with many schools that have a full scale dining plan, so we are confident that their chefs know what children need to eat, want to eat, and should be eating each day. There is a great need to expose our students to better foods and a greater variety of foods. The option to take portions of varying sizes and return for seconds creates an environment that is supportive of students trying new foods. With this program, students will be free to try foods that they may otherwise be afraid to; however, there will always be a food item available within their "comfort zone" each day. We encourage you to look at the menus on the website, make suggestions of your child's "favorites" and visit the Dining Commons to see the many options that are available.

My child has many food allergies. How can I ensure there will be daily options for them that they like and can eat?

The Flik Director of Dining Services will meet with every family who has concerns about their children's health in regard to food allergies. They have assured us that our students' safety is of the utmost concern to them. In general, Flik has a company-wide Food Allergy Initiative consisting of comprehensive food allergy training with nutrition specialists.

How can I see what my child is eating?

Parents will be able to view menus online in advance to talk with their child about their options each day. We hope that this new plan will encourage communication between parents and their children on how to make wise food choices and we encourage parents of younger children to communicate often with their child's teacher.

How can I ensure my child does not overeat or make too many unhealthy choices?

Part of the Flik staff's role will be to work with the students as they come through the lunch line to make sure they are making wise choices in terms of types of food and portion control. We will also ask our faculty to help with this, especially in the lower grades.

What if I want to eat lunch with my child?

We love having parents visit and hope this tradition will continue. You are welcome to have lunch with your child during his or her scheduled lunch period. Lunch tickets should be purchased from the Receptionist, your child's division assistant or the Plaid Peddler.

Can a family opt out of the new program?

While families cannot opt out of the inclusive dining plan, you are welcome to bring your own lunch if you desire.

I still have questions. How can I find out more?

We encourage those with unanswered questions to attend one of our two open houses (Monday evening, Feb. 6 and Tuesday morning, Feb. 7) to hear more about new dining program, meet the Flik Dining Services president, nutritionist and our Dining Commons staff, ask your questions and try our delicious food. For more information, visit www.heathwood.org/news/happen/hh1112/Flik/index.html