

Flik Dining Program

Questions? Contact Liz Summers, Assistant Head and Director of Finance and Operations: 803-231-7736 or summersl@heathwood.org

Flik Independent School Dining has been Heathwood's dining services provider for over 10 years. They work exclusively with independent schools and are expert at providing delicious and healthy lunch choices. Flik serves many locally produced products and makes many offerings from scratch, using little added fat and few processed or frozen foods.

Dining Practices

- The Dining Commons is another classroom at Heathwood Hall. Flik staff and each division have created developmentally appropriate opportunities to learn about healthy eating and the science of nutrition.
- We practice environmentally friendly habits: our plates and utensils are reusable and we compost our kitchen and dining waste.
- The Dining Commons is a wonderful place to practice manners and share time together as a community.

Lunch Highlights

Our lunch offerings balance simple foods with those that will broaden the palate.

- Hot foods (two entrees daily—one vegetarian; soup, vegetables and sides)
- Salad bar (variety of lettuces, cheeses, cold vegetables, prepared salads, yogurt, fruit, homemade dressings)
- Deli bar (breads, cold turkey breast, and roast beef prepared on-site, other cold meats, cheeses, condiments, specialty sandwiches)
- Dessert (ice cream and freezer treats, homemade cookies, applesauce, fruit)
- Drinks (skim and 2% milk, low-fat chocolate milk, 100% fruit juices, iced tea, fruit-infused water)

While every student may not care for every offering, the variety provided by Flik ensures that our students have plenty from which to choose.

Dining Guidelines

- Students may choose from any or all of the daily offerings.
- Students may return for additional servings but are asked to eat what they take and consider their choices with a balanced diet in mind.
- In order to encourage healthy eating habits, the Dining Commons staff is asked not to provide more than a reasonable portion of any one item to a student and will encourage choices of fruit and vegetables to accompany entrees.
- Our youngest students eat together "family style," with assistance from their teachers.
- For nutritional reasons, some drink and dessert choices are limited for students up through grade 4.
- Panini sandwich presses are available for students in grades 5 through 12.

If you would like to know more about Flik and/or view upcoming menus and other resources, please visit www.myschooldining.com/heathwood.

Allergies and Special Needs

- An allergy board is posted daily to assist students and teachers with identification of common allergens.
- Please let our school Health Office (health@heathwood.org) and Flik's chef/manager know if your child has a food allergy or dietary restriction/requirement.
- Flik's corporate nutrition specialist is available to consult on food allergies or sensitivities, disordered eating habits, or dietary concerns.
- If you are concerned that your child is not eating enough, is eating too much, or is not making reasonably healthy lunch choices, please feel free to contact his or her teachers or division head. We are more than willing to keep an eye out, be sure your child is aware of all choices, and help him or her be comfortable finding things they like to eat.

Final Notes

- While the fee for the lunch program is required of all students in grades K-12, eating 100% from the lunch service is not. A student is always welcome to bring lunch or a portion of lunch from home. Please remember that other students may have allergies to foods sent from home.
- We welcome you on an occasional basis to join your child for lunch. Please purchase a lunch ticket (cost is \$8) from the school receptionist, one of the division administrative assistants, or the Plaid Peddler. Please do not ask to pay at the Dining Commons, as they are not staffed to sell lunch tickets or to make change.

We look forward to seeing you and your children in the Dining Commons!