

# Did You Know?

At Greenwich Academy we have implemented many progressive and innovative practices that embody a healthy, safe, and sustainable dining lifestyle.

- We prepare our foods from whole, fresh ingredients; limiting the use of processed foods and avoiding products containing artificial colors, flavors, preservatives, and high levels of sodium.
- We only serve chicken and turkey that have been produced with the restricted use of antibiotics.
- We offer whole grains as an option on our salad bars and as side dishes on the hot line.
- We have made a commitment to serve fresh milk only from cows that have been certified to be free of the artificial growth hormones rBGH/ rBST.
- We offer a wide variety of breads, including whole grain options.
- We offer a full salad bar daily. Our salad bar will feature at least one composed salad and house made dressings.
- We offer a variety of fresh fruits and vegetables daily. Items are local and organic as availability permits.
- We purchase meats graded “choice” or higher. Our turkey and roast beef are nitrate free and roasted in house. Our ham is low sodium and all products are free of Monosodium Glutamate (MSG), fillers and gluten.
- We use minimal amounts of fat in food preparations. We use olive and non-hydrogenated canola oils which have more monounsaturated fat and less saturated fat than other cooking oils. Our oils do not contain trans-fats.
- We offer napkins made from 100% recycled materials.
- We use china and stainless steel flatware to reduce paper and plastic consumption.

