

# Food Trends

Nurturing Healthy Minds & Bodies  
in K-12 Texas Schools

Published by ECI Management Group

## New Study: “Red Light Green Light” Signals Healthy Choices

Red, yellow, green... even kids understand what the signals mean. When a team of Mass General researchers applied the same concept at K-12 school cafeterias across Texas, the results were promising: no more tummy traffic jams!

The study was designed to encourage more healthful food choices through simple color-coded menus and food

labels—green signified the healthiest, yellow marked foods with less nutritional value, and red marked everything with little or no nutritional value.

Results showed that when kids were given a simple way to choose, they tended to make healthier selections. What’s more, the test worked equally well across all racial and ethnic groups

and educational levels. That’s promising because it could help schools improve the health of at-risk populations such as kids of lower socio-economic status.

What does this mean for parents? When you pack your kid’s lunch, ask yourself how much “green” is going in the box.

Food Trends

## ECI Management Group Teams With Nolan Catholic High School To Offer A Cooking Club

“Everyone has to start some where” “We (Nolan) Start Today!!!!

ECI Management Group’s Exec Chef Roscoe Chapman offers weekly cooking classes for the Nolan Students. ECI is working with Keri Minor, Dean of Students at Nolan Catholic High School to give its students practical experience and training. “Mrs. Minor says “I’m thrilled with the excitement among the students participating in the club. It’s truly been an educational experience says Mrs. Minor.

As Nolan’s dining services provider, ECI has partnered with the program to educate students on practical simple cooking styles; concentrating on cooking from scratch using local foods. The “Cooking with Chef Chapman” is the schools largest attend club, surpassing all other 20 various clubs offered at Nolan.

## ECI Embraces USDA CATCH Program

In the Information Age, keeping a healthy diet is as much about staying educated as eating. How do you avoid trans fats? What’s the best way to get your whole grains? For Texas food service company ECI Management Group, staying on top of questions like these is a vital responsibility. This year the group rolled out a new program called CATCH that brings cutting edge science to school cafeterias.

CATCH, or Coordinated Approach to Child Health, implements knowledge gained from recent studies to help schoolkids make healthy choices every day. The EAT SMART component of the program uses color-coded labels that promote a balanced diet.

“The green, yellow and red choices make health eating easy. It allows children and adults to feel confident in food choices without having to overthink their options,” says ECI Area Director Christy Porter, who has worked in food service for 17 years. She sees CATCH as a way to start lifelong healthy habits.

“ECI believes by educating there will be much success not only during their formative years; but will flow over into their college and adult lives,” Porter says. It’s a goal that’s parent—and scientist—approved.

ECI Management Group

## An Apple A Day

“One cannot think well, love well, sleep well, if one has not dined well.” -Virginia Woolf

To Your Health And  
The Energy Healthy Foods Give You



### Thanksgiving: The Energized Turkey

There’s always that point at Thanksgiving dinner, sometime after second helpings, when you feel like excusing yourself for a nap. Explanations for this vary—the tryptophan in turkey is a notorious suspect—but you don’t have to play whodunnit with the most beloved meal of the year to stay awake.

There’s a special charge that keeps all of the organs in your body ticking called an electrical magnetic vibrational frequency. Food is what maintains the frequency, but a lot of Thanksgiving fare is low in vibrational energy. Almonds have some of the highest vibrational energy in the food world and should give your body the boost it needs to keep from using your pie as a pillow. You’ll get the biggest jolt if you use the raw nut, but crushing it up can add new flavor to traditional dishes—say, that sleep-inducing turkey. You’ll keep going an going...

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- Learn how “Red Light, Green Light” encourages healthy food choices
- Nolan Catholic High School
- ECI teaches kids to EAT SMART
- An Apple A Day: Energize your Turkey this Thanksgiving!
- Out Of The Oven: Delicious Butternut Squash Soup

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## Out Of The Oven

### *Butternut Squash Soup*

#### INGREDIENTS:

2 tablespoons butter  
1 small onion, chopped  
1 stalk celery, chopped  
1 medium carrot, chopped  
2 medium potatoes, cubed  
1 medium butternut squash - peeled,  
seeded, and cubed  
1 (32 fluid ounce) container chicken  
stock  
salt and freshly ground black pepper to  
taste

#### DIRECTIONS:

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

#### Fun Food Fact

Almonds: Are a member of the peach family and are great contributors to your energy!