



Let's work together  
to build a healthier future,  
one lunch at a time.



Windsor-Essex's healthiest lunch program!

### What is the Green Heart Lunch Club?

- An affordable, convenient, and healthy lunch program that offers a diverse, seasonal rotating lunch menu, made with fresh-local-real ingredients.
- Vegetarian and non-vegetarian options as well as substitutions for children with allergies and special dietary needs (eg. Gluten Free, Dairy Free, etc.)
- Made fresh daily in our nut-free commercial kitchen, in accordance with standards outlined by Ontario's Ministry of Education PPM 150 Food and Beverage Policy.
- Every menu item is balanced and approved by a Certified Nutritionist.
- We use biodegradable/recyclable packaging that is compliant with the Eco-Schools Waste Reduction Strategy.

### How it works?

- Parents receive our form which we provide to the school every 6 weeks.
- Lunches can always be ordered on our website. Orders must be received on the Friday before a Green Heart rotation to receive a lunch the following week.
- Easy payment options: credit card online or e-transfer
- Our pricing is simple:
  - ▶ **\$6.25** includes entrée, full serving of fruit and veggie sticks
  - ▶ For only **\$1.50** add Garden Salad, Green Heart Baked Good **OR** Upsized portion.

### Why bring the Green Heart Lunch Club to your school?

- 1] We have the best quality ingredients and healthiest menu.
- 2] All of our meals include a serving of fruit AND vegetables.
- 3] Minimal involvement for School Administrators.
- 4] We offer a successful fundraising program that will help support your school initiatives.
- 5] Teachers and School Administrators have an exclusive 'Staff' Menu

### Here's a peek at some of our Menu Items:

- Spaghetti & Meatballs
- Chicken Wrap
- Mac & Cheese
- Chicken Noodle Soup
- Beef Tacos
- Chicken & Dumplings
- Sushi
- Ham & Cheese Roll Up
- Turkey & Avocado Wrap
- Breakfast for Lunch
- Chicken Tacos
- HALAL options

♥ Over 20 menu items PPM 150 approved

♥ Enjoyed by students (and teachers too!)



### Ingredients in our kitchen:

- Grass-Fed Beef
- Hormone-Free Chicken
- Canadian Cheeses
- Organic Spinach
- Organic Milk
- Fresh Vegetables & Fruit



### Local Providers:

- Medel Bros
- Lee & Maria's Market
- Simpson Orchards
- Great Northern Seedlings
- Lakeside Bakery
- Butcher of Kingsville
- VG Farms

### Fundraising: Pasta Give Back Program

A healthy approach to raising money for your school!

- An exclusive incentive for schools participating in our Green Heart Lunch Club program.
- A hot pasta lunch day provided by Green Heart with a fruit side.
- This is at zero cost to the school! You determine the price per lunch. For example; 200 lunches @ \$4.00 (recommended price) = \$800.00 profit for your school
- This is a great way to support your school initiatives.
- Our way of saying 'thank you' for helping us build a healthier future at you school!

Building a healthier future, one lunch at a time.

Contact Us | 519-990-8079 | info@greenheartlunchclub.com | www.greenheartlunchclub.com

