



## The Glencoe schools go Organic!

The Pioneer Press ran an exciting article about OrganicLife's new partnership with District 35. Above, two of the OrganicLife all-stars, Farah and Silvino, show off the day's delicious lunch!



## Talk to us!

- Do you have a story for the OrganicLifeline newsletter?
- Would you like to submit a photo of you or your kids showing how great a healthy life can be?
- Have you recently gone organic?
- Are your kids eating OrganicLife lunches in school?

We'd love to hear from you, so feel free to send feedback to [dahlia@organiclifeonline.com](mailto:dahlia@organiclifeonline.com)

## Extra, Extra!

OrganicLife has kicked off yet another school year with great success. Mystery meats have been replaced by panko-crusted free-range chicken tenders and organic fresh fruit. Kids all over the Chicagoland area are eating better and loving it!

As the largest provider of healthy lunches in the state of Illinois, OrganicLife has changed the way educators, parents, and students think about lunch.

## Meet & Greet!

We'd like to introduce one of the brains behind the OrganicLife team. Jacqueline B. Marcus, our Executive Director of Health & Wellness, knows everything there is to know about nutrition! Jacqueline B. Marcus, MS, RD, LD, CNS, FADA is President/Owner of Jacqueline B. Marcus & Associates, a multi-service Food & Nutrition Consulting firm in Northfield, Illinois, USA. She holds a Bachelor of Science degree in Family, Consumer, and Nutrition Sciences, and a Master of Science degree in Food and Nutrition from Northern Illinois University. Jacqueline has been a food and nutrition consultant to Olympic teams and athletes, including gymnasts, weight lifters, bicyclists, runners, walkers and ice skaters. She is the best in the business, and we are thrilled to have her on the OrganicLife team!



If you have a question for Jacqueline, please don't hesitate to contact her at [Jacqueline@organiclifeonline.com](mailto:Jacqueline@organiclifeonline.com)!



790 W. Frontage Road, Suite 720  
Northfield, IL 60093

P 847-441-4159

F 847-441-4185

[www.organiclifeonline.com](http://www.organiclifeonline.com)

## What's Cookin'?

- Mama's Organic Meatballs with Cavatappi Pasta and Fresh Tomato-Basil Sauce
- Char-Grilled Grass-Fed Beef Burger on a Whole-Wheat Bun
- Organic Fettuccine Alfredo with 7-Grain Herb Parmesan Bread
- Cilantro-Lime Braised Free-Range Chicken and Jack Cheese Quesadillas with Ancho Chile Rice
- Panko-Crusted Chicken Tenders with Creamy Whipped Potatoes

## Top 5

### (Reasons to Go Organic!)

1. Organic produce is not covered in chemicals.
2. Fresh organic produce contains an average of 50% more nutrients than non-organic counterparts.
3. Going organic is the best way to avoid eating food that has been genetically modified.
4. Cows and farm animals can be fed antibiotics and growth-enhancing drugs. Do you want those in your body?
5. Going organic today leads to a healthier tomorrow!

## Check 'em Out!

Look through these cool organic websites to learn more!

- [www.localharvest.org](http://www.localharvest.org)
- [www.thegreenguide.com](http://www.thegreenguide.com)
- [www.organicconsumers.org](http://www.organicconsumers.org)



Did you know that a big bowl of veggies can provide you with nutrients and vitamins that help prevent disease and contribute to an overall healthier life?

## Test Your School Lunch Smarts

We at OrganicLife are constantly researching and learning all we can about the childhood obesity epidemic, school foodservice, updates to nutrition guidelines, and more! Take our very own healthy eating quiz to see how much you know...

- 1.) According to a 2005 USDA report on the National School Lunch Program, what percentage of school lunches fail to meet all nutritional standards?
  - a.) 50%
  - b.) 65%
  - c.) 88%
  - d.) 94%
- 2.) In May 2010, the White House Task Force on Childhood Obesity suggested swapping out deep fryers in school cafeterias for what?
  - a.) Frozen yogurt machines
  - b.) Hot dog carts
  - c.) Salad bars
  - d.) Diet soda fountains
- 3.) Which month has been designated childhood obesity awareness month?
  - a.) September
  - b.) October
  - c.) November
  - d.) December
- 4.) OrganicLife meals do which of the following:
  - a.) Meet all nutritional standards as outlined by the USDA
  - b.) Incorporate 100% certified organic fruits and vegetables every single day
  - c.) Taste great!
  - d.) All of the above

Answers: 1(d), 2(c), 3(a), 4(d)





## Mixed Greens are Great!

This year, one of the biggest and best innovations to the OrganicLife school lunch service was the integration of the amazing salad bar. The response from finicky junior high students has been incredible! Students are thrilled at the salad possibilities. Lean proteins such as grilled chicken and tofu paired with the freshest organic vegetables give students just the energy boost they need to power through the day!

*(Pictured at left: Fresh tomatoes, and cucumbers, and hard-boiled eggs, oh my! The salad bar at Central School in Glencoe is filled to the brim with fresh vegetables and other delicious salad ingredients!)*

## Food for Thought

OrganicLife recently had the incredible opportunity to be a part of the 2010 US Open at Millennium Park. The best male and female squash professionals played on the Pritzker Pavillion stage as an educational expo welcomed 2000 Chicago public school students. OrganicLife sees nutrition, education, and physical fitness as the most important trio in getting our kids healthy and fit, which is why this event hit close to home for us. Thanks to generous spirits and hard work, OrganicLife was proud to donate healthy lunches for all of the public school students who spent the day learning about living a healthier life!

*(Pictured at left: The beautiful Pritzker Pavillion lit up and paying homage to 2010 US Open sponsor, OrganicLife!)*

OrganicLife also had a booth at the educational expo that provided valuable information about the benefits of healthy eating. Once the students tasted their organic turkey sandwiches on whole-grain bread and engaged in a rousing question/answer session about healthy favorites (broccoli!) versus unhealthy alternatives (French fries!), they were happy to don their OrganicLife sticker and share newfound knowledge with friends and teachers.

*(Pictured below: two CPS students proudly wear OrganicLife stickers after a fun day at the educational expo!)*



**“MY STUDENTS CAME BACK  
RAVING ABOUT WHAT A  
WONDERFUL TIME THEY HAD.  
THE KIDS ENJOYED THE  
ACTIVITIES, AND THEY JUST CAME  
BACK REALLY EXCITED AND  
MOTIVATED.”**

**(CPS school principal)**