



AYF thinks

AYF Food Program Guiding Principles

Inspire *respect and reverence for food*, understanding the blessing and value of the food that we have and the knowledge that many in our world will go to bed hungry.

Reduce the *carbon foot print* of our *food programs*, both in getting food to our tables and reducing our waste. We will be mindful of how far our food travels to reach our table, choosing local options when possible. We will focus on reducing food waste and care of our compost.

Educate and *empower participants* and *staff toward action*. Spend time talking about what and why we are eating, why we compost and weigh our ORT. We will be mindful of the link between how we fuel our bodies and development of our Best Self.

Develop *menus that provide a variety of healthy options* for our participants and staff. We will seek to offer “premium fuel” menu options including, whole grains, fresh fruit and vegetables.

AYF thinks! And so do YOU!

My own self, At my very best, All the time