



Jewell Healthy Habits[®]

Jewell Contract Dining is committed to providing creative, luxurious and enticing food, while providing employees with the tools to make their own healthy choices. We call our approach “Jewell Healthy Habits[®]” and it proudly includes the following components:

Our culinary team prepares almost everything we serve, from scratch, fresh from our own kitchens. By not using processed food, we reduce to a minimum the amount of preservatives and artificial ingredients in our menus. When we do utilize pre-made product (such as sandwich bread), we buy it fresh daily from our long-standing suppliers to further minimize additives.

We source produce from trusted suppliers and receive deliveries every day to insure absolute freshness. We utilize careful cooking methods to maintain nutrients. We often supply completely organic menu items on occasion.

- Our meats are hand trimmed in our own butcher department to insure leanness.
- We use no trans fats, artificial colors, flavors or preservatives in our cooking.
- Our pastry department uses fresh, unsalted butter, pure cane sugar, honey and fresh fruit in our handmade pastries and desserts
- Jewell Healthy Habits[®] will be clearly marked with nutritional information, utilizing ChefTec or similar programs to ascertain USDA guidelines. In addition, a “Jewell Healthy Habits[®]” entree will be available every week, which adheres to the following USDA guidelines:



Calories	Less than 500 calories
Total Fat	Less than 17 grams
Saturated Fat	Less than 6 grams
Cholesterol	Less than 100mg
Sodium	Less than 800mg