



Dear Parent or Guardian:

Cardinal Newman Catholic Secondary School and ARAMARK Canada Ltd. are excited to introduce an exclusive new feature to further improve dining services at the cafeteria in September 2013 – Meal Plans!

By simply obtaining a re-loadable Meal Card, your son/daughter (s) will enjoy the benefits of:

- Convenience – no need to carry cash at school
- A variety of fresh, customizable, healthier menu choices available daily, including our full signature menu, FUEL (menu available on-line at www.optimumfuel.ca)
- Balance protection – by registering your card online at optimumfuel.ca, your balance is protected in case your meal card is lost or stolen
- For added security, we have implemented a maximum spend limit per day of \$20
- Technical support at optimumfuel_mealplan@aramark.ca

We encourage students to dine at school to support their school community and enjoy a wide variety of healthier menu choices. ARAMARK's FUEL Program has been designed by students, for students, and feature various theme days of built to order options to suit personal preferences and price points. Our most popular theme days include Pasta-licious, Stir It Up, Green Street Deli, Kickin Chicken, Burger Buffet and Tex Mex and all are available with customizable selections and in combination with a beverage. Students on the go enjoy a wide variety of hot and cold grab 'n go selections including sandwiches, hot subs, pizzas, panzerotti, salads, and snacks all conveniently packaged and available in our express cabinets. The FUEL menu features key messages from Eating Well with Canada's Food Guide and is reviewed by a Registered Dietitian. The Meal Card is not just limited to the FUEL menu – ALL menu items available in the cafeteria can be purchased with the Meal Card !

Meal Cards can be activated, loaded, and re-loaded with any of our meal plans at any time, in a variety of ways. Cards can be purchased and activated in the cafeteria and re-loaded on-line at www.optimumfuel.ca – click on the "meal plan" tab, by calling us at 1-866-906-2054, by faxing in the order form accompanying this letter to 1-866-906-2055, or by visiting us again at the Cardinal Newman school cafeteria. Once activated, Meal Cards can be registered online at www.optimumfuel.ca as an added security feature to protect the balance on the card if it is lost or stolen. Simply let us know that you require a replacement card and we will ensure you get a new card with your balance pre-loaded as quickly as possible. Since our meal plans never expire, Meal Cards can be used from year to year so you can get maximum benefit from the card.

We are pleased to be able to introduce this innovative new program to Cardinal Newman and hope you and your son/daughter enjoy the benefits of this Meal Card.

Please do not hesitate to contact us directly should you have any questions.

Sincerely,

Veronika Silva
District Supervisor, Nutrition and Marketing
ARAMARK Education Canada

Michael Gravina
Principal
Cardinal Newman Catholic Secondary School