

NEIGHBORHOOD HOUSE ASSOCIATION



The Neighborhood House Association is San Diego County's largest multi-purpose human services agency. NHA helps thousands of individuals and families improve their quality of life by providing vital social services including employment, healthcare, child, family and senior services.

Neighborhood House Association programs and services include:

- *Adult Day Health Care*
- *The CONNECTION*
- *Child Development/State Preschool*
- *Emergency Services*
- *Head Start/Early Head Start*
- *HIV/AIDS Case Management and Peer Support Services/Transportation Services*
- *HUD Approved Housing Counseling*
- *InnoVisions*
- *Project Enable/Friendship Clubhouse*
- *Senior Service Center*

Neighborhood House Association
5660 Copley Drive
San Diego, CA 92111
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Neighborhood House Association

"A neighbor you can count on...since 1914"

Nutrition Services
Neighborhood House Association
1929 Hancock Street
San Diego, CA 92110

619-683-7453

www.neighborhoodhouse.org

This institution is an equal opportunity provider.



Neighborhood House Association

"A neighbor you can count on...since 1914"

Nutrition Services



Serving Thousands
of Meals Every Day
to San Diego Children

ABOUT CENTRAL KITCHEN



The Neighborhood House Association's (NHA) Nutrition Services is located in a centralized food service operation in the heart of San Diego. Often referred to as the "central kitchen," Nutrition Services operates within 16,000 square feet of space, where the staff prepares daily breakfast, lunch, snack and supper for thousands of children all over San Diego County. The team is led by a registered dietitian, who works closely with the chef on staff to ensure that meals are tasty and nutrient-dense.

All meals prepared exceed meal pattern guidelines provided by the USDA's Child Care Food Program. NHA is leading the way nationally in bringing made-from-scratch, nutritious, whole and natural food to preschoolers and helping to dispel the myth that kids will not eat "healthy" food.

FOOD SERVICE

NHA's Nutrition Services provides a cutting-edge menu that is balanced in calories, carbohydrates, fat, protein and nutrients.

NHA's competitively-priced food service operation features:

- *Kid-tested and approved meals*
- *Ethnically diverse menus*
- *Natural and organic foods*
- *Recipes that are homemade in our facility daily*
- *Conversions to accommodate food allergies and intolerances*
- *Ability to use the menu as a nutrition teaching tool for children and families*

NHA'S APPROACH TO CHILD NUTRITION

NHA believes in providing food that will give each child the largest dose of nutrients in every bite of food. Children's bodies develop fastest during their early years so it is important they have the opportunity to choose healthful and nutritionally-balanced foods to eat. NHA also strives to teach children about healthy lifestyles by introducing them to a variety of foods that are flavorful, balanced, nutritious and culturally diverse.

NHA's innovative approach to healthy school menus and child nutrition has received national and local acclaim from the media, public policy makers, nutrition experts and the California Head Start Association.

ADDITIONAL SERVICES

- *Catering*
- *Consulting*
 - *Menu design*
 - *Streamlining kitchen operations*
 - *Simplifying mass production*
 - *Nutrition education group sessions for staff and families*
 - *Minimizing costs*
 - *Food safety and sanitation training*
 - *Specialized training for cooks*

GUARANTEED SERVICE

NHA's Nutrition Services receives, handles, prepares and transports food according to all federal, state and local laws pertaining to safe food handling. The Nutrition Services program is committed to delivering excellent customer service and to growing long-term community partnerships for the development of healthy families.

