



Welcome to 2020 and let the moving in process begin for the semester or quarter, depending on your campus. Here at Upper Crust, we hope that you had a great year and that 2020 is even better. Thank you for allowing us to be part of FIJI Academy and we were so glad that many of you came by our booth and spoke with us.

Now as we move onto the next big holiday, "Spring Break", we are seeing students changing what they say they want to eat from the fall term. We know they are all getting ready to hit the beach somewhere and want to be ready, and we are here to help in the healthier diet choices.

It's pretty common for college students to get stuck in following an unhealthy diet. From students trying to juggle all their classes to keeping up on social activities, sometimes the fast food meals seem like the best option. From time to time this is okay but in order to stay as healthy as possible, you are not going to want to make a habit of eating those foods on a regular basis. The good news is, that when you Upper Crust in your corner, you won't have to worry about it! We create customizable meal plans for you and your fraternity brothers and are proud to use fresh, healthy, and tasty ingredients. If you are looking to eat healthier now, just let your chef know and he or she will put together some meal plans specifically for what you need.

Here is a Healthy Breakfast option:



Mid-Year Kitchen Expectations Reminder:

So you started the spring with your meal service and now your chapter members are saying things like they don't like the chef or there isn't enough variety, or possibly as the employer of the chef, you are seeing the budget spiral out of control or missed meals due to health issues, and don't know where to turn. Don't despair, you can always make a change if you are independent mid-year. We have many clients who come to us during the school year, as they want out of the

employer business and want to be able to manage their money in a better fashion. If you are looking to make a change and even if your desire is to keep your chef, reach out to us and we can give you a quote and interview your chef for employment. You will have the confidence in knowing what your food service billing will be for the remainder of the semester.

Also don't be fooled into signing a food service contract by January or February, as this is a scare tactic – one we see landlords use on chapter members who are being pressured to sign housing contracts in October for the next school year. We always want to retain your business and we feel that we keep an open dialogue with our chefs, regional managers, regional directors and myself so that we can keep any concerns responded to a quick, efficient, and timely manner. We typically like to talk about the upcoming school year in April and May and at the same time discuss if any increases were to occur or changes you want to see made to the current meal plan.

As always, the key to keeping everyone happy is to communicate when there is an issue and also to communicate when things are going well, as we all know that all of our folks take pride in what they do every day to serve your chapter members.

If you have questions about your kitchen feel free to contact Upper Crust Food Service at the information below.

Upper Crust Food Service is the preferred food service provider of 1848 Properties and Phi Gamma Delta. For more information and a no obligation proposal visit www.uppercrustfoodservice.com/phi-gamma-delta/ or email Shana Smith, Director of Strategic Partnerships at shana@uppercrustfoodservice.com.