

Monthly Email Newsletter

Cezars Kitchen Promotes Healthy Eating & Wellness

January 2009



Happy New Year!

Welcome new and returning families to Cezars.

During the month of January, returning families who open a new cafeteria account will be eligible for a 5% bonus during the month of January.

For a new gold plan, this equals an extra 5000 yen added to your new account. To take part in this promotion, visit your cafeteria and let the manager know that you are a returning family without an account and would like to open a new account and receive the 5% bonus.

Nutritional Advisor Joins Team

Starting from January, Cezars Kitchen welcomes a new partner to the team. We're happy to announce the addition of Mary-Love Joy who will serve as Nutritional Advisor.

The Nutritional Advisor will promote healthy eating & wellness with the following four duties:

1. Review lunch menus and recipes for nutritional balance.

Notes:

- View your child's account on-line using PAMS (Parent Account Management System) and see daily account activity, balances and set a email reminder to notify you when the account reaches a low balance. For more information and set-up instructions, visit www.cezarskitchen.com and click on PayPAMS login.
- From February 1st, 2009, the price on 280ml pet bottle drink will be 130yen and Syders snack will be 170yen.

2. Publish monthly nutritional articles on Cezars Kitchen website.
3. Respond to emails relating to nutrition and wellness.
4. Promote and educate a 'Food of the Month' program at each school.

Mary-Love holds a bachelors degree in Human Kinetics with concentration on Nutrition and Health. She is also a Certified Sports Nutrition Consultant. In addition, she has completed course work in natural health and food allergies.

For more information about nutrition, please visit www.cezarskitchen.com and click on Nutrition Services from the main menu.

Hot Buns steaming in the kitchen

Choose from meat, pizza and curry flavors to help warm the body during the winter months without consuming a lot of calories.



Can schedule automatic payments based on account balance

Can monitor what their child eats online

Receive e-mail notification of meal account balance / low balance

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Meatymeatymeaty gotta
get some meaty.....
ummmm and maybe some
BACON!!! Wooooohoooo!

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Cezars Kitchen
Set Plans and Costs

Click Here

What meal plan is right for you?

Visit our website or stop by the cafeteria to learn more. Gold Plan students save 10% off the regular lunch price and receive a free fountain beverage.

Did You Know?

Bedroom TVs are linked with obesity. Studies show that children who have sets in their rooms may watch more than five hours per day. That means less time for physical activity. Consider moving TVs to a common area so you can monitor your kids' screen time.