# FISD

# WELCOME TO THE FLIK FAMILY!

**Gulf Stream School** has selected FLIK Independent School Dining to be the foodservice provider for your school's community.

You may have questions about who we are and what to expect.

As we begin our partnership together, we will share a series of communications containing information about our company, our food and nutrition philosophy, food sourcing, food allergies and special dietary needs, plans for service, and more.

We thank you and look forward to partnering with your unique community to ensure our program and offerings exceed your expectations.

www.flikisd.com

#eatshareconnect

# FREQUENTLY ASKED QUESTIONS:

### WHAT IS FLIK?



FLIK is the last name of the couple who began our company in 1971. Building their company through corporate dining services and private catering, Rudi and Julie Flik eventually expanded into the education market, focusing on private and independent schools. In 1995, our parent company, Compass Group, acquired FLIK. We operate over 285 private and independent day and boarding schools nationwide, throughout 34 states, including 17 in the state of Florida.

## WHAT IS FLIK'S FOOD PHILOSOPHY?

As a culinary driven organization from inception, FLIK's focus has always been cooking from fresh, whole foods and using quality ingredients. Our mission is to provide wholesome, nutritious meals that fuel the minds of our campus communities, each day.

# HOW ARE MENUS CREATED?

The on-site chef creates menus with local/regional flavors and ingredients. They receive guidance, training and suggestions for on-trend, innovative ideas from a central FLIK culinary, nutrition and marketing team.

# WHAT IF I HAVE AN ALLERGY OR SPECIAL DIETARY NEED?

FUK believes in a customized approach to serving students with special dietary needs. Schools receive support from registered dietitians regarding training, operation management and communication to ensure safety.

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