



GOOD EATS FOR ALL

*Proper nutrition is crucial to the young and the elderly.
Are foodservice companies meeting expectations? BY ALISTAIR KYTE*

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Taoists believe all things in life hinge on a natural balance between opposing forces, and that dualism connects everything in the world. Maybe that's why kids and the elderly have always shared a bond. That unity of opposites — the yin and yang — is common to the young and the old, the inquisitive and the wise, the beginning and the end.

The good news for the elderly is that end is much prolonged these days. With advances in medicine, and the knowledge that eating nutritious foods can increase life expectancy, people are living longer. At the same time, children are more aware of the benefits of a balanced diet and the positive effect it can have on their lives. That places great importance on the role of institutional foodservice. They're expected to feed and teach the young to one day care for themselves, as well as feed and care for those who can no longer manage it alone. But they must do it on a budget, with a focus on healthy, nutritious foods that taste great, and do it in a profitable way. Without a solid game plan, that's a recipe for disaster.

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