

QUALITY OF LIFE IS THE FOUNDATION FOR SODEXO'S PLANT-BASED CULINARY INNOVATIONS

48% of consumers think veggies make a dish more tasty.ⁱ



With so many great options, following a plant-based diet has never been easier or better for...

...your HEALTH and WELL-BEING

A diet high in fruit and vegetables, nuts, and whole grains, **reduces your risk of chronic preventable conditions** like cancer, cardiovascular disease, diabetes, and obesity.ⁱⁱ



If you eat a wide variety of foods throughout the day, you should be getting enough protein.



...the ENVIRONMENTⁱⁱⁱ

Eating more vegetables reduces our contribution to climate change. Animal products in the U.S. account for ~14% of total Greenhouse Gas emissions.



Replacing a pound of meat with vegetable proteins, **saves more water than not showering for six months!**

ⁱ Technomic category close-up, ⁱⁱ Meatless Monday

ⁱⁱⁱ Healthier Hospitals Initiative

SODEXO'S APPROACH:

INCORPORATING PLANT-BASED CHOICES INTO EVERYTHING WE CREATE

Our soups, salads, granary, grill, pizzas and handcrafted sandwiches **always include** a wide range of fresh, customizable and better-for-you vegetarian or vegan choices.

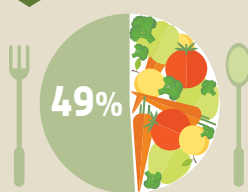


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natural!
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INCREASING THE PREVALENCE OF FRUITS AND VEGETABLES ON OUR MENUS



Across our Universities, Healthcare and Corporate environments, **49% of Sodexo's menu items are vegetarian or vegan...**

so are 27% of our traditional, center-of-plate entrees.

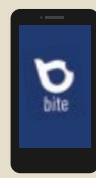


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Maximizes the use of fruit and vegetables to create delicious, vibrant, interesting and indulgent sized portions.

PROMOTING PLANT FORWARD THINKING AND BETTER-FOR-YOU VEGETARIAN CHOICES

TO HELP CONSUMERS MAKE THE **healthy choice the easy choice.**



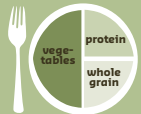
The app that tells consumers what items are on the menu today with their ingredients and nutritional information.

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With healthy, vegetarian and vegan recipes; Mindful Challenges; Ask Our Dietitian; and more.



EASY TIPS TO INCREASE OUR VEGGIE INTAKE



Portion your plate to be **½ vegetables, ¼ protein, ¼ whole grain**



EAT YOUR VEGGIES FIRST so you fill up on them first



INCREASE VEGETABLES AND HALVE ANIMAL PROTEIN in your casseroles, soups, stews, and pasta dishes



EAT VEGETARIAN before 6pm or make 1 day each week an all vegetarian day



DECREASE meat portions to the size of a deck of cards (3oz)



Replace 2oz of animal protein each day with **½ CUP OF BEANS**



SUBSTITUTE MEAT PRODUCTS with meat substitutes such as tofu, tempeh or seitan

TO LEARN MORE GO TO:
http://sodexousa.com/user/corporate_responsibility/corporate_responsibility.aspx