

# This is our Healthy for Life™ philosophy.

It's simple. We believe that good food is essential to a healthy life. So our commitment is to help you power your life on campus with good food and a dining program that makes it easy for you to eat right.

It's why we have healthy and wholesome choices available every day. And it's why we have nutrition and wellness programs that help take some of the mystery out of healthy living.

Here are just a few of the many steps that we are taking to support your health and well-being.

## we BELIEVE...



### healthy food fuels healthy people

We believe that cultivating an environment filled with an abundance of wholesome, fresh, nutritious foods is the single most important thing we can do to create a culture of health on campus.



### health and flavor go together

We believe that healthy food can and should taste great. The best way to encourage healthier choices is to make 'good-for-you' food delicious and satisfying. Our talented chefs find new ways to do this every day.



### our food should fit your life

We believe that variety and choice are the key to satisfying your diverse nutritional needs and dining preferences. We pride ourselves on creating menus and environments that make it easy for you to find the FOOD THAT FITS YOUR LIFE®.



### we can make a difference, every day

We believe that there are thousands of ways to help build a healthy campus dining experience — ingredient by ingredient, recipe by recipe, meal by meal and location by location. Through big changes or small, we seek ways to help you live a healthier life.

\*For more information or for special dietary needs, please contact your campus dietitian or food service director.

HE\_1-13



we can all be

# healthy for LIFE™

© 2013 ARAMARK. All rights reserved.

aware

delicious

flavors

nutritious

fit

food

informed

energized

# healthy for LIFE™

live a good life

eat what you want  
but choose it wisely

your food should be  
made from good stuff,  
healthy & wholesome

take care of yourself  
and our planet

so we all can be



# FOOD that fits YOUR LIFE®

- Our menus are created by experienced chefs who have a passion for food.
- Our recipes are freshly prepared and made as close to the meal time as possible.
- We feature fresh fruits, vegetables, whole grains, lean proteins and low or non-fat dairy options.
- We provide a vegetarian friendly environment with a variety of vegetarian or vegan choices.
- We provide calorie conscious choices and make nutrition information available for all the food we serve.
- When available, our menus include seasonal selections with local and sustainable products.
- We're proud to serve culturally diverse menus, featuring traditional favorites, ethnic dishes and international flavors.
- We are reducing the amounts of sodium and unhealthy fats in our recipes and working with our suppliers to do the same in their ingredients.
- We recognize and accommodate special dietary needs in a personalized, sensitive manner.
- Our chefs and dietitians help take the mystery out of healthy eating with nutrition education programs and wellness events.

healthy for LIFE™  
Ingredients for Well-being

## Good Food

- Better for you choices** - breakfast, lunch & dinner.
- Special healthy features every week** - and new recipes every semester.
- Local products** - seasonal and sustainable selections.
- Fresh & healthy ingredients** - from the salad bar to the entrée station.

## Wellness Programs

- Special events** - on campus health fairs, workshops and activities.
- Healthy highlights** - healthy promotions in residential and retail dining locations.
- Individual support and attention** - for students with food allergies.
- Social media** - wellness information and programs on Facebook and Twitter.

## Nutrition Information

- Nutrition information** - available on-line, by mobile app and at our dining locations.
- Menu information** - brightly colored Just4U® nutrition messages that make "better-for-you" choices easy to find.
- Expert advice** - wellness insights, news and advice on the wellness topics you care about, plus personalized "Ask the Dietitian" support.