



ARAMARK Education

Food and Nutrition Services Fact Sheet

March 2009

ARAMARK's Commitment to Health and Wellness: *Helping Students Flourish*

ARAMARK understands that good nutrition is essential for sound academic performance and impacts the health and success of our nation's children. We have provided the K-12 marketplace with quality food service programs for over 50 years. ARAMARK's mission has been, and will continue to be, to support and encourage life-long healthy behaviors by providing nourishing meals that enable students to grow strong and flourish.

ARAMARK gives students the education and tools to make healthier choices throughout the day. Our food service offerings include breakfast, lunch and after-school meals served under the School Feeding Programs administered by the United States Department of Agriculture ("USDA"), as well as catering programs produced onsite or delivered from a central kitchen or central production facility.

As one of America's largest employers of dietitians, ARAMARK is currently the only professional services company to become an American Dietetic Association (ADA) Partner.

ARAMARK has a group of best-in-class culinarians, dietitians, and a team of executive chefs who create healthy – as well as fun and creative – menu items for the K-12 market. These healthy menu items help school districts address current childhood health issues, as well as meet the more stringent state and federal nutritional guidelines and align with the Local School Wellness Policies implemented by all school districts participating in one of the federally funded Child Nutrition Programs.

ARAMARK is committed to supporting wellness by:

- Serving high-quality, nourishing and balanced meals that meet or exceed recommendations of the USDA and the 2005 Dietary Guidelines for Americans which include:
 - Low and non-fat dairy options
 - Lean protein choices
 - Access to a wide variety of fruits and vegetables
 - Increased fiber from whole grain products, legumes, fruits and vegetables
 - Low-fat and non-fat milk, 100% juice and water are beverages of choice;
- Promoting breakfast and expanding availability to ensure students are fully prepared to have a productive school day. Research shows that when students eat breakfast, school attendance, behavior and performance improve;
- Offering healthy, nutrient-dense snacks as part of a balanced diet;

- Eliminating added trans fats in the foods we serve by working with manufacturers to reduce trans fats in recipe ingredients and prepared foods;
- Sourcing high quality, local produce and products when feasible;
- Enabling healthy lifestyles by providing wellness education and responsible marketing programs to students and their families that focus on the importance of balanced eating and physical activity;
- Creating sustainable, energy efficient, healthy school buildings and environments by utilizing our facilities expertise to implement environmentally friendly initiatives in building and facility services management;
- Providing thought leadership and legislative advocacy on issues that impact student health and wellbeing.
- **IMPACT Jr.:** This healthy promotional program is designed specifically for K-5 students. The IMPACT Jr. program features breakfast and lunch promotions, that share educational and good nutrition messages to reinforce the positive impact that eating right has on student performance.
- **ACE:** ACE, a friendly and energetic fox who is 11 ½ years old, is ARAMARK Education's nutrition mascot. Along with his friends, Marcus, Ana, Zack and Lucy, ACE has a regular presence in our districts through monthly messages, videos, live shows, and lesson plans with activity sheets that can be used by the teaching staff and onsite food service staff. ARAMARK Education's current nutrition mascot, Spike, will graduate in June 2009.
- **APPLES Nutrition Education Resource** -- A partnership with Horizon which provides a comprehensive nutrition and activity curriculum for K-12 students, that districts' teaching staff and onsite food service staff can leverage for customized nutrition awareness programs. This award-winning program incorporates MyPyramid guidelines and frames content to include wellness standards from all 50 states.
- **SnackFactor by ARAMARK** -- This healthy snack program for middle and high school students offers more than 150 healthy snack options, including mainstream and organic versions of low fat granola bars, cereal bars, baked chips and snacks, animal and graham crackers, yogurt, water, 100% juice and smoothie beverages, fresh fruits and vegetables.

About ARAMARK Education

ARAMARK Education provides a complete range of food, facility, uniform and other support services to more than 500 K-12 school districts in the U.S. It offers public and private education institutions a family of dining and facility services including: on-site and off-site breakfast and lunch meal programs, after-school snacks, catering, nutrition education, retail design and facilities management services, including maintenance, custodial, grounds, energy management, construction management, and building commissioning. For more information on ARAMARK Education's K-12 food service programs, please visit www.aramarkschools.com.

About ARAMARK

ARAMARK is a leader in professional services, providing award-winning food services, facilities management, and uniform and career apparel to health care institutions, universities and school districts, stadiums and arenas, and businesses around the world. In FORTUNE magazine's 2009 list of "World's Most Admired Companies," ARAMARK was ranked number one in its industry, consistently ranking since 1998 as one of the top three most admired companies in its industry as evaluated by peers and analysts. ARAMARK seeks to responsibly address issues that matter to its clients, customers, employees and communities by focusing on employee advocacy, environmental stewardship, health and wellness, and community involvement. Headquartered in Philadelphia, ARAMARK has approximately 260,000 employees serving clients in 22 countries. Learn more at the company's Web site, www.aramark.com.