



2012 event planner

2012

Year of Nutrition and Health at Sodexo



Quality of Daily Life Solutions

The Better Tomorrow Plan

Since Sodexo's creation by Pierre Bellon in 1966, our mission has been twofold: to improve the Quality of Life of the people we serve every day and to contribute to the economic, social and environmental development of the communities, regions and countries in which we operate.

In 2009, to take our credentials to the next level of performance, we defined the Better Tomorrow Plan, our worldwide corporate Sustainable Development roadmap for the Sodexo Group. This plan therefore seeks to address the issues that we have identified as being significant to our market and stakeholders. It comprises **three core pillars**:



WE ARE: The fundamentals that serve as the cornerstone of a responsible company.

Our strong philosophy and respect for ethical values form the basis of our commitment to corporate citizenship

- Our **core values**: Service Spirit, Team Spirit, Spirit of Progress
- Our **Ethical Principles**: Loyalty, Respect for people, Transparency, Business Integrity



WE DO: 3 priorities and 14 commitments to action:

- **Actively promote Nutrition, Health and Wellness**
- **Commit to Local Communities**
- **Protect the Environment**



WE ENGAGE: In dialogue and joint actions with our stakeholders.

We strive to engage our stakeholders through common impactful actions:

- We **listen to our stakeholders** and maintain a dialogue with them.
- We **influence practices** at the sites where we operate and beyond.

We will develop a leadership position within networks and support opportunities to meet and engage with stakeholders so as to be recognized as the benchmark reference and sustainability leader in our 3 priorities.

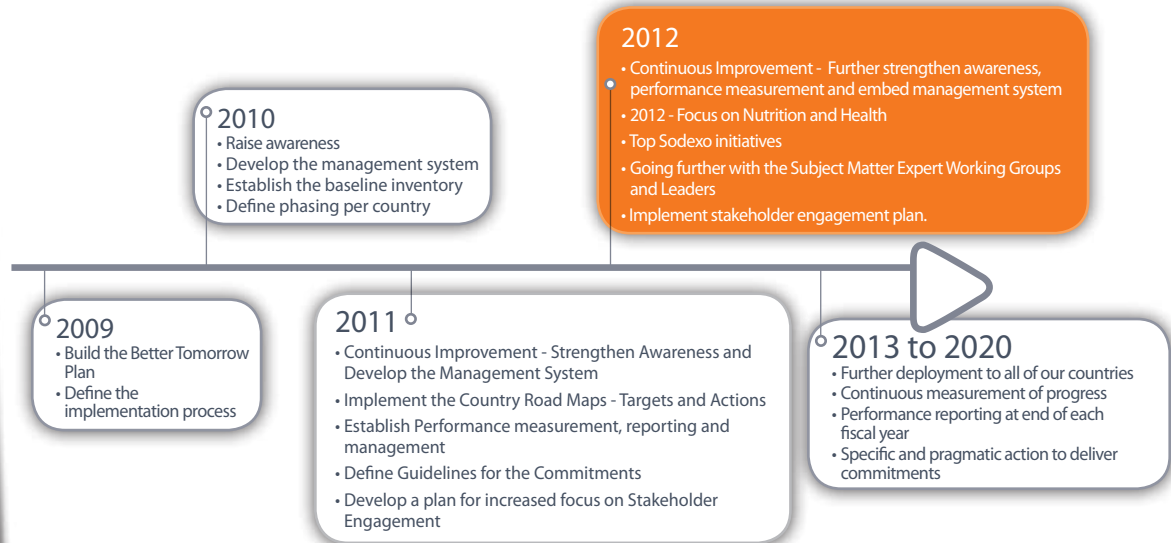


Applicable in our 80 countries, at our 33,400 clients' sites and engaging our 391,000 employees, the Better Tomorrow Plan is a journey **with milestones in 2012, 2015 and 2020**, built on a solid base of initiatives already undertaken in our host countries.

IMPLEMENTATION PROCESS

OUR NEXT STEPS FOR FISCAL 2012

INITIATION —————> APPROPRIATION —————> MONITORING





More information in our Fiscal 2011 Progress Review



The Better Tomorrow Plan is Sodexo's plan for a better future.

January 2012 |  

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My good resolution for a healthier life

Eat at least 5 fruit and vegetables a day.

They are rich in vitamins, minerals and fiber. Their protective role helps prevent diseases.

 **We Do**

2012 - Nutrition and Health Year at Sodexo

OUR OBJECTIVES FOR THIS YEAR:

- ◆ Achieve the Sodexo commitments.
- ◆ Create a Group dietician network.
- ◆ Define the 10 universal GOLDEN RULES for Nutrition, Health and Wellness.
- ◆ Encourage our employees to adopt an healthier lifestyle to improve their wellbeing.

We wish 2012 helps us make a Better Tomorrow with you!

 **We Are**

23rd Monday ◆ Sodexo Annual Shareholders Meeting

CORPORATE GOVERNANCE

28th Saturday ◆ World Data Privacy Day

BUSINESS INTEGRITY

**GOOD
PRACTICE**

VARIED AND BALANCED FOOD OPTIONS

NATURAL! - Worldwide

Available in 15 countries, Sodexo's "Natural!" food and beverage concept aims at conveying the benefits of fruit and how it can help the metabolism.

All recipes are based on 100% natural products with no concentrates or added sugar.





> [Read more](#)



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February 2012 |  

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My good resolution for a healthier life

Make at least one health check up per year.

As time goes, the body is weakened and needs to be monitored on a regular basis to prevent malfunctions.

 **We Do**

4th Saturday ♦ World Cancer Day

Our global commitment for
HEALTH AND WELLNESS SOLUTIONS

- We will develop and promote **health and wellness solutions** for our clients, consumers and employees in all the countries where we operate by 2015.



 **We Are**

20th Monday ♦ World Day of Social Justice

EMPLOYEE SPRINGBOARD



**GOOD
PRACTICE**

HEALTH AND WELLNESS SOLUTIONS

VIVIR BIEN - Chile

The "Vivir Bien" program is a health program to combat excessive weight, launched by Sodexo in several Latin American countries. 119,100 participants have attended the workshops. 38% of employees stated they had reduced their weight.







> [Read more](#)



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March 2012 |  

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My good resolution for a healthier life

Drink at least 8 glasses of water a day.

Our body is composed of more than 60% water, but we lose some every day. We need to compensate the loss to maintain balance in the body.

We Are

8th Thursday ♦ International Women's Day

21st Wednesday ♦ International Day for the Elimination of Racial Discrimination

Our global commitment for **DIVERSITY & INCLUSION**

- We are committed to leveraging the strength of our diverse employees, suppliers and partners to positively impact our clients, consumers and the communities we serve.

We Do

22nd Thursday ♦ World Water Day

Our global commitment for **WATER & EFFLUENTS**

- We will reduce our **water footprint** in all the countries where we operate and at clients' sites by 2020.

31st Saturday ♦ Earth Hour (8.30 PM)

Our global commitment for **ENERGY & EMISSIONS**

- We will reduce our **carbon footprint** in all the countries where we operate and at clients' sites by 2020.

GOOD PRACTICE

WE ENGAGE - CONSUMERS

With one of its global beverage supplier, Sodexo launched a Hydration Campaign, which started up in the United Kingdom and is to be extended to other countries (Chile, United States Healthcare segment and the Netherlands). The objective is to raise awareness of the liquid consumption required, not only involving the liquids we drink, but also liquids derived from the various food we eat.



> [Read more](#)

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April 2012 |  

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My good resolution for a healthier life

Eat three dairy products a day.

They bring calcium and vitamin D, both essential to the construction of bones.

 **We Do**

Entire month April ♦ Servathon STOP Hunger

Our global commitment for **STOP HUNGER**

- We will **fight hunger and malnutrition** through our STOP Hunger initiative in all the countries where we operate by 2020.

7th Saturday ♦ World Health Day

Our global commitment for **HEALTH AND WELLNESS SOLUTIONS**

- We will develop and promote **health and wellness solutions** for our clients, consumers and employees in all the countries where we operate by 2015.

16th Monday ♦ World Entrepreneurship Day

Our global commitment for **LOCAL COMMUNITY DEVELOPMENT**

- We will support **local community development** in all the countries where we operate by 2015.

22nd Sunday ♦ Earth Day

Our global commitment for **ENERGY & EMISSIONS**

- We will reduce our **carbon footprint** in all the countries where we operate and at clients' sites by 2020.

 **We Are**

28th Saturday ♦ World Day for Safety and Health at Work

HEALTH & SAFETY

GOOD PRACTICE

VARIED AND BALANCED FOOD OPTIONS

HEALTHWISE – United Kingdom & Ireland





Healthwise is Sodexo United Kingdom & Ireland's nutrition, wellbeing and lifestyle philosophy for 25 years. It guides our dietitians, chefs, catering managers and food buyers to achieve healthier outcomes for our clients, consumers and employees.



> [Read more](#)

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May 2012 |  

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My good resolution for a healthier life

Perform the equivalent of 30 minutes of brisk walking per day.

A daily physical activity helps reduce the risk of disease, increases tone, improves the quality of sleep and reduces anxiety.



We Do

12th Saturday ♦ World Fair Trade Day

Our global commitment for
FAIRLY TRADED CERTIFIED PRODUCTS

- We will increase the purchase of products sourced from fairly traded certified sources by 2015.



22nd Tuesday ♦ International Day for Biological Diversity

Our global commitment for
LOCAL, SEASONAL OR SUSTAINABLY GROWN OR RAISED PRODUCTS

- We will source local, seasonal or sustainably grown or raised products in all the countries where we operate by 2015.



31st Thursday ♦ World No Tobacco Day

Our global commitment for
HEALTH AND WELLNESS SOLUTIONS

- We will develop and promote health and wellness solutions for our clients, consumers and employees in all the countries where we operate by 2015.



We Are

17th Thursday ♦ International Day against Homophobia and Transphobia

Our global commitment for **DIVERSITY & INCLUSION**

- We are committed to leveraging the strength of our diverse employees, suppliers and partners to positively impact our clients, consumers and the communities we serve.

GOOD PRACTICE

HEALTH AND WELLNESS SOLUTIONS

WELLNESS – China




Sodexo has developed "Wellness", a program designed to improve Quality of Life both within and outside the workplace. Wellness is dedicated to empowering NOKIA employees to adopt a healthy lifestyle through innovative programming, service and facilities.



> [Read more](#)

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June 2012 | 

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My good resolution for a healthier life

Eat at least two portions of fish a week.

Fish provides high-quality protein, iron and essential fats (Omega 3), whose protective role on the cardiovascular system is recognized.



We Do

5th

Tuesday ♦ World Environment Day

Our global commitments for

MATERIALS & WASTE

- We will reduce organic waste in all the countries where we operate and at clients' sites by 2015. We will support initiatives to recover organic waste.
- We will reduce non organic waste in all the countries where we operate and at clients' sites by 2015. We will support initiatives to recover non organic waste.



8th

Friday ♦ World Oceans Day

Our global commitment for

SUSTAINABLE FISH AND SEAFOOD

- We will source sustainable fish and seafood in all the countries where we operate by 2015.



12th

Tuesday ♦ World Day Against Child Labour

Our global commitment for

SUPPLY CHAIN CODE OF CONDUCT

- We will ensure compliance with a Global Sustainable Supply Chain Code of Conduct in all the countries where we operate by 2015.



GOOD
PRACTICE

VARIED AND BALANCED FOOD OPTIONS

VITALITY - Worldwide



Available at more than 500 sites in Europe, the Vitality offer aims at raising consumer awareness about the importance of a healthy and balanced diet and thereby contributing to their general wellbeing.



> [Read more](#)

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July 2012 |  

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My good resolution for a healthier life

Consume fresh and seasonal produce,
as varied as possible.

To obtain the best nutritional benefits, we need a combination of vitamins, minerals, fiber and nutrients. Only varied food can bring all these.

 **We Do**

11th Wednesday ♦ World Population Day

Our global commitment for

LOCAL COMMUNITY DEVELOPMENT

- We will support **local community development** in all the countries where we operate by 2015.



 **We Are**

29th Sunday ♦ International day for socio-cultural diversity and the fight against discrimination

Our global commitment for

DIVERSITY & INCLUSION

- We are committed to leveraging the strength of our diverse employees, suppliers and partners to positively impact our clients, consumers and the communities we serve.



**GOOD
PRACTICE**

VARIED AND BALANCED FOOD OPTIONS

*ORIGO – United Kingdom & Ireland




The *Origo food service concept focuses on offering seasonal and healthy food, using the best quality sourced local products. Because consumers information is key, *Origo provides them with the knowledge on food origin, facts about food quality and features the farmers and growers of the ingredients.



> [Read more](#)

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August 2012 |  

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My good resolution for a healthier life

Have three meals a day
and a snack if necessary.

This helps the body regulate the food intake. It is important not to skip meals and breakfast in particular which brings the necessary energy to start the day.

We Do

9th Thursday ♦ International Day of the
World's Indigenous People



19th Sunday ♦ World Humanitarian Day

Our global commitment for

LOCAL COMMUNITY DEVELOPMENT

- We will support **local community development** in all the countries where we operate by 2015.

We Are

12th Sunday ♦ International Youth Day

EMPLOYEE SPRINGBOARD



GOOD PRACTICE

HEALTH AND WELLNESS SOLUTIONS

WORKPLACE HEALTH PROMOTION - Singapore





Launched in 2010, this program focuses on employees' health in the workplace. It aims at creating healthy environments, ensuring that organisational policies are conducive to good health.



> [Read more](#)

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September 2012 | 

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My good resolution for a healthier life

Practice regular physical and mental exercise for the brain health.

A well oxygenated brain means a happy and healthy life.

We Do

8th Saturday ♦ International Literacy Day

Our global commitment for

LOCAL COMMUNITY DEVELOPMENT

- We will support **local community development** in all the countries where we operate by 2015.

16th Sunday ♦ International Day for the Preservation of the Ozone Layer

22nd Saturday ♦ World Car Free Day

Our global commitment for

ENERGY & EMISSIONS

- We will reduce our **carbon footprint** in all the countries where we operate and at clients' sites by 2020.



30th Sunday ♦ World Heart Day

Our global commitment for

SUGAR, SALT AND FATS

- We will provide and promote choices with a **reduced intake of sugar, salt and fats** at all our clients' sites by 2015.

**GOOD
PRACTICE**

VARIED AND BALANCED FOOD OPTIONS

A DOSE OF GOOD HEALTH - United States




Since 28 years, Sodexo has been the partner of St Mary Medical Centre. In 2010, Sodexo reviewed its menus and food options to offer healthier and wellness based choices that benefit the 2,200 employees as well as patients and the medical community.

> [Read more](#)



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October 2012 |

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My good resolution for a healthier life

Go meatless once a week.

Eating vegetal protein (e.g. lentils, beans, chickpeas) instead of animal protein once a week helps limit fat intake and also contributes to a more sustainable food system.



We Do



Monday ♦ World Vegetarian Day

Our global commitment for
VARIED AND BALANCED FOOD OPTIONS

- We will provide and promote **varied and balanced food options** at all our clients' sites by 2012.



Tuesday ♦ World Food Day

Our global commitment for
STOP HUNGER

- We will **fight hunger and malnutrition through our STOP Hunger initiative** in all the countries where we operate by 2020.



Tuesday ♦ STOP Waste Day @ Sodexo

Our global commitments for
MATERIALS & WASTE

- We will reduce organic waste in all the countries where we operate and at clients' sites by 2015. We will support initiatives to recover **organic waste**.
- We will reduce non organic waste in all the countries where we operate and at clients' sites by 2015. We will support initiatives to recover **non organic waste**.



Wednesday ♦ Day for the Eradication of Poverty

Our global commitment for
LOCAL COMMUNITY DEVELOPMENT

- We will support **local community development** in all the countries where we operate by 2015.

GOOD PRACTICE

VARIED AND BALANCED FOOD OPTIONS

MEATLESS MONDAY - North America




The Meatless Monday initiative is aimed at promoting the option of a vegetarian item to the menus each week. Offered at 900 hospitals and 2,000 corporate accounts, the offer is being rolled out in the education and senior segments.



> [Read more](#)

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November 2012 |  

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My good resolution for a healthier life

Limit the intake of sweet food, saturated and trans fats as well as salt.

Excessive consumption increases the risk of gaining weight and developing heart diseases, cardio-vascular diseases and diabetes.



We Do

1st Thursday ♦ World Vegan Day

Our global commitment for
VARIED AND BALANCED FOOD OPTIONS

- We will provide and promote **varied and balanced food options** at all our clients' sites by 2012.

14th Wednesday ♦ World Diabetes Day

Our global commitment for **SUGAR, SALT AND FATS**

- We will provide and promote choices with a **reduced intake of sugar, salt and fats** at all our clients' sites by 2015.



We Engage with

30th Friday ♦ Better Tomorrow Plan Day

All our stakeholders



GOOD
PRACTICE

SUGAR, SALT AND FATS

LESS SUGAR & SALT AT SCHOOL - France





The Education Division has launched two actions: "Less salt! Our house dressing!" and "Less sugar! Less fat! Our fresh baked goods made in the central kitchen!". The house dressing recipes, offered routinely in menus for children, contain on average 40% less salt than their store-bought version. Also, all fresh pastries contain less fat and sugar than their store-bought alternatives: The fresh lemon tart has 68% less fat and 28% less sugar than its frozen counterpart.



> [Read more](#)

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December 2012 |

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My good resolution for a healthier life

Relax, eat well, take the time to read,
get a massage...

Our well-being depends on our ability to treat ourselves with kindness!

We Are

3rd Monday ♦ International Day
of Disabled Persons

Our global commitment for
DIVERSITY & INCLUSION

- We are committed to leveraging the strength of our diverse employees, suppliers and partners to positively impact our clients, consumers and the communities we serve.



9th Sunday ♦ International Anti-corruption Day

BUSINESS INTEGRITY

10th Monday ♦ Human Rights Day

HUMAN RIGHTS

We Do

20th Thursday ♦ International Human Solidarity Day

Our global commitment for
LOCAL COMMUNITY DEVELOPMENT

- We will support local community development in all the countries where we operate by 2015.



GOOD PRACTICE

HEALTH AND WELLNESS SOLUTIONS

SUSTAINABLE CONCIERGE SERVICES – Worldwide

To better respond to clients needs, Sodexo's company Circles now proposes a sustainable concierge service offer that takes actions for the employees and the planet.



> [Read more](#)



We Do 3 priorities and 14 commitments to action



NUTRITION, HEALTH & WELLNESS

- We will develop and promote **health and wellness solutions** for our clients, consumers and employees in all the countries where we operate by 2015.
- We will provide and promote **varied and balanced food options** at all our clients' sites by 2012.
- We will provide and promote choices with a **reduced intake of sugar, salt and fats** at all our clients' sites by 2015.



LOCAL COMMUNITIES

- We will **fight hunger and malnutrition** through our **STOP Hunger initiative** in all the countries where we operate by 2020.
- We will support **local community development** in all the countries where we operate by 2015.
- We will increase the purchase of **products sourced from fairly traded certified sources** by 2015.



ENVIRONMENT

SUSTAINABLE SUPPLIES

- We will ensure compliance with a **Global Sustainable Supply Chain Code of Conduct** in all the countries where we operate by 2015.
- We will source **local, seasonal or sustainably grown or raised products** in all the countries where we operate by 2015.
- We will source **sustainable fish and seafood** in all the countries where we operate by 2015.
- We will source and promote **sustainable equipment and supplies** in all the countries where we operate by 2020.

ENERGY & EMISSIONS

- We will reduce our **carbon footprint** in all the countries where we operate and at clients' sites by 2020.

WATER & EFFLUENTS

- We will reduce our **water footprint** in all the countries where we operate and at clients' sites by 2020.

MATERIALS & WASTE

- We will reduce **organic waste** in all the countries where we operate and at clients' sites by 2015. We will support initiatives to recover organic waste.
- We will reduce **non organic waste** in all the countries where we operate and at clients' sites by 2015. We will support initiatives to recover non organic waste.