

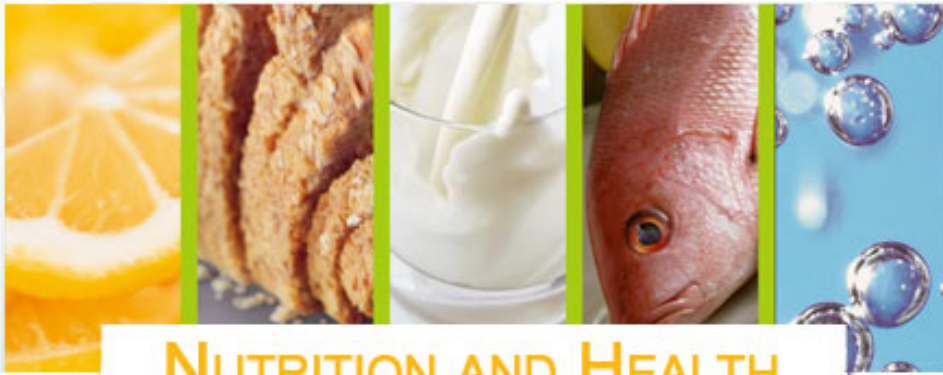


## HANDS ON the Better Tomorrow Plan

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

**sodexo**  
Quality of Daily Life Solutions

#12 - January 2012



## NUTRITION AND HEALTH


Nutrition is a foundation for health and development. As a world leader in quality of life solutions, Sodexo plays a role in the consumption habits of the 50 million people it serves daily.

### Sodexo 2012 - a year of promoting NUTRITION and HEALTH.

Actions planned:

- Achieve the Sodexo Nutrition and Health commitments
- Create a Group dietician network
- Define the 10 universal GOLDEN RULES for Nutrition, Health and Wellness
- Encourage our employees to adopt a healthier lifestyle to improve their wellbeing
- ➔ Discover our 2012 Event Planner linking International Days with our commitments with a focus on Nutrition and Health
- ➔ View the "What's for Lunch Today?" video

### Especially for You

- > Progress Review  
- > Publications list  
- > Nutrition Review  
- > Local Communities review



- > Environment Review  
- > Videos on YouTube
- > E-learning
- > Sodexo's policies

HANDS ON - Previous editions:

SEPT | OCT | NOV | DEC



### Actively promote Nutrition, Health and Wellness Future Chefs – United States

The "Future Chefs: Healthy Snack Challenge" is a culinary competition that encourages students to learn about good nutrition by creating healthy snacks. In 2011, students from 36 school districts entered more than 2,600 healthy snack recipes, and 535 students were selected to put their culinary skills to the test.

[> More on Future Chefs](#)

### Next month

- World Cancer Day
- World Day of Social Justice

Good resolution: Health Check  
Good practice: Vivir Bien - Chile

> [Download the Better Tomorrow Plan 2012 Event Planner](#)



## Actively promote Nutrition, Health and Wellness Food4U - Belgium

In 2010, Sodexo launched the FOOD4U restaurant concept for schools and universities. The goal: encouraging the younger generation to pay more attention to food and to the benefits of a healthy food. The concept has now been adopted by 21 schools, reaching 16,000 consumers every day.

[> More on FOOD4U](#)



## Actively promote Nutrition, Health and Wellness Nutrition Month – Canada

In March 2011, Sodexo celebrated the "Nutrition Month" by staging events at sites to promote nutrition, health and well-being and engage clients, consumers and employees. 25 dietitians were involved in site animations and informed 100,000 consumers.

[> More on the Nutrition Month](#)



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