

HEALTHY FOR LIFE

In 2015, Aramark and the American Heart Association (AHA) introduced Healthy For Life®, an innovative health impact model as part of a multi-year collaboration. Our commitment is to work together to leverage our combined reach and resources, as part of a nationwide initiative designed to help millions lead healthier lives. We are breaking new ground, impacting the food environment, engaging consumers, supporting local communities, and improving the health and wellbeing of Aramark's own employees and their families.



PEOPLE

IMPACTING THE FOOD ENVIRONMENT

Fueled by AHA science and research, Aramark chefs and menu developers have been pursuing a variety of strategies to achieve a significant reduction in calories, saturated fat and sodium, as well as an increase in fruits, vegetables and whole grains on its menus. This approach is delivering compelling results. While continuing to offer a broad range of choices, we are on track to achieve the transformational goal, and to date have attained an average 20% reduction in saturated fat, sodium and calories and a 19% increase in fruits, vegetables and whole grains.

DELIVERING INDUSTRY-LEADING HEALTHY MENU IMPACT

To achieve our goal, Aramark launched a major plant-forward initiative to elevate the role of these ingredients on menus in colleges and universities, hospital cafés and workplace locations. The initiative introduced innovative recipes and aligned with existing efforts to accelerate climate-healthy menus that lower greenhouse gas emissions. Impact includes:

- Over 300 new plant-based recipes created
- More than 30% of menu offerings are vegan or vegetarian
- 12% average reduction in the amount of red meat in Aramark recipes
- More than 1,200 chefs have been trained in plant-based culinary innovation workshops

ENGAGING CONSUMERS

We are proactively engaging and educating consumers about nutrition and their health, with the goal of inspiring people to make healthier choices part of their everyday lives. Aramark's Feed Your Potential 365 health engagement campaign utilizes an ever-growing health promotion toolkit to encourage consumers to try healthy foods. We are also providing nutrition news from Aramark dietitians and AHA experts, sharing healthy recipes and cooking tips from Aramark chefs and culinary partners, and providing seasonal health and wellbeing ideas from both organizations.

SUPPORTING COMMUNITY IMPACT

The AHA and Aramark are committed to inspiring families to make healthy food choices part of their everyday lives through health and nutrition outreach and education. Over 800 local community organizations have accessed Healthy For Life materials to help families learn to discover, choose and prepare healthy food, through hands-on educational experiences. Resources are available in an online resource for program leaders around the country.

IMPROVING EMPLOYEE HEALTH AND WELLBEING

Aramark is committed to the health and wellbeing of our employees and their families. We are bringing employee health initiatives to our U.S. associates by providing a suite of award-winning benefits programs that takes a holistic approach to supporting health. This holistic approach encompasses our employee's health, family, finances and future.

To learn more, visit www.aramark.com/healthyforlife.