HEALTHY FOR LIFE® 20 BY 20
Empowering Americans to make healthy food, nutrition and lifestyle choices

Bold Goal

Improve Health 20% by 2020:
The 5-year initiative is committed to the shared goal of improving the health of Americans 20% by 2020.

Innovative Model

A New Health Impact Model:
A preeminent health advocacy organization and a leading food company working together to help millions lead healthier lives.

MULTIDIMENSIONAL IMPACT AREAS

A New Health Impact Model:

Raising the Bar on What Can Be Accomplished:
• Decreasing calories, saturated fat and sodium 20% by 2020
• Increasing fruits, vegetables and whole grains 20% by 2020
• Inspiring consumers to make healthier choices
• Improving health and wellbeing in underserved communities
• Supporting 175,000 Aramark employees and their families

Strong Commitments

Strong Commitments

National Outreach

A Coast to Coast Initiative:
• Reaching millions of consumers in 1,000+ dining locations, and through digital & social media.
• Supporting underserved communities in more than 25 cities
• Engaging Aramark employees and AHA volunteers nationwide

New Approaches

Innovation and Collaboration:
• Menu, culinary and supply chain innovation
• Curriculum development and educational toolkits
• Health marketing and awareness campaigns
• Employee health and wellbeing initiatives

Delivering Results

Health Impact Accomplishments to Date:

Menu 13% decrease in calories, fat & sodium; 30% menu vegetarian/vegan
Consumer Millions reached through awareness and marketing programs
Community 28% increase in fruit and vegetable consumption
Employee 5 - 12% improvement in overall health & biometric scores*

Learn More
Aramark.com/HealthyForLife

© 2017 Aramark. All rights reserved.