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Every day, our 270,000 associates around the globe live Aramark’s mission to “Enrich and Nourish Lives” as they prepare and serve meals, maintain facilities, and deliver uniforms to millions of people where they learn, work, play and recover.

Our corporate responsibility commitments are a direct reflection of this mission and include supporting a diverse workforce, protecting our environment and strengthening our communities. Food is an integral part of our business as we focus on creating and preparing meals that are high quality, safe and sustainable while offering a range of options to meet the varying lifestyle needs of our consumers.

Every day we feed millions of people from all walks of life: students in schools and colleges; employees at work; patients, doctors, nurses and staff at health care institutions; and fans at sporting events, just to name a few locations. Consumers everywhere expect and deserve delicious and healthy options to meet their different tastes, interests and nutrition goals. Through our Healthy for Life® program, our comprehensive health and wellness platform, we have great-tasting, healthy options at more than 1,000 sites.

But we know that’s not enough — statistics show that more than 70 percent of U.S. adults have an unhealthy diet and nearly as many are overweight or obese.

That’s why we’re proud of our breakthrough initiative with the American Heart Association, the nation’s largest voluntary organization dedicated to fighting heart disease and stroke. Together, we’re pursuing a bold goal of improving the health of all Americans 20 percent by 2020.

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We’re addressing the challenge holistically, starting with the more than 2 billion meals Aramark serves each year. We’re reducing calories, saturated fat and sodium in our recipes by 20 percent while increasing fruits, vegetables and whole grains by that same amount. This commitment will be achieved through culinary innovation, health and wellness-inspired recipes, ingredient sourcing, and portion and other menu changes.

While these culinary commitments are important, we also need to engage people to change their eating behaviors. That must happen not only in the places where we serve consumers, but also at their homes. We’re working with local community centers to expand health and wellness programs and help to educate and train people in underserved neighborhoods about proper nutrition and food preparation to change relationships with food for themselves and their families.

By offering increased food options and encouraging children and adults to make healthier food choices, Aramark and the American Heart Association are empowering people to create lifelong habits and boost their overall health and well-being. It’s a good commitment for the good of all of us.



**Eric J. Foss**  
Chairman, President & CEO