

"Imagine if this year my lunch was truly nutritious every day!"

"What if this year I try new vegetables and eat fruit every day?"

"This year I want to become the nutrition expert in my house!"



Our Healthy For Life™ Pledge to You:

- To provide a wide variety of nutritious foods
- To teach students to make healthy meal and lifestyle choices
- To create appealing and healthy eating environments
- To build healthy resources for your school's district and community
- To work together to find new ways to make your children Healthy For Life™



Healthy For Life™ is the ARAMARK Education commitment to improving the health and academic potential of your students and children.

As we begin this journey to good health and wellbeing your help along the way is key. We pledge to listen, learn, innovate and grow because when we work together we can make a difference.

Program Highlights

"My french fries are not fried they are baked or roasted."



"Vegetables and fruit are on my tray from local farms when available."



"½ of the breads and grains I'm eating are whole grain for increased fiber."



"Menu tastings, sampling events and health fairs are some of the possible plans for this school year."



"Menus are customized for my school and my age."



"I review all the menu items served to assure they meet or exceed government standards and the local school wellness policy."



FOOD AND NUTRITION SERVICES

Breakfast and Lunch Programs / Nutrition and Wellness / After School and Summer Feeding / Catering
aramarkschools.com / 800.926.9700

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helping students flourish™



Educational Brochure for Parents

By deeply rooting our children in the fundamental principles of sound nutrition and life-long healthy habits, we can help ensure that they bear the fruit of health & wellness throughout their lives. Together, we can help make Healthy for Life™ an achievable outcome for all.



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Pledge #1 Provide A Wide Variety of Nutritious Foods



Healthy For Life™ features food and menus that don't simply meet nutrition guidelines, they push beyond them and include great tasting, good for you foods. Under the program, our menus include foods that are:

- Rich in nutrients
- High quality
- Safe
- High in nutrients (including snacks)
- Environmentally responsible and local when available

What's On My Plate?

- Vegetables and fruits
- Salads with reduced fat dressings
- Low and nonfat dairy options
- Lean beef, chicken and or fish
- Whole grains
- Lower fat cheeses
- Juice or light syrup packed fruit
- 100% juice and water

What's Not On My Plate?

- Excessive sugar and salt
- Added trans fat
- Deep fat fried food
- Candy and soda



Pledge #2 Teach Students to Make Healthy Choices

Healthy For Life™ features tools that teach children about healthy choices. Easy and fun to implement, the educational components of the program enable all of us — teachers, administrators, parents, and food service provider — to aid our children in taking smart small steps each day toward a lifetime of good health. These tools include:

1. **The Menu** – providing students with a wide variety of appealing, nutritious, high-quality, safe and wholesome foods.
2. **Wellness Poster Series** – an exciting program for all grades that teaches students about key nutritional messages at both breakfast and lunch.
3. **ACE the Nutrition Mascot** – an elementary school program featuring wellness messages through monthly themes, colorful posters, food specials, educational gifts and activities.
4. **Healthy Menu Messaging Program** – a middle and high-school communication program that empowers students to make good food choices.
5. **APPLES** – nutrition education and wellness activity software and curriculum for each grade level – K-12.
6. **HEALTHY FOR LIFE™ Newsletter** – monthly news and nutrition tips for parents.
7. **Nutrition Education Materials** – monthly nutrition education materials that highlight in season fruits and vegetables.

Pledge #3 Create Appealing and Healthy Eating Environments

Healthy For Life™ extends beyond menus and education and includes dynamic, age-specific dining environments that promote healthy meal selection, excite students and increase student meal participation:

Elementary: Cool*Caf

A fun, colorful and engaging food-court-inspired concept, designed especially for K-5th grade students;

Middle School: 12 Spot

A high-energy cool looking dining environment for tweens which highlights friends, activities, sports and more;**

High School: U.B.U. Lounge

An oasis for high school students that even includes a couch area and music where they can socialize, relax and fuel up for the demands of busy schedules.**



**Both 12 Spot and U.B.U. lounge are recipients of Nation's Restaurant News Menu Masters Award for Best On-Site Operator Menu.

Pledge #4 Build Healthy Resources For The Community

Healthy For Life™ is grounded in fundamentals like menus, environments and nutrition education. The program also focuses on building resources for you to engage, enable and encourage your students.

Wellness menu specials developed by our chefs and nutritionists to generate excitement with new signature recipes, or put new twists on popular favorites;

Wellness Menu Specials:

Month	Promotion
September	Burger Bar – Exciting burger recipes with extra lean meats
October	On the Border – Reduced fat Mexican specialties
November	Pizza Toppings – Pizza with skim milk cheeses and veggie toppings
December	Dip, Dunk, Devour – Healthy fun foods students can dip
January	Students Pick Two – Soups, sandwiches and salads
February	Regional American Favorites – Recipes from across the U.S.
March	Minis – Small bites with big flavor
April	Handhelds – Healthy wraps and pitas
May	Hot and Spicy – Exciting hot and spicy dishes

Special event and holiday specials can be tailored for each school. These celebrate holidays and national events like Election Day and include health-related themes like National Nutrition Month or American Heart Month, and school-specific events, like homecoming or spring dances.



Dear Parents,

It is my pleasure to introduce you to an innovative and a personally rewarding initiative - the ARAMARK Education Healthy For Life™ Program.

Obesity and poor health is rampant in our country and our children are particularly at risk. Given the number of children ARAMARK touches each day, this issue has moved to the forefront of our mission.

The following brochure highlights the result of our drawing on every resource we have — dietitians, the government, doctors, educators, chefs and you our customer — to create this comprehensive initiative.

As an employee of ARAMARK, but more importantly as a parent, I am proud to introduce you to the Healthy For Life™ Program. Please join me and all the ARAMARK Education team in taking action to enable, educate and encourage our children. In every school we serve there is an opportunity to make a difference by providing the people, programs and resources to help create healthier school environments, and healthier students – for life!

My very best for a healthy and successful school year,

Dennis Maple
Parent of Sydney and Cameron
President, ARAMARK Education

