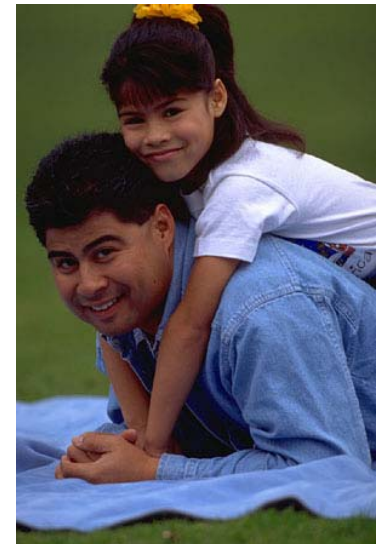
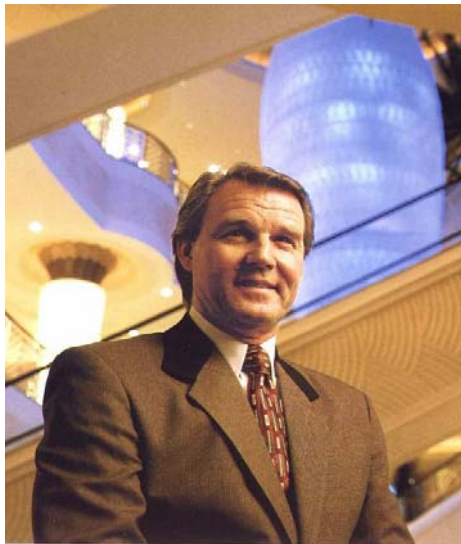


Stealth Health Initiatives: Supporting the Dietary Guidelines for our Customers

Donna Bottrell, RD
Director of Nutrition
Compass Group Canada



Compass Group PLC

- World's leading foodservice company
- \$19.5 billion revenues
- Over 400,000 employees around the world
- Ranked the 12th largest employer by Fortune magazine in 2006
- Emphasis on Sustainability, and Health & Wellness

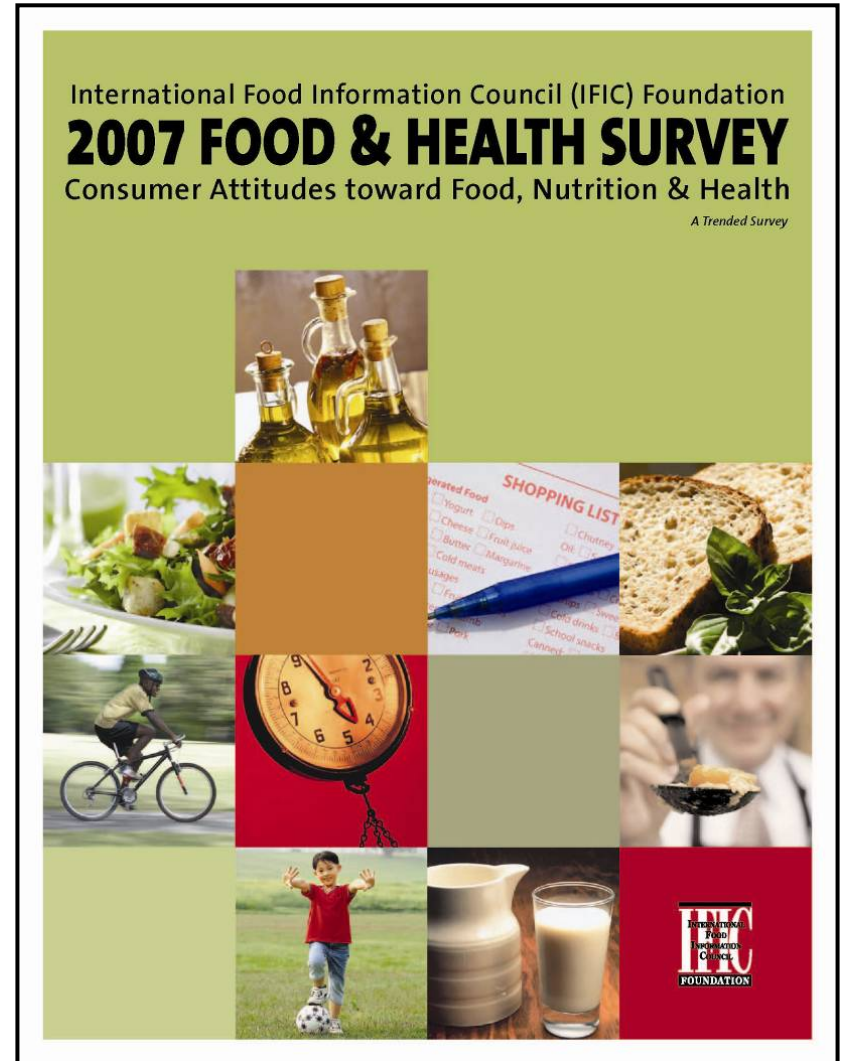


Why Stealth Health?



Six Diet “Disconnects”

- Calories - easier to eat than to count
- Diet & exercise - both at once?
- Breakfast - it comes too early?
- Fats – Which ones are ok?
- Carbs - where do they fit?
- Functional foods



Our 2008 Strategy

- Provide direction and education through Balanced Choices
- Partner with our clients' nutrition & wellness initiatives
- Focus on moderation & variety
- Leverage power of Compass to effect major change in foods we purchase and serve
- Promote: Nutrient Dense Whole Food
- Promote: General Health Benefits
- Promote: Weight Management
- Help Prevent: Chronic Diseases like:
Hypertension, High Cholesterol, Cancer
and Obesity



Celebrate Our Successes



BALANCED CHOICES®
for a healthy lifestyle



Stealth Health Initiatives

Supporting the Dietary Guidelines for Americans

Accomplishments



Reduce/Eliminate Artificial Trans Fat in Our Foods

- Transitioned all sectors to zero trans fat cooking and frying oils
- Eliminated 2 million pounds or 894 metric tons of trans fat from foods we serve every year



Reduce Saturated Fat, Encourage Moderate Use of Mono & Poly Unsaturated Fats

- Reduced use of Soybean oil; increased use of canola and olive oils in cooking and frying; eliminating 485,000 pounds or 219 metric tons of saturated fat from our customer's diets annually; replacing it with healthier monounsaturated fat



Reduce Sodium 50% by 2016

- Replaced all regular soy sauce with reduced sodium soy sauce
- Transitioned canned diced tomatoes to no salt added variety
- Encouraged Au Bon Pain to reformulate entire line of soups, reducing sodium by 10-20%



Increase Whole Grains by 50%

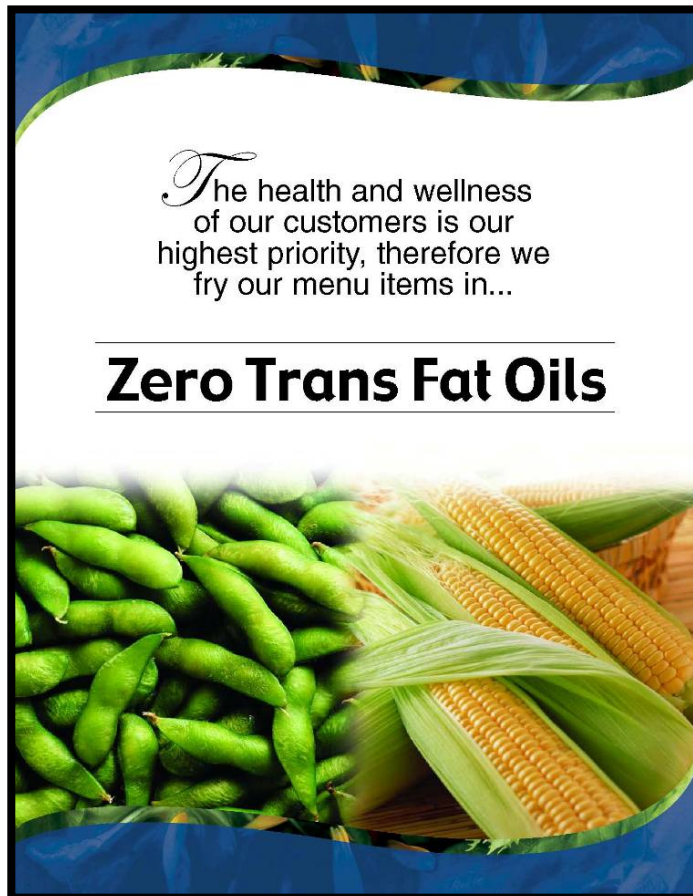
- 100% whole grain options available in all categories



Increase Fruit & Vegetable Consumption

- Local produce available in 50 distribution centers
- Balanced Choices "value meal" model includes fruit/vegetable sides

Saturated & *Trans* Fats



- In the US, we have eliminated 2 million pounds of trans fat per year
- Took an additional 485,000 pounds saturated fat out of our customers' diets by choosing a canola oil product

Saturated and Trans Fat Action Plan

- ZTF* cooking and frying oils in use since May 2006
- Non-ZTF margarine & spreads removed from operations 7/2007
- Par-fried foods and snacks all ZTF* 9/2007
- Bakery items ZTF* 12/2007
- Above plan has been completed in the US and will be completed in Canada by March 2009

USA: *zero trans fat is defined by the FDA as having less than 0.5 g trans fat per serving

Canada: *zero trans fat is defined by CFIA as having less than 0.2 g trans fat per serving

Obesity/ Weight Management

- Promote food quality NOT quantity
- Portion size realignment - offer small/mini portions as an alternative
- Standardized recipe development and nutrition labeling initiative
- Focus on “meals” using $\frac{1}{2}$, $\frac{1}{4}$, $\frac{1}{4}$ plate composition. Pair familiar with the “new”
- Promote non-caloric beverages more aggressively than sweetened beverages
- Loyalty program provides incentives for “better for you” purchases



“Make Half Your Grains Whole Grains”



- Whole Grain options in all categories
tortilla, bread, roll, bun, rice, pasta
- Support Vendor partners using “white whole
wheat” flour
- Whole Grain Stuffings and
Accompaniments
- Whole Grain & Legume
Vegetarian Entrees
- Whole Grain Bread and
Baked Goods
- Whole Grain Salads & Sides





Whole Grain Sides and Sandwiches featuring:

- Tabbouleh Salad
- Mediterranean Golden Jewel Blend
- Barley, Beet & Feta
- Wheatberry Salad with Orange Vinaigrette
- Roasted Vegetables, Goat Cheese & Fresh Basil
- Portobello Mushroom, Asparagus & Red Pepper Hummus

Are you going to spend your money on the unknown?



“We had so many requests for the recipes! Customers say they have never thought of having Bulgur or Cornmeal as hot cereal. We sell 5 gallons of Cornmeal porridge and 2 ½ gallons of Bulgur or another whole grain hot cereal each day IN ADDITION TO OATMEAL.”

Rick Low
Executive Chef

Whole Grains A - Z:

Buckwheat

Buckwheat goes way beyond the pancake mixes we associate with it. Japan's soba noodles, Brittany's crêpes and Russia's kasha are all made with buckwheat. Botanically, buckwheat is a cousin of rhubarb, not technically a grain at all – and certainly not a kind of wheat. But its nutrients, nutty flavor and appearance have led to its ready adoption into the family of grains. Buckwheat tolerates poor soil, grows well on rocky hillsides and thrives without chemical pesticides.

Health bonus: Buckwheat is the only grain known to have high levels of an antioxidant called rutin which may help with heart health.

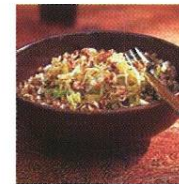
*Delicious buckwheat
recipe on the back*

Kasha with Leeks and Toasted Pecans

1 cup uncooked medium-grain kasha (buckwheat groats)
2 large egg whites
1/4 cup water
1/4 teaspoon salt
1 cup vegetable broth
4 hard-cooked large eggs
1 tablespoon olive oil, divided
4 cups thinly sliced leek, separated into rings (about 3 leeks)
2 tablespoons water
1 teaspoon sugar
1/4 cup chopped pecans, toasted

Place kasha in a medium saucepan; cook over medium-low heat 3 minutes, stirring often. Gradually add uncooked egg whites, stirring to coat. Add 1/4 cup water, salt, and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat. Cut cooked eggs in half; remove yolks, and reserve for another use. Finely chop cooked egg whites. Add cooked egg whites and 1 1/2 teaspoons oil to kasha mixture; stir well. Heat 1 1/2 teaspoons oil in a medium nonstick skillet over medium-high heat. Add leek; sauté 5 minutes. Add 2 tablespoons water and sugar; cover, reduce heat, and cook 2 minutes. Spoon 1 cup kasha into each of 4 bowls. Top each serving with 1/2 cup leek mixture and 1 tablespoon chopped pecans.

Sources: Whole Grains Council, Cooking Light



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*Up to \$1.00 value.

BALANCED CHOICES*
for a healthy lifestyle

Buy 10 Balanced Choices FIT sides (identified by the FIT icon) and receive the next one FREE

L'Oréal Expires 12/31/2007



Chartwells
Eat · Learn · Live

Choose & Prepare Foods with Little Salt



- Next big target
- 50% reductions in sodium in **processed and restaurant foods by 2016** recommended
- Levels of sodium in processed and restaurant foods identified as “problematic” by Dietary Guidelines Advisory Committee and American Heart Association

Choose & Prepare Foods with Little Salt



- Our overall target: to reduce overall sodium in food we serve 20% by 2010; 50% by 2016
- Reduce use of added salt in cooking
- Reduce use of high sodium ingredients:
 - Reduced-sodium soy sauce
 - 10-15% sodium reduction in Au Bon Pain soup
 - Support manufacturers reformulating to reduce sodium
- Evaluate use of convenience products high in sodium; look for alternatives or reformulation
- 2008 Targets: meat, poultry, seafood, bases

How Can Industry Help

- Stay on top of food trends, especially mega trends
- Share what is new that will help us bring the right foods to our customers
- Provide expertise regarding development and proper handling of your products. For example, test kits for Hi Lo canola oil
- Provide materials to educate our customers
- Cross over products from retail
- Work with us to create better products – innovation is critical. Maybe something familiar but with a twist...and yes it still needs to taste great!



NG FIRST C

Why our French Fries are
cooked in

