

PLANT-BASED FOR A BETTER TOMORROW

HEALTH-CONSCIOUS Reducetarian

Vegetaria FLEXITARIAN

Omnivore
Healthy
ANIMAL
LOVER

CONSUMERS

MORE PEOPLE ARE CHOOSING PLANT-FORWARD FOODS FOR A VARIETY OF REASONS.





HALF OF CONSUMERS AGED 18 TO 34

want the ability to substitute animal protein with plant-based alternatives.

Stanford Universityⁱ found that simply changing the name of vegetables to sound more indulgent increased the number of diners opting for

PLANT BASED CHOICES BY



LOVE & FOOD

PLANT-BASED AND PLANT-FORWARD CHOICES ARE A GLOBAL PRIORITY AND PART OF EVERY FOOD OFFER WE CREATE.

In 2018 we created **over 200 new plant-based recipes**like Kung Pao Cauliflower and
Carrot Osso Buco. We recently
worked with 15 supplier partners to
support the scaling of these recipes.

Every Mindful by Sodexo recipe contains **50% fruits and vegetables.**



Our proprietary
beef-mushroom mix,
the Natural, is made
up of 25% mushroom
and 75% antibiotic
and hormone-free beef
for big taste, better
health and a lower
carbon footprint.

We've partnered with the Humane Society of the U.S. to TRAIN 240 CHEFS on plant-based culinary cuisine and will expand this program in 2018.

A BETTER TOMORROW

SIMPLY INCREASING THE PROPORTION OF PLANTS IN A DISH HELPS ADDRESS THE WORLD'S MOST PRESSING CHALLENGES.

FOR THE ENVIRONMENT:

Production of animal-based foods accounts for around two-thirds of agriculture's production-related greenhouse gas emissionsⁱⁱ

FOR OUR HEALTH:

Individuals who followed a mostly plant-based diet had a 28% reduced risk of developing heart failureⁱⁱⁱ

An 18-week plant-based dietary program **boosted employee productivity,** while alleviating symptoms of anxiety, depression, and fatigue^{iv}

sodexo QUALITY OF LIFE SERVICES

OUR PARTNERS

COLLABORATION WITH OUR PARTNERS
HELPS US BRING NEW PLANT-BASED AND
PLANT-FORWARD OPTIONS TO THE MILLIONS
OF CONSUMERS WE SERVE EVERY DAY.





TO LEARN MORE VISIT: www.sodexousa.com/plantbased

nomic category close-up Turnwald, Boles, Crum (2016). Association Between Indulgent criptions and Vegetable Consumption: Twisted Carrots and Dynamite Beets. JAMA In-Med. 2017;177(8):1216-1218 In North America, http://www.wri.org/resources/charts-phs/animal-based-foods-are-more-resource-intensive-plant-based-foods, https://www.pcrm.org/ar-plant-based-hoods.pubmin-based-hoods.pubmin-based-hoods.pubmin-based-hoods.pubmin-based-hoods.pubmin-based-hoods.pubmin-based-hoods-are-hoost-are-