



Aramark Team Members around the Globe Join Forces to Share Nutrition Knowledge, Inspire Families to Lead Healthy Lifestyles

September 18, 2017

Global Day of Service Reinforces Aramark's Year-Round Commitment to Health and Wellness Empowerment

PHILADELPHIA--(BUSINESS WIRE)--Sep. 18, 2017-- On September 20, more than 10,000 [Aramark](#) (NYSE: ARMK) team members, including chefs, dietitians and human resources experts, will volunteer to support community centers and nonprofit organizations in the communities where they live and work, on Aramark Building Community Day (ABC Day). Volunteers in 15 countries, including the U.S., Canada, Chile, China and the United Kingdom, will lend their time, energy and expertise to over 500 service projects, which will bring health and wellness education and workforce readiness programs to families in underserved communities.

This Smart News Release features multimedia. View the full release here: <http://www.businesswire.com/news/home/20170918005206/en/>



On September 20, 2017, more than 10,000 Aramark team members, including chefs, dietitians and human resources experts, will volunteer to support community centers and nonprofit organizations in the communities where they live and work, on Aramark Building Community Day. (Photo: Business Wire)

nature paths, community gardens and outdoor pre-school play areas, to support active, healthy play in a safe environment.

- **Transforming community kitchens** by creating inspirational messaging in kitchen areas and assembling new shelving and signage for food pantries.
- **Creating healthy meal kits**, snack packs and healthy recipe cards to help support healthy food discovery within low-income families.
- **Enhancing workforce readiness** through information and hands-on training from human resources experts, to prepare teens and adults to find and keep good jobs.

Many ABC Day service projects include food discovery experiences that empower Americans to improve their health by making better food and nutrition choices as part of [Feed Your Potential 365](#), a public health and well-being campaign launched by Aramark last year to promote healthy lifestyles among all consumers, as well as families in underserved communities and Aramark's customers, clients and employees.

As part of the campaign, Aramark established *Feed Your Potential 365 Clubs* around the country and expects to reach an additional 500+ non-profit organizations through a proven online health and wellness curriculum created with the AHA.

The Clubs equip families with the knowledge, skills and confidence to discover, choose and prepare healthy food through food discovery and cooking

"At Aramark, it is important for us to fulfill our mission of enriching and nourishing lives in everything that we do. Through volunteerism on Aramark Building Community Day, we celebrate our year-round community efforts and bring that mission to life," said Eric J. Foss, Aramark Chairman, President and CEO. "I am proud of our dedicated team members, whose year-round efforts inspire healthy lifestyles and make our goal of creating long-lasting health and wellness programs possible."

In addition to delivering on Aramark's mission, ABC Day supports [Aramark's Healthy for Life®](#) commitment with the American Heart Association (AHA), to improve the health of Americans 20 percent by 2020.

Volunteer projects will focus on "feeding the potential" of participants through nutrition education, healthy cooking demonstrations and more activities, including:

- **Hosting food discovery experiences**, educational activities and tastings that teach community members how to make healthier food choices.
- **Revitalizing outdoor areas**, such as ballpark benches, park entrances,

experiences, combined with interactive education. Participants in community centers that piloted the program significantly increased fruit and vegetable consumption by almost a full cup per day.

Join the campaign via the FYP 365 digital community (www.aramark.com/FYP365) and Instagram @Aramark.

About Aramark Building Community

Since 2008, Aramark has invested tens of millions of dollars in expertise, financial and in-kind resources to strengthen communities through Aramark Building Community, our commitment to improve community health and wellness and help people succeed through education and employment. Learn more at <http://www.aramark.com/responsibility> or connect with us on [Facebook](#) and [Instagram](#).

About Aramark

Aramark (NYSE: ARMK) proudly serves Fortune 500 companies, world champion sports teams, state-of-the-art healthcare providers, the world's leading educational institutions, iconic destinations and cultural attractions, and numerous municipalities in 19 countries around the world. Our 270,000 team members deliver experiences that enrich and nourish millions of lives every day through innovative services in food, facilities management and uniforms. We operate our business with social responsibility, focusing on initiatives that support our diverse workforce, advance consumer health and wellness, protect our environment, and strengthen our communities. Aramark is recognized as one of the World's Most Admired Companies by FORTUNE, as well as an employer of choice by the Human Rights Campaign and DiversityInc. Learn more at www.aramark.com or connect with us on [Facebook](#) and [Twitter](#).

View source version on businesswire.com: <http://www.businesswire.com/news/home/20170918005206/en/>

Source: Aramark

Aramark

Erin Noss, 215-409-7403

Noss-erin@aramark.com

or

Marissa Piffer, 215-409-8604

Piffer-marissa@aramark.com