

“I don't know what it is about food your mother makes for you, especially when it's something that anyone can make - pancakes, meat loaf, tuna salad - but it carries a certain taste of memory.”

— [Mitch Albom](#)

Chartwells Chats

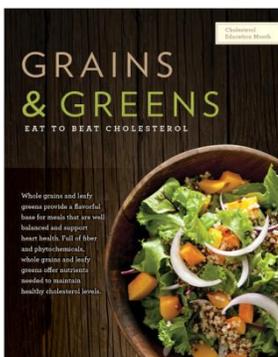
March 2018

Atlantic

Welcome to the spring edition of our **Chartwells Chats**.

Spring has sprung! Time for fragrant flowers and delicious edibles from the garden.

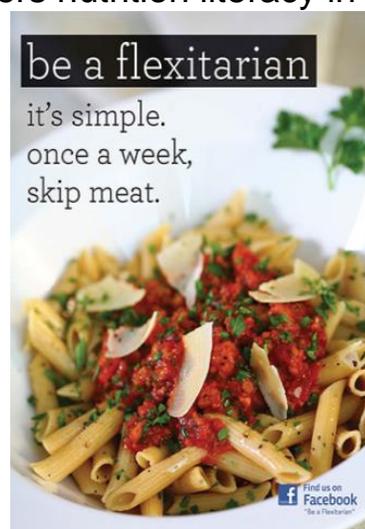
The Chartwells marketing team is in preparation for some exciting new programs that will inspire our students, staff, clients and associates to live well, eat deliciously and sustain a healthier lifestyle.



We would like to introduce the launch of WellPower in our Chartwells Schools. The launch is slated for September 2018. WellPower™ is a multi-dimensional wellness program

intended to empower our clients, students and associates to live well, eat deliciously and sustain a healthier lifestyle. Through subtle messaging and gentle nudges toward healthier options we make it easy for our students and

staff to realize their goals around living well and being well. It's the *power* to be healthy, to nourish and to inspire! WellPower™ fosters nutrition literacy in a fun, multi-dimensional and engaging way. WellPower will become our new nutrition program replacing Balance.



Menus of Change™ is a program that helps our K-12 café managers navigate through the connection of wellness, sustainability and consumer values and prepares them for a future of foodservice that will look different than it does today. The menu engineering principles focus on creating a more sustainable food supply, providing delicious, nutrient dense meals for our students and staff and protecting and improving the health

of our planet. Menus are chef driven, putting flavor first, designed around the stem recipes in our K-12 locations. Guiding principles of the newly revised Canada's Food Guide, provincial nutrition policies and Menus of Change™ key program elements:

- shifting toward more plant-based, protein-rich sources (legumes) with less emphasis on meat (focus on fish and poultry);
- increasing customer access to high fibre whole grains (whole grain salads, rice and cereals);
- promoting fibre-rich lunch combos (offering a choice of 2 vegetable sides with main meal and a globally inspired vegetarian daily feature);



- replacing foods high in saturated fats with mostly unsaturated (seeds, avocado, olive oil);
- Combining delicious and nutritious foods in ways that reflect cultural preferences and food traditions.

On April 28th, 2017, Compass Group launched Stop Food Waste Day as a vehicle to bring awareness to the issue of food waste and create meaningful solutions.



With 25 Compass countries participating on April 27th last year, it's an incredible example of how one small idea can ignite real change. As the largest food service company, we have a responsibility to make sure we are not wasting food. It is estimated that almost 40% of the food produced is wasted in our country. A \$31 billion problem. This means as a company that serves 350 million meals a year, we have a responsibility to stop the waste. To combat this we are piloting food waste management technology, entering into partnerships with food recovery organizations and implementing root to stem recipes in our K-12 locations.

Did you know?

At Compass Group Canada, we make a variety of unique programs and services available to Associates and their families. The **Scholarship Program**

2018 is one such program available to help advance the academic careers of the children of Compass Group Canada Associates.

Each year, five children of Canadian associates are awarded a scholarship. Keeping with our commitment to support a diverse and inclusive workforce, one of those scholarships may be awarded to an applicant of Canadian Aboriginal heritage*.

Chef Program – Impressing our Students



Chartwells in New Brunswick has grown since September by 7 Chefs.

These chefs can be found each day serving our Students. We are currently working on

an apprentice program to offer culinary trained people the opportunity to apprentice under our Red Seal Chef Peter Woodworth so they can acquire Red Seal Certification. We also have one culinary employee in Bluefield PEI

who is also looking to apply for red seal certification through Chartwells. The impact on the image of school dining has potential to really explode as this program grows. Chartwells is looking to attract many chefs in all provinces. Eating healthy in school will be even more cool!

Nutrition Success Story

Anglophone East Partners with Chartwells

Chef Initiative

Anglophone East partnered with Chartwells last October for a Chef initiative. Aubrey Kirkpatrick, Director of Finance saw an opportunity to continue the transformation of school dining and increase food education for students by hiring a skilled trained Chef for the District. Chef Peter, originally from the Annapolis Valley, was hired to help Chartwells kitchen staff with presentation, preparation, and making healthy food as a favorite choice in Anglophone East schools. His love of cooking first started when he was a young boy cooking with his mother. Chef Peter received his credentials from The Culinary Institute of Canada at Holland College in Prince Edward Island. He then travelled and learned in Europe. He will always remember how fortunate he was to apprentice with the late Alex Clavel. Chef Clavel had encouraged Peter to study in Prince Edward Island and helped him find his way as a growing chef. He is a parent, has a hobby farm, and has always valued supporting local. Anglophone East has surpassed the 30% target of local foods in schools, and is now at 40%! Chef Peter is enjoying working with the schools, staff and students. The students know him as "Chef Peter", and he not only prepares the meals with the staff, but gives them a hand in serving the food as well. The program is so successful, that they have added Chef Cecil (pictured, in red, on day 7 of his new career), and now Chef Peter is helping Chef Brad from Anglophone West and Chef Jacob from Anglophone South. He wanted, as a goal, to make eating in schools more of an "event", and he is happy to report that students are choosing healthier options. He is very proud of the team's hard work in every building! Congratulations to Chef Peter, and we are proud to share this Nutrition Success Story!

From all of us at Chartwells, we appreciate your support.

Have a good spring!