

# equilunch

## A vegetable-based meal option offered at some Sodexo sites once every week which Build new habits and form new appetites

### WHY EQUILUNCH?

#### Quality of life impact

- There is a lack of regular balancing plant-based food intake by the population in many countries.
- Several studies indicate that an increased consumption of vegetable-based meals reduces health risks (cardiovascular, obesity, cancer,...).
- While nutrition, health and wellness is the primary focus of Equilunch, it also has a positive impact on the environment (carbon emissions, water usage, ..).

#### Your challenge as a consumer

- You hear a lot information on the importance of a healthy diet and your overall well-being, but may find it hard to put it into practice for many reasons.
- On most sites, Sodexo serves only one meal (lunch) a day. We cannot directly be present for you beyond this meal (dinner, weekends, holidays, events,..).

### WHO IS EQUILUNCH FOR?

- Consumers who are looking for ways to bring their food intake (protein) lifestyle back to equilibrium, but do not want to compromise taste, variety and enjoyment.
- People who enjoy experiencing new foods and appreciate innovative vegetable menu options.

### WHAT IS SODEXO'S ROLE?

- Sodexo plays a key role in the consumption habits of 75 million consumers. Sodexo's commitments to nutritional education, balanced diet, health and wellness are the corner stone of its offer.
- More than just information, Equilunch is a concrete means to engage you to adopt new habits. By providing varied plant based options and promoting the underlying sustainable eating habits, we can help you have a healthier balance in the medium term (week, month...)

## Benefits



### ECONOMIC

- Economic opportunities offered to local producers through local sourcing of ingredients.



### SOCIAL

Provides and promotes a healthier and well balanced lifestyle through sustainable eating choices.

### CO<sub>2</sub> ENVIRONMENTAL

Reduces carbon emissions, water use and their impacts on climate change, ecosystems and biodiversity.

## Did you know ?

- On average, globally, we eat 41.9Kg of meat per person per year.
- Beef consumption has decreased by 27% since 1970 while chicken consumption has increased 104%.
- 20% of human-induced greenhouse gas emissions is due to livestock.
- 15,000 liters of water are necessary to produce one Kg of beef.
- Plant food is higher in fiber than animal food, and offers a variety of nutrients.
- A diet high in red meat can shorten life expectancy, increasing the risk of death, cardiovascular disease, cancer mortality.
- One in three people (29%) are restricting their red meat intake because of health reasons.

Source: UN-FAO | WHO | Waterfootprint | Harvard Medical School | WRI | Mintel Consumer research



## Frequently Asked Questions - FAQs

### Am I being transformed to a vegetarian?

No. Equilunch engages consumers to try out new exciting vegetable menu options. Providing Equilunch once a week does not make you a vegetarian, it only allows you try new and different plant-based options that are instrumental for your health and well-being.

### Should I be concerned about not getting enough nutrients/protein from red-meat ?

Not having red meat once a week is not likely to create nutritional deficiencies (Calcium, Iron, Zinc,..). Plenty of plant-based items contains nutrients in natural form. With the traditional Western diet, a consumer

consumes about double the protein the body needs. Reducing once a week for a regular/excessive red meat eater shouldn't be a problem as long as you are consuming the appropriate amount of calories. As a general rule, the greater variety, the less likely nutrient deficiencies will occur.

### Will adopting Equilunch once every week really make a difference?

Through Equilunch, Sodexo provides you with a concrete means to lead a healthier balance by providing a variety of plant-based options in their meal. Equilunch alone will not guarantee a healthier life, you would need to make more informed choices on nutrition, health and wellness.

### Can I have Equilunch more than once in the week?

Equilunch is a campaign that is done once a week by default. If you would like a plant based diet every day, you may need to make an extra effort to ensure that your plant-based diet includes sufficient quantities of nutrients and the required calories to lead a healthy life. If you have any particular health conditions or dietary requirements, please consult your doctor and/or a registered dietitian before adopting Equilunch.