

## NEWS RELEASE



### **Compass Group Canada invites you to “*Celebrate food...from field to table!*” with the arrival of Nutrition Month!**

Toronto, ON, March 4, 2010 --Compass Group Canada is proud to be the official sponsor of Nutrition Month, the annual March campaign, brought to Canadians from coast to coast by Dietitians of Canada.

Compass Group Canada has been a sponsor of National Nutrition Month for the past six years as part of a ten-year agreement with Dietitians of Canada. The long-standing commitment represents Compass Group’s support of their customers who are in pursuit of a healthy lifestyle.

The 2010 campaign “*Celebrate food from...field to table!*” focuses on educating Canadians about where their food comes from, how it is grown, and the diverse variety of foods that are seasonally available.

“When we are well informed about our food, it helps us make better food choices for optimum nutrition,” said Donna Bottrell, RD, Director of Nutrition for Compass Group Canada. “During Nutrition Month, we are excited about helping customers choose foods that are not only culturally diverse, but also delicious and nutritious.”

Compass Group Canada chefs across the country at ESS, Chartwells, Eurest and Morrison locations will be dishing up Nutrition Month featured recipes, which will include healthy Canadian foods that will be ‘spiced up’ to make them flavourful as well as ethnically diverse. Herbs and spices add flavour to cooking without adding salt. They are easy to use and scientists are exploring their therapeutic use in cooking.

At participating locations, customers will receive information about this hot trend. As well, they will be able to see and taste recipes, which will include a variety of herbs and spices, to take home to their families.

“We applaud the talent of the Compass Nutrition team and their chefs to showcase Canadian foods in delicious recipes. Nutrition Month is a great opportunity to celebrate food and learn how to make healthier food choices,” said Caroline Dubeau, RD, National Nutrition Month Manager at Dietitians of Canada.

Dietitians of Canada’s recently released results from a new Ipsos Reid survey, revealed that the foods Canadians love are just as diverse as Canadians themselves. The favourite foods identified by Canadians – that are produced in Canada – are beef (13%), apples (6%), corn on the cob (5%), potatoes (4%), cheese (4%) and maple syrup (4%).

#### **About Compass Group Canada**

Compass Group Canada is the country’s leading foodservice and support services company, with revenues of \$1.25 billion in 2009. Operating sectors include Eurest, Eurest Services, The Hurley Group, Chartwells, Morrison, Crothall, ESS, Canteen, Compass Leisure & Entertainment, Levy restaurants, and Restaurant Associates. Compass Group Canada has been named one of Canada’s Top 100 Employers for 2009 and 2010. With 386,000 associates worldwide, its parent company, UK-based Compass Group PLC had revenues of £13.4 billion (\$22.9 CAD) in the year to September 30, 2009.

Visit: [www.compass-canada.com](http://www.compass-canada.com)

#### **About Dietitians of Canada**

Dietitians are your trusted source for nutrition and healthy eating advice. For more information about Nutrition Month, visit [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) . Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors. Dietitians of Canada do not endorse or promote any commercial products or services.

- 30 -

Contact: Cindy Harris, Senior Advisor, Communications, Compass Group Canada at (905) 568-4636 x 432, [cindy.harris@compass-canada.com](mailto:cindy.harris@compass-canada.com)