



NEWS RELEASE

FOR IMMEDIATE RELEASE

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ARAMARK and Anne Fletcher, Best-Selling Health and Lifestyle Author, Partner to Promote Healthy Weight Management on Campus

Campus Tour Just in Time to Help Students Keep New Year's Resolutions

PHILADELPHIA, January 13, 2009 — ARAMARK Higher Education, a world leader in providing professional services to more than 600 colleges and universities throughout North America, is proud to announce a new partnership with Anne M. Fletcher, M.S., R.D., a best-selling health and lifestyle author. Fletcher will make appearances at ARAMARK-managed campuses across the country beginning this month, just in time to guide students as they return from winter break with their New Year's resolutions to adopt a healthier lifestyle.

Fletcher is the author of national bestsellers, *Thin For Life*, *Eating Thin For Life*, and *Sober For Good*, as well as the *Thin For Life Daybook*. Her latest book, *Weight Loss Confidential*, is written from the perspective of young people who succeeded at losing weight and keeping it off. It is based on firsthand accounts from students and their parents about what works and what doesn't work for weight management. As a registered dietitian with a master's degree in nutrition science, Fletcher has counseled hundreds of clients with weight control issues. She is a former executive editor and chief writer of the Tufts University Health & Nutrition Letter and was a contributing editor for *Prevention* magazine.

"ARAMARK is honored to partner with such a well respected health and lifestyle expert," said Karen Parker, Associate Vice President of Marketing, ARAMARK Higher Education. "We look forward to working with Anne as she proactively supports the health and wellness goals of the students at our campuses across the country."

"Weight is an issue that concerns college students, and recent reports indicate that many young people are overweight," Fletcher said. "Overweight or not, they often try to control their weight in unhealthy ways. The good news is that many people do succeed at lasting and healthy weight management. My goal is to help students focus on strategies that can be used for a lifetime."

Fletcher will provide students with her food secrets for maintaining healthy weight, as well as tips for adopting a healthy attitude about weight and lifestyle change. She will also share weight management success stories from young people, including participants in her most recent book, *Weight Loss Confidential*.

Fletcher's campus tour complements ARAMARK's expanded healthy menu program, *Just4U – Food That Fits Your Life®*, which is designed to help students proactively manage their health and wellness goals. Colorful Just4U point-of-service menu identifiers make it easy to find selections that are lower in fat, lower in calories, lower in carbohydrates, as well as foods that are organic, vegetarian, locally grown or are a good source of whole grains and calcium. The simple, yet powerful, nutrition messages help students make informed choices quickly.

Just4U® educational brochures featuring information on topics such as, "Understanding Serving Sizes" and "What Is a Healthy Diet?" are available in most campus dining locations. These educational materials all carry the ARAMARK - American Dietetic Association (ADA) proud partner logo in recognition of ARAMARK's partnership with the ADA. ARAMARK works with the ADA to develop consumer education messages, to elevate awareness of registered dietitians as the nation's nutrition experts and to make a positive impact on public health. As one of America's largest employers of registered dietitians, ARAMARK is currently the only professional services provider to become an ADA Partner.

About ARAMARK Higher Education

ARAMARK Higher Education is dedicated to excellence in dining, facility, conference center, and stadium and arena services. ARAMARK enhances the living and learning experience and environment for more than 600 colleges and universities throughout North America. For more information and a list of our services, visit www.aramarkhighered.com.

About ARAMARK

ARAMARK is a leader in professional services, providing award-winning food services, facilities management, and uniform and career apparel to health care institutions, universities and school districts, stadiums and arenas, and businesses around the world. In FORTUNE magazine's 2008 list of "America's Most Admired Companies," ARAMARK was ranked number one in its industry, consistently ranking since 1998 as one of the top three most admired companies in its industry as evaluated by peers and analysts. ARAMARK also ranked first in its industry in the 2007 FORTUNE 500 survey. ARAMARK seeks to responsibly address issues that matter to its clients, customers, employees and communities by focusing on employee advocacy, environmental stewardship, health and wellness, and community involvement. Headquartered in Philadelphia, ARAMARK has approximately 260,000 employees serving clients in 22 countries. Learn more at the company's Web site, www.aramark.com.

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