



F.U.E.L

F.U.E.L introduction, podcasts and The Compass Group plant focused meals

F.U.E.L. FOR LIFE.

Our F.U.E.L range is designed to help you thrive.

It is built upon eight pillars that cover aspects of uni life, so you can be at your best, mentally and physically, through term time and beyond.

- Healthy skin
- Love your heart
- Protein packed
- Energise to revise
- Mood boost
- Replenish, recover & refuel
- Earth friendly
- Sugar savvy

LOOK OUT FOR THE F.U.E.L STAMP ON
THE MENU TO TRY ONE OF THE DISHES.



F.U.E.L.



**GET
IN THE
KNOW.**

**UNI
FOOD
Hub**

HEAD TO UNI FOOD HUB TO FIND OUT MORE!

F.U.E.L.

...LING CONVERSATIONS

EVERY MONTH WE PUT OUT A F.U.E.L PODCAST WITH A UNIQUE THEME. SEE BELOW TO LISTEN TO OUR LATEST PODCAST

EPISODE 1: EARTH FRIENDLY

EPISODE 2: LOVE YOUR HEART

EPISODE 3: REPLENISH, RECOVER & REFUEL

EPISODE 4: STOP FOOD WASTE DAY

EPISODE 5: ENERGISE TO REVISE

EPISODE 6: MENTAL HEALTH AWARENESS WEEK



PLANT-FORWARD MEALS

Our food choices can have a big impact on the planet. In line with the EAT-Lancet's recommendations about a planet-friendly diet, we are helping to rebalance menus celebrating fruits, vegetables and other plants in our plant-forward offerings.

Adopting a plant-forward diet, where plant based products are the principal ingredients, is one of the simplest steps an individual can take to lower their personal carbon footprint. Consumer demand for plant-based meals is on the rise and we continue to expand our offer of healthy, plant-based menu items. We are also engaging, educating and exciting consumers to make positive choices, as well as nudging behavioural change through choice design techniques.

Our strategy is guided globally but implemented according to local consumer preferences and value chain approaches. For instance, in the UK we have found the positioning of plant-forward options on menus is effective in guiding choices, while in the USA we have worked more at the production end, supporting chefs in their menu planning through chef engagement and training.

In Belgium, we signed up to the Flemish Green Deal for Protein, and are actively involved in its culture shift working group. This builds on the work we have been doing in Belgium and Luxembourg to nudge consumers from animal to plant protein choices. For example, for one of our most popular menu items, lasagne, we have been gradually shifting from beef, to chicken, to plant-based meat – an approach we know is likely to result in greater consumer uptake of plant-based options. Always looking to accelerate our plant-forward actions, we are now piloting 'hybrid' plant/meat meals in schools and we look forward to reporting back on this next year.



Piloting 'flexitarian' options at hospitals in Portugal with positive results : "start by changing the world on your plate"

14%



spend on fruit and vegetables of total food and drink spend (versus 13% in 2020)

64%



sites offering plant forward meal choices as a main course²

IN ACTION AROUND THE WORLD

Asia: Plant-forward menu planning and culinary training delivered via our Asia Pacific Culinary Council.

USA: Chartwells introduced meat-free college dining options nationwide and launched Plant-Forward campus pop-up events.

Germany: Launched Powered by Plants, a plant-based meals initiative including inspiring recipes and ideas.

USA: Our team at Bon Appétit announced a new Climate Policy to reduce emissions by 38% per calorie of food by 2030.

UK & Ireland: Eurest won the Food Foundation's Innovation Prize for its Plantilicious range.

