

# PRESS RELEASE

## Health and wellbeing lesson for Salford schoolchildren

**22 May 2013**

**Almost 50 young people from four Salford schools learnt about healthy eating and lifestyle yesterday (21 May) in preparation for a five-day adventure course in Wales next month.**

Sodexo, the FM services provider, has partnered with The Outward Bound Trust, an educational charity with a focus on outdoor learning, to promote healthy eating and an active lifestyle to 48 young people from Oasis Academy, Moorside, Albion and Buile Hill high schools.

The young people attended the introductory day at Oasis Academy, Salford Quays, where Sodexo mentors offered advice on a balanced diet and the opportunity to meet their peers taking the residential course.

In June, participants will go to The Outward Bound Trust centre in Aberdovey in Snowdonia, Wales, where they will spend the week doing activities such as canoeing, rock climbing and an overnight expedition.

Sodexo and The Outward Bound Trust have delivered this course to young people in Scotland since 2009, and ran a pilot last year in Salford, but this is the first time the scheme is being run in England with four schools.

The course is funded by charity Sodexo Foundation as part of their STOP Hunger campaign, which aims to tackle hunger and malnutrition in communities where Sodexo operates.

Mike France, Sodexo Education account manager, said: "Sodexo is committed to improving the quality of life in the communities it serves, so we've formed a partnership with The Outward Bound Trust to encourage young people to learn more about living a balanced lifestyle. We want to show them the choice of food available to everyone and give them a chance to learn about the relationship between diet and physical exercise. It's also a great opportunity for our staff to get involved in volunteering in their local community."

Nick Barrett, CEO of The Outward Bound Trust, said "The Outward Bound Trust is delighted to see this partnership develop in Salford as a result of the investment from the Sodexo Foundation

and the voluntary input from Sodexo staff. The Outward Bound Trust believes that through a healthy mind and body young people can fulfill their potential and through the adventures we organise they will have the opportunity to consider their health options and become aware of their potential.”

## Ends

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### About Sodexo

#### Sodexo in the UK and Ireland

Sodexo employs over 35,000 people, and delivers food and integrated facilities management service solutions to clients at some 2,300 locations in the corporate, healthcare, education, leisure, justice and defence sectors.

With an annual turnover of over £1bn, Sodexo delivers a range of services ranging from catering, cleaning, reception to asset management, security, laboratory and grounds maintenance services, enabling clients to focus on their core business.

Sodexo Motivation Solutions in the UK provides benefit and reward services such as SayShopping vouchers; public benefits; and employee benefits such as childcare vouchers and engagement surveys.

#### Sodexo Group

Founded in 1966 by Pierre Bellon, Sodexo is the global leader in services that improve Quality of Life, an essential factor in individual and organisational performance.

Operating in 80 countries, Sodexo serves 75 million consumers each day through its unique combination of On-site Services, Benefits and Rewards Services and Personal and Home Services. Through its more than 100 services, Sodexo provides clients an integrated offering developed over more than 45 years of experience: from reception, safety, maintenance and cleaning, to foodservices and facilities and equipment management; from Meal Pass, Gift Pass and Mobility Pass benefits for employees to in-home assistance and concierge services.

Sodexo's success and performance are founded on its independence, its sustainable business model and its ability to continuously develop and engage its 420,000 employees throughout the world.

#### Key Figures (as of August 31, 2012)

##### Sodexo in the world

**18.2 billion** euro consolidated revenue

**420 000** employees

**20th** largest employer worldwide

**80** countries

**34,300** sites  
**75 million** consumers served daily  
**9.5 billion** euro market capitalisation (*as of November 7 2012*)