

Be a Flexitarian.

flex·i·tar·i·an (fleks.uh.TAYR.ee.un)

n. someone who actively integrates meatless meals into his or her diet.

As the leading school foodservice provider, Chartwells is committed to providing healthy meals to our customers while building sustainable communities. Chartwells would like to introduce our “**Be a Flexitarian**” program.

A flexitarian is someone who actively incorporates meatless meals into his/her meals but isn't necessarily a vegetarian. By making a slight change in our diet and simply eating one meat-free meal a week, we can make an impact on both our health and the environment.

As of Earth Day 2010, we had begun highlighting some meatless meal options on our menus as part of the new Flexitarian program. We will continue offering meatless meal options at all grade levels in the 2010-2011 school year.

Eating more healthy vegetarian foods decreases our chances of getting heart disease, cancer and suffering from diabetes, among other diseases. Those who avoid animal products are also less likely to be overweight or obese than those who eat meat.

We hope that you will support the **Be a Flexitarian** program and our efforts to create fun and educational dining environments within your child's school.

