



## RESOLUTION RESET

January is widely recognized as a time for resolutions. The tradition of “new beginnings” has become very popular and motivates individuals to adopt new, healthy habits. Common resolutions include eating healthier, exercising more, cutting down on alcohol, quitting smoking and learning a new skill or hobby. This New Year, we are focusing on FIT to help you meet those goals. Our marketplaces include recipes and snacks that are fresh, seasonal, perfectly portioned, and meet Compass Group’s FIT criteria, helping to encourage healthful food choices. FIT meals and snacks serve as a guide to our guests who are looking for items that meet dietary recommendations regarding calories, fat and sodium. We’re focusing on FIT ingredients that customers can pair to make a nutrient packed breakfast plate full of protein, fruits and veggies! If your resolution reset for this January includes delicious, fresh food that is also good for you, Eurest has you covered!

## CHEF’S TIP

It is great to have new year resolutions that have a positive impact on your health, but how about some that are good for the health of the planet too!

Here are a few ideas to get started:

- **Put More Plants on the Plate:** Foods like vegetables, fruits, beans, lentils, and nuts require far fewer resources to produce than animal foods, making their environmental impact lower.
- **Rethink Your Dairy:** For a bowl of cereal or creamy soup, try a dairy alternative to decrease your carbon footprint. Plant-based milks made from sources like oats, soy, and even peas, require less land and resources to produce.
- **Think Through Your Menus:** When planning your meals for the week, start with items that you already have in your refrigerator or freezer to avoid buying too much at the store. Then, utilize as much of ingredients as possible to decrease food going to waste. Actions like leaving potato peels on, making stale bread into croutons, or freezing leftovers will all help to decrease food waste and make an impact.

## NATIONAL POPCORN DAY

Did you know that popcorn is a whole grain? And that the goal is for half of the grains we eat to be whole grains? Get in more whole grains by celebrating National Popcorn Day on January 19th. Whole grains offer so many health benefits and one of the big ones is the dose of fiber. Hitting your daily fiber goals helps to support heart health, regular digestion, mental health, and more!

Keeping popcorn as a better for you snack is all about the toppings! Go for an olive or avocado oil to add to popcorn over butter to get those heart healthy fats. Chop and add fresh herbs to your popcorn or add for some spices. Here are some delicious popcorn flavor combinations:

- **Herbaceous:** olive oil, fresh rosemary, and sea salt
- **Sweet:** oil, cinnamon, and honey
- **Cheesy:** nutritional yeast and sea salt
- **Spicy:** olive oil, paprika, garlic powder, and hot sauce



FIND YOUR  
NEXT FAVORITE  
RECIPE!