



STOP FOOD WASTE DAY

Over 30% of all food produced globally is lost or wasted every year. As the largest food service company in the world, Compass Group USA started Stop Food Waste Day in 2017, which is now recognized globally as a day of awareness. We unite to educate, inspire, and ignite change.

Everyone can make an impact to help reduce food waste. Get started today, by freezing leftovers, instead of throwing them out. Look through your freezer and make a list when planning your menu for the week and heading to the grocery store. Small changes at home can help make a positive impact on our planet and your pocket.



CELEBRATE MOTHER EARTH

Earth Day comes around each April and brings us the reminder of the need to take care of our environment. This is a day of celebration for this wonderful planet, a call to action to do your part, and as the slogan says, a reminder to, "make it Earth Day every day."

We will be celebrating with a focus on plant forward foods and reducing food waste. Join us to celebrate and consider some of these ideas to get involved this month:

- Participate in a neighborhood clean up
- Educate yourself on reusable products
- Plant something green
- Share what you are doing on social media to inspire others!

CHEF'S TIP

3 Ways to Spice Up Those Vegetables

Swap out your regular seasoning routine and take your taste buds on a tour with these fun global flavors!

- Have a vegetable chili that you love? Middle Eastern Baharat spices will turn it into a brand-new experience, with a blend paprika, cumin, cardamom, cinnamon, black pepper, and cloves.
- Togarashi will transform your roasted cauliflower steaks into a Japanese delight with a blend of chili pepper, citrus peel, sesame seeds, Sichuan peppercorns and nori.
- With Spring in the air, give those grilled veggies a Moroccan make-over with Ras al Hanout, a blend of cumin, ginger, cinnamon, clove, and cayenne.

IT'S EARTH BOWL

Did you know that you can make a positive impact on the environment, just by eating more plants? During Earth Month, come enjoy the Earth Bowl concept that celebrates the delicious flavors of fruits, vegetables, grains, and legumes. Vegetables are the star of the meal accompanied by fresh, tasty toppings.

Dishes like these not only add a variety of nutrients like fiber, antioxidants, minerals, and vitamins, but they also have a positive impact on the planet because of the lower amount of resources needed to produce plant-based meals. Talk about a delicious way to celebrate Earth Month!

