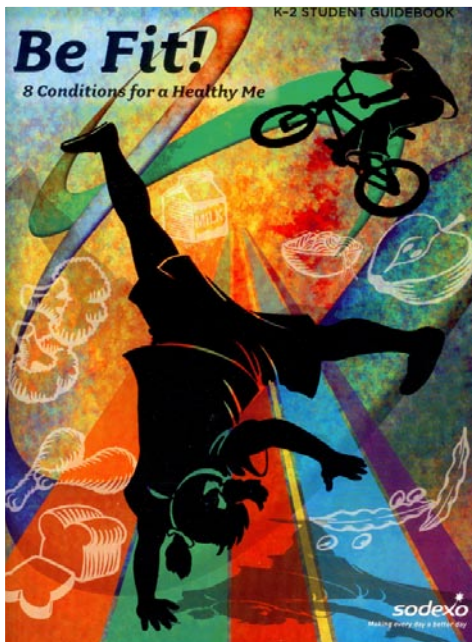


Rhode Island's "Be Fit Guide"



Sodexo introduces the "Be Fit Guide". The guide is an action guide for K-2 teachers in Rhode Island that helps to incorporate nutrition and physical activity education into regular curriculum. It was created through a partnership between Sodexo, a leading provider of student nutrition services in Rhode Island and throughout the United States, and the Quaglia Institute for Student Aspirations, a non-profit organization dedicated to promoting and putting into practice the conditions that foster student aspirations in schools and learning communities.

What is the "Be Fit Guide?"

Sodexo School Services and the Quaglia Institute for Student Achievement have produced an action guide to be used by teachers in grades K-2. The guide incorporates the Quaglia Institute's The 8 Conditions that Make a Difference[®], along with information on the importance of nutrition education and physical activity.

The guide is a resource for teachers and also includes activities and recipes that encourage parents and other family members to become involved in the education process. Along with information on nutrition and exercise, the guide covers other important topics like making healthy choices, purchasing local produce and the importance of taking care of our environment. Although the initial guide is designed specifically for students in grades K-2, the organizations are currently working on additional guides that bring similar messages to students in grades 3-12.

In addition, Sodexo and the Quaglia Institute will be scheduling training for Rhode Island teachers. This training session will maximize the educational impact of the "Be Fit Guide" by offering tips and techniques that allow teachers to incorporate the activities into their regular curriculum plans.

The impact of the "Be Fit Guide" will also stretch beyond the classroom as Sodexo and the Quaglia Institute plan special events for parents and students that reinforce the nutrition

education message. We are also planning events for the parents and student to attend, addressing nutrition education.

Why is the “Be Fit Guide” important?

The nation-wide rise in childhood obesity has resulted in a call for increased nutrition education. As a leading provider of student nutrition services in Rhode Island and across the United States, Sodexo School Services has long been focused on helping students learn about the importance of exercise and a balanced diet. The “Be Fit Guide” allows both Sodexo and the Quaglia Institute to share their combined expertise in a way that allows students to live healthier lives while also achieving their true potential in the classroom.

For more information on the Quaglia Institute for Student Achievement, please visit the organization’s official Web site - www.qisa.org

Sodexo, Inc. (www.sodexoRI.com) is the leading provider of student nutrition in Rhode Island. The Sodexo Foundation (www.sodexofoundation.org), an independent charitable organization that, since its founding in 1999, has made more than \$11 million in grants to fight hunger in America.