



The Fall Scoop  
September 2, 2009



What's New This Year



New and Improved  
*Outtakes*  
QUICK CUISINE



*Dippin Sticks*

Sole Café Coffee roasted by PuraVida is now available in our board operation at the Lower Commons. Pura Vida's motto is "Create Good." Create Good is their commitment to use all resources and energy available to do as much for the coffee-growing communities as possible. Their mission is to sell Fair Trade Certified, organic, shade-grown coffee to support health, education and economic programs for families and children in coffee growing countries through their public charities. To learn more about Pura Vida's good works visit their web site at [www.puravidacoffee.com](http://www.puravidacoffee.com). Chartwells is proud to introduce this great coffee to Salem State College and support their fine charitable efforts.



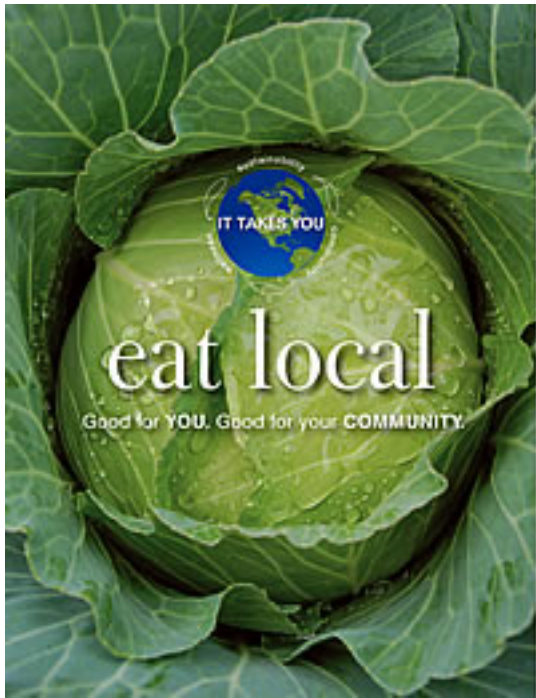
Chartwells is pleased to re-introduce our new and improved Outtakes Quick Cuisine. We are sure you'll be more than satisfied with the wide range of sandwiches, paninis, salads, and healthy options. A few examples of our new items are: Black Forest Ham, Swiss Cheese, Green leaf Lettuce, Tomato with Honey Dijon on a Pumpernickel Hero; Grilled Chicken, Mozzarella and Roasted Red Peppers with Balsamic Dressing on a wrap; Cobb Salad with diced turkey, hard boiled egg, chopped bacon, blue cheese crumbles, grape tomato over romaine lettuce; and microwaveable "Healthy Hot Plates" such as Whole Wheat Pasta topped with Lemon Garlic Chicken and Diced Fresh Vegetables. A wide variety of choice both filling and healthy.

## ***Rachael's Home style***

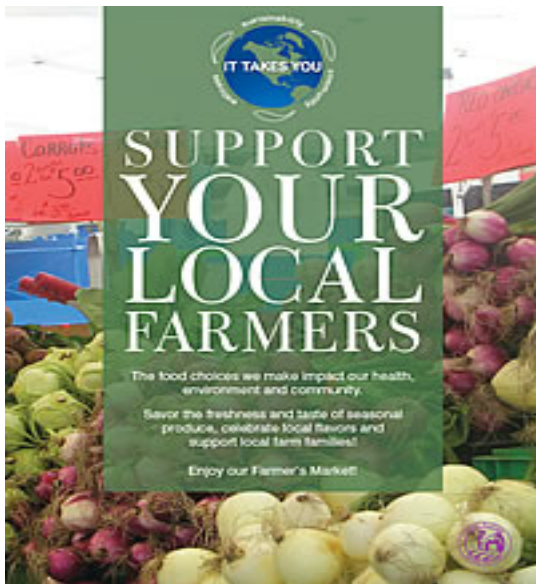
***Sandwiches & Entrees*** We know everyone is in a hurry, either you are late for class or late for a meeting and do not have time to waste. So solve this problem Chartwells is pleased to introduce Rachael's Home style Sandwiches and Entrees as a quick and delicious alternative. Always fresh and always tasty. Also, available Rachael's microwaveable entrées with such choices as Baked Ziti, Eggplant Parmesan, Hot and Spicy Wings and much more. Rachael will be available at all retail locations.



# Eat Local Week September 21 to 25



**Chartwells** believes that the health of our ecosystem is directly connected to the health of our communities and the people who live in them. Acting responsibly is part of our company DNA and we are committed to offering foods that are earth, body and community friendly. In support of this position we are committed to BUY LOCAL. Supporting the preservation of the American family farm, reducing the carbon foot print of our supply chain and giving back to the local communities are central to our core values. In collaboration with our partners at the Institute for Agricultural trade policy; we are seeking to reduce our dependence on factory farming and to partner with qualified local and regional growers to develop relationships with local farmers whenever possible.



Chartwells managers and chefs from various accounts recently visited Jansel Farms in Dartmouth, Mass to examine crops that are being grown with the purpose of being sold to Chartwells' accounts exclusively.





**Help Chartwells work to cut back everyone's carbon footprint. Purchase our new biodegradable travel mugs. Our mugs are made from organic compounds, have an indefinite shelf life, are fully biodegradable in one to five years and are FDA approved. Not only do you help save the planet but you can save money when you purchase a coffee refill at a reduced price.**



Are you interested in displaying your cooking skills?  
 Do you want to show who the real cooks on campus are?  
 Do you want to win a catered event for your department?  
 Take part in Chartwells' "Battle of the Chefs"  
 More information to follow in future issues on the Scoop



**EAT. LEARN. LIVE.**

# What is ....



## BALANCED CHOICES®

*for a healthy lifestyle*

Balanced Choices is the Compass Group Nutrition & Wellness program that is designed to provide customers with better-for-you food options and nutrition education materials to assist them in making better food choices. The Balanced Choices campaign EAT-LEARN-LIVE supports the healthy lifestyle philosophy of moderation and variety.



Moderate in calories, fat, sodium and cholesterol



Local Flavor – Items grown or produced by local farmers or artisans



No sugar added – baked goods and desserts with no sugar added



Seafood Watch – Identified as a sustainable seafood source



Organic – Contains at least 95 percent organically produced ingredient (by weight) from a USDA certified source



Vegan – Contains absolutely no ingredients from animal or dairy products



Vegetarian – Contains no meat, fish, poultry or shellfish. May contain dairy or eggs

As you visit the various Chartwells locations look for the Balanced Choices' logos to help you make a more informed decision about your meal selections.....  
Look for more info about Balanced Choices in future issues of The Scoop

