Overfishing is a major global problem and Sodexo is committed to being part of the solution.

**Consequences of Overfishing**
According to a Food and Agriculture Organization (FAO) estimate, over 70% of the world’s fish species are either fully exploited or depleted. The dramatic increase of destructive fishing techniques worldwide destroys marine mammals and entire ecosystems. In the last decade, in the north Atlantic region, commercial fish populations of cod, hake, haddock and flounder have fallen by as much as 95%, prompting calls for urgent measures. Some are even recommending zero catches to allow for regeneration of stocks according to the United Nations Environment Programme (UNEP).

**There’s Hope – Sodexo’s Leading the Way**
Sodexo has launched their Sustainable Seafood Initiative. They have committed to have 100% of their contracted fresh and frozen seafood certified as sustainable by the Marine Stewardship Council (MSC) or Best Aquaculture Practices (BAP) by 2015. The Initiative is in line with Sodexo’s newly developed global seafood strategy based on 5 key pillars:
1. Maintain a wide variety of species in Sodexo’s catalogues and menus
2. Ban species at risk and implement control measures for others
3. Increase use of Eco-standards or labels
4. Set up supply for sustainable aquaculture
5. Develop sourcing according to an established technical agreement between Sodexo and the World Wildlife Fund (WWF)

**Eat Fish for a Healthier You**
From a health & wellness perspective, seafood is nutritious and has many health benefits. The 2010 dietary guidelines by the United States Department of Agriculture (USDA) emphasizes the importance of seafood consumption on health and recommends increasing intake for all populations. That’s right... you should consume 2 servings of seafood weekly for heart and brain benefits. According to the 2010 Dietary Guidelines for Americans, "Moderate evidence shows that consumption of about 8 ounces per week of a variety of seafood, which provide an average consumption of 250 mg per day of EPA and DHA, is associated with reduced cardiac deaths among individuals with and without pre-existing cardiovascular disease.” Fish and shellfish are low-fat high quality protein sources that are filled with Omega 3 Fatty Acids, Vitamins (Vitamin D & B-Complex Vitamins) & Minerals (Calcium, Iron, Zinc, Selenium, etc.). Sodexo at ________ offers a great selection of seafood that is expertly prepared, filled with flavor, healthy, and sustainable. Check out the delicious choices we have available at ________.

**The Future is Promising**
By committing to source sustainable fish and seafood, Sodexo will actively contribute to reversing the decline of living marine resources and will help protect marine biodiversity. “We believe our Sustainable Seafood Initiative is unparalleled and can truly make a positive impact on the health of the world’s oceans and fisheries, as well as providing consumers a better choice in seafood,” per Ann Oka, senior vice president, supply management at Sodexo.