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Dear Karen,

I very much enjoyed visiting U of L for the first time today, and having the opportunity to meet with you and your team. I've enjoyed the work we've done virtually over the last few years, and it was great to see everything coming to life.

I am pleased to be able to add my affirmation of both the Nutrition Navigators and the UofL Smart Plate projects. The Smart Plate certainly anticipated the recommendations of the just-released Dietary Guidelines for Americans, and is a great visual cue to assist students in making those recommendations actionable. It's also a useful operational guide, with simple metrics that allow us to easily judge whether a single meal or a planned catering event meets the goals we've set. The UofL Smart Plate integrates well with Sodexo's Mindful program, which also emphasizes nutrient density, and emphasizes the importance of enjoying healthy foods.

As impressed as I am with the Smart Plate, I have to say that the Nutrition Navigators is one of my favorite projects I've encountered throughout my tenor working with Sodexo campuses. As we've recently seen in our company's work with the CDC diabetes prevention program, there is great power in peer educators. While both you and I believe deeply in the key role that campus registered dietitians play; for many students, a "nudge" to try new and healthy foods from a peer is most likely to be successful.

I appreciate the opportunities I've had to "on-board" Nutrition Navigators over the years; demonstrating the many tools Sodexo provides to assist students navigate resident and retail dining venues in a healthy and satisfying way. I was also thrilled to learn that this year's "crew" of Nutrition Navigators includes students with medical dietary restrictions, who can provide empathy and suggestions to keep students with food allergies and other issues both safe and socially included. I also appreciate that we've emphasized "how to know when you're over your head" and that the navigators refer appropriately.

Please let me know if there is any other way in which I can support these important, efficient, and effective programs. Thanks again - Beth Winthrop