



# FEED PEOPLE WELL

- We are committed to providing a varying range of menu choices to suit all dietary or cultural requirements. We have two completely Halal restaurants on campus and serve Halal food in our main kitchen.
- We favour healthier cooking methods such as steaming, boiling or grilling rather than frying
- Our Ways to be well program helps all university customers make informed decisions on healthier menu items for varied diets
- We have gluten free, vegetarian and vegan options on our menu daily and are clearly marked
- We train our chefs and/or food preparation staff on scientific and/or public health guidelines around salt and the appropriate use of salt within recipes
- We use ingredients with lower sodium content
- We do not offer salt or high-sodium sauces on the table
- We limit the amount of salt and high-sodium condiments (such as soy sauce fish sauce and bouillon) when cooking and preparing foods
- Over the last two years, we have reduced the amount of salt in our recipes to below 30% of recommended daily limits
- We have committed to meeting a voluntary industry target about reducing salt content in our dishes