

## Fresh Food

At Unidine, we believe that fresh food shares a fundamental link with health and wellness, human interaction and social responsibility that applies to all three of our business segments: hospital dining, senior dining and business dining. We believe that this unique commitment to fresh food transforms organizations and improves lives. That is why we are so passionate about developing custom fresh food programs for our clients.

But what does “fresh food” mean? The term tends to be tossed around carelessly. Does fresh food mean a pre-packaged meal that is fresh out of the oven? Does it mean that you have prepared a fresh meal from pre-cut, frozen or canned ingredients? Or does it mean that everything in a meal is prepared from fresh ingredients? Are the fresh ingredients locally or regionally sourced?

At Unidine, fresh food means that we cook delicious food from scratch using fresh ingredients. A lot of food service companies talk about it, but Unidine truly delivers.

## Our Fresh Food Commitment

- We incorporate fresh seasonal, local and organic ingredients
- Soups and sauces are made in our kitchens
- Salad dressings are prepared in our kitchens
- We incorporate whole grains and legumes to promote nutritional balance
- We roast fresh beef, turkeys and chickens for all hot and cold preparations
- Entrees and side dishes are made from scratch daily
- We feature fresh baked breads and pastries
- All ingredients and cooking oils are free of engineered fats: Unidine kitchens have been trans fat free since 2006

Our commitment to fresh food extends to our training programs, internal product development summits, procurement networks and internal systems, all of which have been optimized to deliver fresh food, great flavor and healthy options at all of our facilities. In fact, the only items you are likely to find in a Unidine facility that don't come from our kitchens are beverages, packaged items like chips and energy bars and the fresh baked goods we have delivered from local bakeries.

### Fresh Food Audit

To promote a better understanding of fresh food, Unidine developed a “Fresh Food Audit” that is used when we are asked to perform a baseline assessment of a facility. The Fresh Food Audit is a comprehensive checklist that examines everything from the ingredients used in the meals to preparation and presentation of the meal.

Usually, the process is an eye-opener. When you actually take the time to look at what is in your freezer, your refrigerator or what is stored on your shelves, and you consider how these ingredients are used in the food that is served at your facility, you might find that your meals are not as fresh as you think!

