

Newrest published a cooking guide to raise awareness about social catering's new trends

Toulouse, June 27th, 2018 – Newrest, French catering specialist with a million meals served every day, published its first cooking guide dedicated to dietary vegan cuisine, one of 2018's big trends. Conceived by the Chefs and nutrition specialist from Newrest Restauration, this book translated in various languages will be given to the Group's teams and clients.

To meet the growing demand from clients and consumers for healthy and responsible cooking styles, Newrest Restauration imagined a cooking book of 85 pages.

Handed out in France and abroad, this book focuses on dietary vegan cuisine styles, so the substitution of animal protein by vegetable protein.

Made by a team of five nutrition specialist women from Newrest Restauration, the aim of this book is to guide clients and teams in adapting and taking into account new diets when they create menus.



Dietary vegan cuisine, a growing trend in social catering



Current health, environment and animal well-being concerns are having a knock-on effect in the food sector with specific diets growing in popularity, including vegetarianism, dietary veganism and flexitarianism.

All of these diets make it necessary to take current changes into account in social catering.

This cooking guide offers sixty recipes with the challenge of suggesting vegan meals while ensuring a large range of choice and good taste.

Newrest Restauration, committed to a reasonable balanced nutrition routine

This cooking guide is part of Newrest Restauration's responsible initiative that gives a primary importance to healthy nutrition and sustainable agriculture. In 2017, Newrest decided to supply its kitchens with chicken eggs only from farming that doesn't involve cages. This will be true in every Newrest kitchen in 2025.

This commitment is a major step in the Group's strategy in favor of sustainable development. At terme, Newrest is committed to an egg supply from local producers and out of cage farming in every country where the Group is present.

More recently, the Group began a partnership with Transgourmet France and the Pomme-reaux farm (Loir-et-Cher) to supply about thirty of Ile-de-France kitchens with products from sustainable agriculture.

André Rodionoff, Vice-President of Newrest Restauration is delighted that this book is going to be published: « *Dietary vegan cuisine shows our engagement in favor of sustainable and responsible agriculture. Today, Newrest works along side nutrition specialists and cooks with expectancies even higher than the required. Together, we commit with authenticity and integrity for the well-being and health of our clients.* »



A copy of the 'Livre Végétal' available on demand

About Newrest

Founded in 1996 under the name Catair, the Newrest Group, presided by Olivier Sadran and Jonathan Stent-Torriani, is currently the only catering company operating in all catering and related service sectors: inflight catering, buy-on-board, onboard duty-free, rail catering, airport and highway retail concessions, group catering, remote site management and support services.

With 32,000 employees in 48 countries, the Newrest Group, whose turnover totaled €1.8 billion in 2017, is also the second-largest independent airline catering company in the world.

At the end of the 2017 financial year (September), 88.6% of the Group's capital was management-owned (300 employees). Newrest's minority shareholders are: Naxicap Partners (5.2%), Ardian (formerly Axa PE) (2.8%), Duti Participations (1.9%) and BNP Paribas Dvpt (1.4%).

Newrest is committed to continuously improving and innovating the services it offers to its clients, as well as to the well-being and progress of its employees and executives. Sustainable development and full adherence to social and environmental values lie at the heart of the company's activities.

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