

# Press Release

## Sodexo Launches Aarogyum, A Premier Branded Patient Nutrition Solution

- With All India Institute of Ayurveda (AIIA) as a knowledge partner and Sodexo's culinary expertise, Aarogyum is a well-rounded offering in patient dining solutions.
- Aligned with the government's focus on nutrition and observance of National Nutrition Week and the International Year of Millets, Aarogyum carves a differentiation in healthcare.

**Mumbai, 8 September 2023.** In line with the government's focus on promoting healthy eating, Sodexo launched its new offering in branded patient dining, Aarogyum. Renowned for its exceptional services in food and catering, Sodexo's Health and Care segment launched a specially designed solution for patient nutrition enhancing its existing portfolio already comprising dining and retail options for the doctors, students, staff and visitors at healthcare facilities. Backed by research, we have been able to establish that some age-old practices and cooking techniques seamlessly complement the nutrition-rich dietary program planned and developed along with our dieticians to enable the faster recovery process of the patients along with clinical care.



Aarogyum is Sodexo's insights-driven patient dining solution that offers healthy meals prepared with fresh ingredients, using traditional Indian cooking techniques inspired by the ancient principles of Ayurveda to preserve and provide optimal nutrition to boost recovery. With All India Institute of Ayurveda (AIIA) as a knowledge partner, Sodexo offers personalised dining solutions to suit patient needs. The focus is on nutrient retention, including whole and natural ingredients, and using balanced herbs and spices in the cooking process. Being the International Year of Millets, a number of recipes have millets incorporated within meal plans. With a legacy of 25 years in food safety best practices, Sodexo India delivers safe and good food to the patient community so that healthcare institutions can focus on healthcare services and education, which is their core.

"Patient nutrition is currently more than 50% of our food business. Going by client feedback and the understanding that it is an important aspect which makes a big difference to the patient experience during a hospital stay, led to the

creation of Aarogyum. It is specially crafted to meet the requirements of today's hospitals in terms of addressing the challenges confronted in the scope of patient nutrition including taste, variety and hygiene. We have already piloted Aarogyum at one of the leading hospitals in New Delhi and the client and consumer feedback gives us the confidence to forge ahead and cover key sites across the country in the next 12-18 months." stated Sharad Misra, Director, Sodexo Health & Care, India.

Know more about our Health and Care services: <https://in.sodexo.com/your-industry/health-care.html>

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