



## SUBWAY® Restaurants Support Health and Fitness in Schools

SUBWAY® restaurants is committed to providing nutrition education and healthy meal choices for children. In 2007, the company launched a new curriculum available to educators which helps make learning about fitness fun and easy. The company also offers school food service a system to bring SUBWAY® sandwiches into the lunch room. And, for the past several years, the SUBWAY® chain has sponsored the “Jared & Friends School Tour.” This popular program brings Jared Fogle, known for losing 245 pounds in a year’s time by eating SUBWAY® sandwiches and increasing his physical activity, to visit students via school assemblies to share his story and give advice for leading a healthy lifestyle from an early age.

<p><b>IN-SCHOOL CURRICULUM:</b></p>	<p>SUBWAY® restaurants developed RANDOM ACTS OF FITNESS™, a program that provides adults with the tools necessary to get kids living healthier and more active lifestyles.</p> <p>Anyone can access nutrition and fitness-related activities and information through the free RANDOM ACTS OF FITNESS™ Web site. RandomActsOfFitness.com includes:</p> <ul style="list-style-type: none"> <li>• Health class section that provides ideas for teachers/parents</li> <li>• Nutrition, fitness and well-being question and answer section</li> <li>• Playground section where teachers and parents can learn additional classroom and family activities, and children can learn safety rules for bike riding</li> <li>• Library filled with links to nutrition, fitness and well-being Web sites</li> <li>• Daily nutrition and fitness tips</li> </ul>
<p><b>SCHOOL LUNCH PROGRAM:</b></p>	<p>The SUBWAY® restaurants school lunch program is designed specifically for elementary and secondary schools. The program allows students to choose a sandwich plus a healthy side and a nutritious beverage to make a complete, well-balanced meal. There are two ways to bring SUBWAY® sandwiches to a school cafeteria:</p> <p><b>The SUBWAY® Restaurants Off-Site Delivery Program</b></p> <ul style="list-style-type: none"> <li>• A school can select the sandwiches they want delivered. This method enables schools to provide a product that students want without adding labor and inventory costs.</li> </ul> <p><b>The SUBWAY® Restaurants On-Site School Program</b></p> <ul style="list-style-type: none"> <li>• The "made-to-order" concept is perfect for students and can be implemented in a cafeteria utilizing labor provided by either the SUBWAY® chain franchisee or school staff.</li> </ul>
<p><b>JARED SHARES HIS STORY AT SCHOOLS:</b></p>	<p>SUBWAY® restaurants spokesperson Jared Fogle struggled with his own childhood weight issues. As an adult, Fogle lost more than 245 pounds and learned the importance of good nutrition and fitness habits. Through the “Jared &amp; Friends School Tour,” Fogle travels to schools nationwide delivering an engaging and inspiring in-person school assembly that leaves kids ready to commit to their own healthy lifestyle habits.</p> <p>In 2008, Fogle celebrates the 10-year anniversary of reaching his weight loss goal and maintaining a healthy lifestyle. SUBWAY® restaurants and Fogle will honor the occasion with a nationwide tour visiting more schools and sharing nutrition and fitness inspiration.</p>