

Chesprocott Health District Launches a Healthy Restaurant Initiative!

One way to improve the health of the community is to make access to healthy food easy! Therefore, Chesprocott created the Healthy Restaurant Initiative. This program focuses on restaurants creating lower calories food items that contain healthy food groups. Food Service Establishments that have agreed to participate, were asked to create or highlight pre-existing meals on their menu that contain 700 calories or less, as well as items that contain healthy fats, lean protein and whole grains. All healthy meal choices were reviewed by Chesprocott Health District to make sure they met the criteria of the program. The current participating restaurants are *Spill the Beans*, *Senor Panchos*, and *Mirabelle's Italian Restaurant*. Some food items will include: healthy wraps, protein quinoa bowls, fajitas, and salads. Be sure to head down to each location to check out their healthy menu options! To learn more about this program or to participate please email Kate Glendon at kglendon@chesprocott.org. Chesprocott Health District will be updating the list of participating restaurants on the website monthly.

www.chesprocott.org or <https://www.facebook.com/chesprocott/>