

YOU'RE INVITED TO Healthy Options® Restaurant Week!

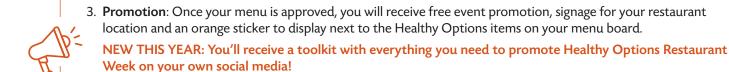
Share your healthy food with our community: March 24-March 30

We're excited to bring the 3rd Annual Healthy Options Restaurant Week to Buffalo - Monday, March 24 - Sunday, March 30! This spring, we are encouraging our community to visit new restaurants and taste all the healthy food that Western New York has to offer.

Each vendor will serve one "Healthy Options" menu, including an appetizer, entree and an optional dessert. If you don't currently offer a healthy option, we will work with you to find an option that fits your menu!



- 1. **Sign up by January 6**: Submit recipes for your menu items (appetizer, entree and dessert) online at www.healthyoptionsbuffalo.com/restaurantweek.
- 2. **Speak with our dietitian**: Our team will work closely with you regarding any alterations/recommendations needed to meet our Healthy Options program criteria (also available online).



EVENT OPPORTUNITY

Gain exposure and join us for our free **Taste of Health Event** by providing samples, demonstrations and recipes of your healthy menu items served during Restaurant Week to over 200 people.

Northland Workforce Training Center 683 Northland Ave., Buffalo, NY 14211 Monday, March 24, 6 – 8 p.m.

GIVE BACK TO THE COMMUNITY

For every Healthy Options meal purchased during Restaurant Week, the Independent Health Foundation will donate groceries to a family in need.

Questions?

For more information, please visit healthyoptionsbuffalo.com or email info@healthyoptionsbuffalo.com.







