

Healthy Dining Program

In order to promote healthier nutrition among people who live or work in the City of Everett, the Energize Everett initiative has established a voluntary designation for food establishments who wish to be known as offering choices of nutritious foods in a healthy environment.

The following criteria have been met by approved restaurants:

- 1) Has no unresolved health code violations
- 2) Maintains an appropriate food permit
- 3) Enforces no-smoking laws within the establishment
- 4) Offers at least two choices of fruits and/or vegetables (other than potatoes)
- 5) Allows substitution of salad or other vegetables for fried potatoes at no extra cost
- 6) Clearly designates low-fat and low-calorie menu items when offered
- 7) Offers 1% or skim milk when milk is offered as a beverage
- 8) Offers some dishes in a smaller portion size (e.g. half portion size) for a reduced price.

Everett is taking action to educate, encourage, and energize the community to eat well, exercise, and enjoy life. One of our campaigns is to promote access to healthy foods through the Healthy Dining Program. This is a incentive program to encourage local restaurants to offer affordable healthy choices for their customers.

Energize Everett's mission is to create a healthy community by promoting and supporting an environment where all have access to healthy food and numerous places to easily enjoy physical activity.



Healthy Dining Program

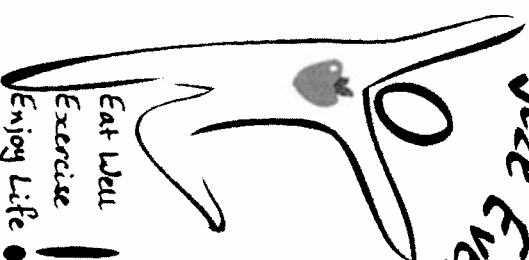
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www.cityofeverett.com

MAYOR CARLO DEMARIA, JR.



Healthy Dining Program

Energize Everett!



Eat well, Exercise, Enjoy life!

Participating Restaurants

8/10 Bar & Grille
10 Norwood St
(617) 387-9810

Bread & Company
27B Norwood St
(617) 394-9779
www.breadcompany.net

Carol's Café
388 Main St
(617) 389-9584

Dino's of The North End
440 Broadway
(617) 381-9191
www.dinoseverett.com

Ferry Street Grille
108 Ferry St
(617) 389-3900

Lilly's Gourmet Pasta
Express
208 Main St
(617) 387-8787
www.lillysgourmetpasta.com

Lindley Foodservice
1935 Revere Beach Pkwy
(617) 381-8787
www.lindleyfoodservice.com

Mubarak Convenience &
Indian Food
115 Main St
(617) 389-0008
www.mcindianfood.com

Romeo's
366 Broadway
(617) 389-3200

The Square Deli
421 Broadway
(617) 389-9489
www.thesquaredeli.com

Subway
1727 Revere Beach Pkwy
(617) 389-1703
www.subwayfreshbuzz.com

Whidden Memorial
Hospital Cafeteria
103 Garland St
(617) 389-6270



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