



AN  
INDEPENDENT HEALTH FOUNDATION  
PROGRAM

# HAVE FUN AND EAT HEALTHY TOO!

Eating healthy doesn't have to be boring! The Healthy Options program was created by the Independent Health Foundation to help educate and show the community all the unique and tasty options that healthy has to offer.



**LOOK FOR THE STICKER!**  
*Head to any of the events listed on the back and look for the Healthy Options sticker!*

## NOT JUST SALADS!

Think outside the salad bowl. Participating Healthy Options menu items provide you vibrant and exciting options that are always in great taste, including...

- Pizza – bruschetta, hummus, veggie & more
- Grilled kabobs & skewers
- Sliders
- Gyro pitas
- Turkey mac & cheese
- Grilled chicken sandwiches
- Pulled pork pierogis
- Wraps – souvlaki, BBQ chicken, tofu & more
- Mexican favorites
- Kids options
- Plenty of desserts & more!



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## LOOK FOR THE STICKER!



### GEARS & GRUB

June 29, July 27, August 31,  
September 21

Cruise the streets of downtown Buffalo with a 9-mile bike tour, stopping along the way at four restaurants to sample their Healthy Options menu items.



### HEALTHY OPTIONS COOKING CLASSES

Ongoing Dates

Work closely with a professional chef to learn healthy tips and preparation techniques. Enjoy generous samples of the evening's creations.



### POLAR BITES

February 23

Join us for some "healthy competition" and vote for your favorite healthy option at the Buffalo Zoo's annual wintertime fundraiser!



### FOOD TRUCK TUESDAYS

Tuesdays, April 11 – October 3

Each food truck at Larkin Square is required to have a healthy option. The dishes are unique and creative. Try them all!



### TASTE OF LEWISTON

May 27

Take a stroll down Center Street and celebrate everything Lewiston has to offer with dozens of vendors and Healthy Options!



### TASTE OF BUFFALO

July 8 & 9

Satisfy your taste for delicious, healthy bites at this year's Taste of Buffalo where each participating restaurant is serving up Healthy Options!



### NEW ERA FIELD

Available All Season at Various  
Concession Stands

Make your stadium meal a healthy one! Look for the orange sticker and make your next game a win-win experience!



### WINES IN THE WILD

July 19

The wildest event in town! Join the Buffalo Zoo at this fun-filled event and sample your way to a good time and great food. Vote for your favorite Healthy Option item!



### BEST OF WNY EVENT

July 21

Help Buffalo Spree congratulate this year's "Best Of" winners and vote for your favorite Healthy Option food items.



### ERIE COUNTY FAIR

August 9 – 20

Amidst all the donut burgers, funnel cake and deep fried everything, you can find over 20 Healthy Options items! Who says fair food can't be healthy?



### TASTE OF LOCKPORT

August 13

Niagara County's ultimate summer food fair will feature Healthy Option items at each participating restaurant tent! Find your favorite.



### TASTE OF NIAGARA FALLS

September 2 & 3

You don't have to be a daredevil to enjoy Old Falls Street and some of the area's top restaurants and vendors. Check out the Healthy Options at each participating restaurant!



### TASTE OF GRAND ISLAND

September 23

Get into the fall spirit with family and friends at this ultimate fall festival. Each restaurant will serve up a Healthy Option – so just look for the orange sticker!



### TAPS & APPS

September 28

Good food & good drinks for a great cause! Come to the Foundation's annual fundraiser and sample local healthy options, as well as beer, wine and spirits!

For more information on each event, visit [healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com) or call (716) 635-4959.