



# HAVE FUN & 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.

## 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!



### LOOK FOR THE STICKER!

Head to any of the events listed on the back and look for the Healthy Options sticker!



 "Like" Independent Health Foundation

 @HealthyOptBuff  HealthyOptBuff



**BUFFALO ZOO BEASTRO CAFÉ:**

**Ongoing Dates**

The animals at the Zoo have healthy appetites and when you're visiting, you too can satisfy your roaring hunger with 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 22**

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 10 – October 2**

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



**BUFFALOVEFEST**

**May 18**

Join the Buffalo Zoo and celebrate everything Buffalo, with live bands, local beers and wines and healthy food truck options!



**TASTE OF LEWISTON**

**May 26**

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



**TASTE OF BUFFALO**

**July 7 & 8**

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**

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



**BEST OF WNY EVENT**

**July 20**

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



**ERIE COUNTY FAIR**

**August 8 – 19**

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 12**

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



**TASTE OF NIAGARA FALLS**

**September 1 & 2**

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 22**

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



**TAPS & APPS**

**October 4**

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!



**LOOK FOR THE STICKER!**

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