



# 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!



## BECOME A PARTICIPATING RESTAURANT FOR FREE!

1. **Sign up by January 6:** Submit recipes for your menu items (appetizer, entree and dessert) online at [www.healthyoptionsbuffalo.com/restaurantweek](http://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).



3. **Promotion:** Once your menu is approved, you will receive free event promotion, signage for your restaurant location and an orange sticker to display next to the Healthy Options items on your menu board.

**NEW THIS YEAR: You'll receive a toolkit with everything you need to promote Healthy Options Restaurant Week on your own social media!**

## 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](http://healthyoptionsbuffalo.com) or email [info@healthyoptionsbuffalo.com](mailto:info@healthyoptionsbuffalo.com).

