



YOU'RE INVITED TO
Healthy Options® Restaurant Week!

Monday, March 4 – Sunday, March 10

Share your healthy food with our community!

The Independent Health Foundation, Buffalo Niagara Medical Campus, Buffalo Urban League Young Professionals and Appétit are excited to bring Healthy Options Restaurant Week to Buffalo! 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 be asked to serve one “Healthy Option” 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! The Healthy Options Restaurant Week runs **Monday, March 4 to Sunday, March 10**.



BECOME A PARTICIPATING RESTAURANT FOR FREE!

- 1. Sign up by February 5:** 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).
- 3. Approval:** We will let you know if your menu is approved. If it is not approved, we will work with you to designate a healthy option on your menu.
- 4. Promotion:** Once approved, you will receive free event promotion and signage for your restaurant location. You will also receive an orange sticker to display next to your Healthy Options items on your menu board.

EVENT OPPORTUNITY

Join us for our free **Taste of Health Event**, where you can gain exposure for your restaurant by providing samples and recipes of your healthy menu items served during Restaurant Week to over 200 people. You will also have opportunities to participate in food demonstrations and more!

Northland Workforce Training Center
683 Northland Ave., Buffalo, NY 14211
Monday, March 4, 6 – 8 p.m.

GIVE BACK TO THE COMMUNITY

During Healthy Options Restaurant Week, we are encouraging customers to donate meals to families in need through the Healthy Options at Home program. Additional signage will be provided with donation information.

Questions?

For more information, please visit the Healthy Options website at www.healthyoptionsbuffalo.com or email info@healthyoptionsbuffalo.com.

