

Estoril

1577 Pleasant Street Fall River, MA 508-677-1200

Gina's Family Restaurant

950 Wilson Road Fall River, MA 02720 508-679-4311

Highland Luncheonette

757 Robeson Street Fall River, MA 02720 508-674-6206

Ogil Restaurant

913 County Street 508-673-7250

O'Dell's Dine & Dash

Government Center Fall River, MA 02722 508-324-2433

O Express

277 South Main Street Fall River, MA 02724 508-676-5067

St. Anne's Hospital Cafe

795 Middle Street Fall River, MA 02721 508-674-5600

Subway Restaurant

1500 Brayton Avenue Fall River, MA 02721 508-675-6605

Tim Horton's Restaurant

550 Newton Street Fall River, MA 02724 508-673-9050

Tim Horton's Restaurant

1023 North Main Street Fall River, MA 02720 508-675-2938

Wendy's Old Fashioned Hamburger

500 Bedford Street Fall River, MA 02720 508-764-3100

The Fall River Healthy City Initiative

was established in 2003 in partnership with the City of Fall River and Partners for a Healthier Community.





Healthy Lives is part of Healthy City Fall River, an initiative of the Mayor's Office in partnership with the Massachusetts Department of Public Health's Community Health Network Area organization, Partners for a Healthier Community, Inc., supported by DPH linkage funds and involving all of the people who live or work in the City of Fall River.

Complete information about the initiative is available at www.healthycityfallriver.org.

Healthy City Fall River

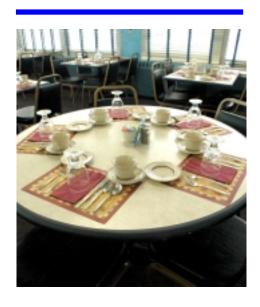
One Government Center, Room 422 Fall River, MA 02722 508-324-2411

Partners for a Healthier Community is the local Community Health Network Area (CHNA) organized by the Massachusetts Department of Public Health to establish a working partnership between DPH and area residents to improve the health status of all those who live or work in the CHNA.

Partners for a Healthier Communiy P.O. Box 1228 Fall River, MA 02722



Fall River's Healthy Dining Restaurants



Why a Healthy Dining Program?

Compared with the rest of Massachusetts, a greater percentage of people in Fall River, are overweight*, and consume fewer than five servings of fruits and vegetables daily*.

Each of these factors contribute to the higher rates of heart disease* and diabetes* among City residents. In order to promote healthier nutrition among people who live or work in the City of Fall River, the Healthy City Fall River initiative has established a voluntary designation for food establishments who wish to be known as offering nutritious foods in a healthy environment.

This program is modeled after others in Massachusetts and across the nation that seek to improve health by increasing the availability of nutrition information to consumers and by expanding the range of choices offered by food vendors.

There is no requirement that any establishment participate in this program nor any penalty for not participating.

The Healthy Dining Program recognizes that the latest nutrition guidelines have placed a greater emphasis on increasing fruits and vegetables in the diet, as well as on consuming a moderately low-fat diet.

The Healthy Dining Program criteria support healthful eating and are appropriate for the majority of the population, however, persons with allergies, chronic conditions requiring a therapeutic diet, or highly restricted nutrient intakes should see their physician and a registered dietitian for an individualized nutrition plan and information about their individual nutritional needs

(*www.gfrpartners.com/LeadingHealthIndicators.htm)

Healthy Dining Program Criteria

In order to participate in the program, food establishments must submit an application that documents that the establishment:

- Has no unresolved health code violations
- 2. Has an appropriate food health license
- 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 (e.g. French fries)
- 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 sizes)



2010 Healthy Dining Restaurants

A1 Pizza

207 Rhode Island Avenue Fall River, MA 508-675-0323

Beira Alta Restaurant

826 Plymouth Ave Fall River, MA 02721 508-672-2921

Billy's Cafe

663 Bedford Street Fall River, MA 02723 508-672-9380

Boston Market

30 12th Street Fall River, MA 02720 508-324-1195

Brick House Cafe

314 East Main Street Fall River, MA 02724 508-674-7800

Caravela

637 S. Main Street Fall River, MA 02724 508-235-1030

Charlton Hospital Cafe

363 Highland Avenue Fall River, MA 02720 508-679-3131

Fall River 99 Restaurant

404 Pleasant Street Fall River, MA 02720 508-673-8999

Lusitano

820 King Philip Street Fall River, MA 02724 508-324-4904

McGovern's Restaurant

310 Shove Street Fall River, MA 02724 508-679-5010

Daou Market

1678 President Ave. Plaza Fall River, MA 02720 (508) 679-0500



(continued)