



**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

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**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](http://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 Community  
P.O. Box 1228  
Fall River, MA 02722**

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# 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](http://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:

1. 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



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