



## Contact:

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## PartnerSHIP 4 Health is:

PartnerSHIP 4 Health is a collaborative of public health and community workers in Otter Tail, Becker, Clay and Wilkin counties who are creating an environment to improve our overall community health. Eat Well is a healthy restaurant initiative that creates a working partnership between PartnerSHIP 4 Health staff and local food service establishments.

*Eat Well is funded by the  
Centers for Disease Control and  
Prevention and the Minnesota  
Department of Health.*



## Are you ready to meet the growing demand for healthy foods?

Eat Well is a FREE program to local restaurants, grocery stores, and cafeterias guided by registered dietitians and professional chefs.

Together we can provide opportunities for our community to "Eat Well".

## Making it easier to Eat Well!

# Healthy Menu Healthy Bottom Line

Research from the National Restaurant Association shows that today, 7 in 10 adults are trying to eat healthier in restaurants than they did two years ago. Healthy food attracts new customers, increasing your sales. Healthy food choices improves individual health, and collectively, improves our community's health.

## Program Benefits



Customized  
Culinary Staff  
Training



Menu  
Nutritional  
Analysis



Recipe  
Modification /  
Development



Menu Design and  
Reprinting



Strategic  
Marketing



Sales  
Promotion

## How do I get started?

We will meet with you to discuss the Eat Well program in detail.

If you choose to participate, we assess your current menu offerings and together develop a simple action plan.

Additional grant funding is available to Eat Well partners to help achieve program goals.

