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Healthy Shelf Labeling Expanding in Lake County

Healthy shelf labeling continues to expand across Lake County. The Choosing Health in Lake County (CHIL) Coalition has been partnering with stores to help “make the healthy choice, the easy choice.” Lake County residents will notice healthy shelf labels at Houseman’s Foods, Save-A-Lot, and most recently Dublin General Store. Look for the CHIL logo which marks foods that are high in nutrients such as Vitamin A, C, D, and fiber and low in saturated, fat, salt, and cholesterol. The food items with a healthy label have been evaluated by a Registered Dietitian and meet the general nutrition guidelines set by the U.S. Department of Agriculture.

The CHIL Coalition aims to improve healthy food choices in Lake County. Keep track of more coalition activities by following “Choosing Health in Lake County” on Facebook. The coalition is made up of local agencies and community members and all are welcome to join. The next meeting is Monday, March 13th at 2:00 pm at St. Ann’s Church in Baldwin.



Pictured: Jennikka Baldwin of Baldwin and Meryl Smith, RD of DHD#10 display a healthy shelf label at Dublin General Store.



Pictured: The Choosing Health in Lake County (CHIL) Coalition logo found on healthy shelf labels.

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