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## **The Ochsner Eat Fit Program Is Expanding to Lake County** *Free Healthy Menu Training on February 16<sup>th</sup>*

The Lake County Community Partnerships for Healthy Mothers and Children (CPHMC) grant project is partnering with Louisiana-based Ochsner Eat Fit to bring a new restaurant initiative to Lake County: Eat Fit NW Michigan.

Eat Fit New Orleans is a successful campaign that started in 2013 that helps local food service professionals and restaurant owners identify healthy options on their menu. Providing healthy choices can help attract and retain customers and supports a healthier community. Eat Fit New Orleans will be hosting a training to help food establishments in Lake County do the same. The training will be presented by Registered Dietitians, Molly Kimball and Julie Nieto of Eat Fit New Orleans.

The Eat Fit NW Michigan team is thrilled to be launching this program and invites any restaurant or food service establishment to participate. A kick-off training will be held on February 16<sup>th</sup>, 2017 in St. Ann's Community Room, 1001 Michigan Ave, Baldwin, MI 49304. The training is scheduled from 9:00am-4:00pm. If a restaurant or food service cannot attend the whole day, they can attend 2:00-4:00pm only.

For more information or to register, contact Meryl Smith, Registered Dietitian at 231-316-8584 [msmith@dhd10.org](mailto:msmith@dhd10.org).

Choosing Health in Lake County (CHIL) coalition members have already started helping local restaurants and store "make the healthy choice, the easy choice." This initiative looks to add more locations and enhance locations that have already started healthy labeling including Irons Café and Barski.

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