

aberdeen-chamber.com/  
events-programs/  
hub-city-healthy-eats

i really regret eating  
healthy today...  
said no one ever.

## how to identify healthy items

- 1) fresher ingredients
- 2) more vegetable options vs fried sides
- 3) healthier cooking methods
- 4) lower calorie
- 5) lower sodium
- 6) lower saturated fat
- 7) less sugar

Look for this window  
cling at local eateries



participating  
business



## Contact Us



605.225.2860



516 S Main St | Aberdeen, SD



[lisa@aberdeen-chamber.com](mailto:lisa@aberdeen-chamber.com)

Hub City Healthy Eats is a self-attestation program. Businesses that participate in the program are doing so voluntarily. The Aberdeen Area Chamber of Commerce nor any members of the Health & Wellness Committee guarantee any of the claims made by this program.



YUM!

# hub city healthy eats

## information guide



## About Us

Hub City Healthy Eats is a project of the Aberdeen Area Chamber of Commerce's Health & Wellness Committee.

Our goal is to help citizens and visitors eat healthier while dining out by making it easy for them to identify menu items that meet the criteria to be considered a healthy item. Just look for the avocado!

# helping the hub city eat healthier

## Let the Avocado Lead You!

Local eateries provide an important link in our economy and you shouldn't have to choose between supporting them and eating healthy. We've done all the legwork so you can order with confidence. The avocado will show you the way!



Registered dietitians have reviewed menu items and given their avocado of approval to the ones that meet the criteria.



Eating healthy helps your body's processes and functions improve, making you feel better inside and out.



Thank you for dining at Aberdeen businesses. Everyone appreciates your support!

## Where To Find the Avocado

Participating Aberdeen businesses will display a window cling with the HCHE avocado. Inside each eating establishment, healthy menu items will be identified by the avocado. You may also scan the QR code on the back of this brochure that will take you to our website with those menu items listed by business.

