

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

eat well  
live well  
be well

## identifying 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



## Contact Us



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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.



# hub city healthy eats

## participant guide

Signage provided!



## participating business





## 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. Your establishment will also be included on the healthy venues list.

# helping the hub city eat healthier

## How it Works



A registered dietician will work with you to determine healthy menu items. Those items can then be denoted with the HCHE avocado.



Full service restaurants, fast food restaurants, convenience stores, grocery stores and more are all eligible to participate.



There is no cost for you to participate. You will be provided with stickers and window clings.

## What's In It For You

- Local dieticians and health clubs will be asked to carry a list of establishments as encouragement to try all healthy places & dishes.
- Your business will be included on the Chamber's website as part of the HCHE program.
- Locals and visitors who are looking for healthy alternatives while dining out will be able to find your business on the list.

