




“Healthy Wey” Restaurant Initiative Launches Healthy Menu Items



Weymouth takes another step forward to improve the health of the community by creating the “Healthy Wey” Restaurant Initiative. The program was developed to give the community healthier options at local restaurants. The meals are created to meet the criteria for the USDA guidelines, which includes meals consisting of 600 calories or less, 35 percent of those calories from fat, and saturated fat at less than 10 percent. The healthy choices must not exceed a sodium level of 600 milligrams and a cholesterol level of 150 milligrams. Olympic Pizza has become the first restaurant to participate in the healthy restaurant initiative. Weymouth will be looking to expand this program to other restaurants in town, the next being Blue Point Bistro in Weymouth Landing. Look for the  logo on more menus in the future.

Restaurant Initiative in the News:

<http://www.wickedlocal.com/weymouth/features/x1639216155/Healthy-delights-on-table-at-Olympic-Pizza#axzz1PI4QAqXe>

Link to Olympic Pizzas Facebook Page:

<http://www.facebook.com/pages/Olympic-Pizza/243746493546>

If your establishment is interested in participating in the “Healthy Wey” restaurant initiative, contact Val Sullivan at 781-340-5008.