

Welcome

... We're putting "healthy" on the menu!

The University of Maryland Extension* (UME) Service for Washington County is excited to introduce our **Healthy Hometowns Restaurant Program!** This Program is a collaboration between UME and local Washington County restaurants.

Washington County Maryland has many restaurants and food eateries to visit for a delicious meal. You may be going out for a special occasion, visiting one of your favorite restaurants for lunch or you may be picking up food to take home after a busy day.

You now have the opportunity to select from additional healthy options from restaurants that are participating in the NEW **Healthy Hometowns Restaurant Program!**

Participating restaurants will offer their patrons a supplemental Healthy Creations Menu and meals prepared with delicious and nutritious ingredients. A participating restaurant may offer new main dish food selections, or side dish choices that you don't have to pay extra when replacing fries, and you may see some creative choices of drinks, salads, appetizers and desserts.

Look for our logo at participating restaurants.



Healthy Creations with the Chef

Participating restaurants will also have the opportunity to showcase their signature creations in our "Healthy Creations with the Chef" event series. As permitted by prevailing conditions, these events may be hosted virtually or in-person.

Our event series will encourage community participation and introduce local chefs and their establishments to a wider audience.

All Healthy Creations with the Chef events will be videotaped and added to our UME Food and Nutrition YouTube video library for viewing by the general public.



Become a Healthy Hometowns Restaurant

- **Creative Meal Selections** that allows chefs to showcase signature food and drink creations on their supplemental Healthy Creations Menu that are delicious and nutritious meal options.
- **Rewards** for participating in our online survey. Give feedback and ideas to the participating eateries about the program. Qualify for the quarterly drawings!
- **Knowledge** about preparing healthier meals. Follow our website to participate in the Healthy Creations with the Chef online event series. As permitted by prevailing conditions, these events may be hosted virtually or in-person in the future.
- **Opportunity** to visit participating local restaurants to enjoy eating out and have a bigger selection of foods to enjoy!
- **Opportunities** to learn about the featured monthly foods and different ways to prepare and enjoy foods, courtesy of the participating restaurants.
- **Q&A** with the Nutritionist column on the UME website.
- **Scan** our QR code for participating restaurants.



Washington County

Why offer Healthy Hometowns?

Every three years, a Community Health Needs Assessment (CHNA) is conducted by Meritus Health, Brook Lane Health Services, Washington County Health Department and other partners in the Healthy Washington County coalition.

The 2019 CHNA identified obesity, diabetes, heart disease and hypertension (all diseases directly related to diet and nutrition) among the top health concerns for Washington County residents.

In an effort to improve the quality of life in our community, University of Maryland Extension has developed our Healthy Hometowns initiative, a new free collaboration that means Washington County residents will have healthier meal options when dining out.

What is University of Maryland Extension?

UME is part of the University of Maryland system.

UME serves Maryland communities and provides research-based education to improve quality of life in the areas of agriculture, water quality, natural resources, food safety, nutrition and healthy living, youth development, and community engagement.

Healthy Hometowns Quick Facts

What is Healthy Hometowns?

Healthy Hometowns is a collaboration between UME and local restaurants with the goal of making healthy and delicious dine-out meals available to patrons.

How does it work?

Registered Dietitians will offer free nutrition and menu planning consultation to participating restaurants.

In exchange, those restaurants will offer Washington County residents a Healthy Hometowns supplemental menu with healthy, satisfying and delicious meal choices.

When will the program be available?

UME is currently collaborating with local restaurants who plan to participate in Healthy Hometowns. Look for the announcement that their new supplemental menus will be available early in 2022.

How do restaurants get involved?

To become involved, contact UME Registered Dietitian Lisa McCoy at 301-724-3320 or lmccoy@umd.edu

For more information, visit the website at www.go.umd.edu/HealthyHometowns



**YOUR INVITATION TO AN EXCITING NEW
OPPORTUNITY IN WASHINGTON COUNTY**

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MARYLAND
EXTENSION**