

## **Nourishing Needham Healthy Eating Week September 21<sup>st</sup> – 29<sup>th</sup>**

Consumers are spending more of their food dollars in restaurants, including fast food establishments, and the Needham Public Health Division (NPHD) is providing tools to make them healthier choices. For one week this September, local restaurants in Needham are partnering with the NPHD to highlight healthy menu items as part of the Nourishing Needham program.

### **What is Nourishing Needham?**

The program was developed by the NPHD to promote healthy living among residents. Food establishments that choose to be a part of the Nourishing Needham program help consumers easily identify and select healthy menu options when eating away from home for the week. Nourishing Needham items include more plant-based and lean-protein animal sourced foods that are better for people and the planet. The program uses science-based nutrition criteria to identify Nourishing Needham items and participating restaurants must serve at least two healthy menu options that meet specific nutrition criteria.

### **Why Nourishing Needham?**

- As of now, Americans spend a little more than half of their food expenses on restaurant food, which is an increase of more than 25% since 1955.
- Over the past 15 years, the prevalence of diet-related communicable diseases, including diabetes, cancer and heart disease, along with obesity, has increased in the community.
- Evidence shows that dining out frequently leads to an increased intake of calories, fat, and sodium, and that a relationship exists between restaurant dining frequency and body weight and body fat in adults and children.
- Food service establishments can be part of the solution to this problem by highlighting healthier options to customers.

### [Current Nourishing Needham Establishments](#)

Interested in learning more? Check out our [Resources page](#).