SUBJECT: Our [cafeteria, café, onsite retail name] has new options!

There are new options in the cafeteria! Our agency adopted Healthy Nutrition Guidelines to increase access to healthy food and beverage choices. Stroll on by and look for:

* Whole grain rich options
* Fresh fruits and vegetables
* Lean protein options
* Vegetarian choices
* Low- and non-fat milk and milk products
* Foods prepared using healthy cooking techniques
* Healthy substitutions
* Lower sodium items

Healthy eating just got easier. For more information on the Healthy Nutrition Guidelines project and the Choose Well – Live Well campaign, see [www.doh.wa.gov/choosewell-livewell](http://www.doh.wa.gov/choosewell-livewell).

[Wellness Coordinator name]

 

***Your health. Your food. Your choice.***