



## Time for Change

Healthy Dining New Bedford (HDNB) is a voluntary program reaching out to restaurant owners, managers and food establishments. Our goal is to reduce and reverse the national epidemic of obesity (linked to an increase in diabetes, cardiovascular disease, cancer and other chronic conditions) by introducing menu options that promote a healthy lifestyle.

## Welcome Change

It's more than just a health initiative. It's part of a movement toward a new and better lifestyle that will benefit you, your customers and our community.

“Better options...everyone wins.”



## What's in it for You?

Mass in Motion New Bedford (MiM NB) is dedicated to promoting healthy dining options in the City of New Bedford through our MiM NB website, HDNB Facebook page, HDNB brochure distributed throughout the City and ongoing community interactions.

## Make Change Happen

Little changes can make a big difference. You can become a Healthy Dining restaurant if your adult and children's menus offer options such as:

- \* Substitution of a salad or other vegetables for fried vegetables
  - \* Dishes in half portions or children's size portions
  - \* At least three sides of fruits and/or non-fried vegetables (except potatoes)
  - \* Items with “No Added Salt/Sugar” or “Reduced Salt/Sugar”
  - \* At least three baked/grilled entree items for children
  - \* One percent/skim milk or water as default beverage for children
- (See application for entire list of guidelines.)

# Healthy Dining

Restaurants and  
their customers

“The sales of the Healthy Dining menu are nothing less than fantastic. There is a need for this. My guests love it! Thank you for bringing this program to New Bedford.”

– Healthy Dining New Bedford Restaurant Manager

“This is a proud moment for our City and a proud moment for our restaurant. We are happy to be a part of it.”

– Healthy Dining New Bedford Restaurant Manager

“It's refreshing to see restaurants offering salads as a side choice instead of the typical french fries.”

– K. Ferreira

“I love having a grilled option to choose from on the menu...as opposed to breaded or fried.”

– A. Bannister



# Our Goal

Healthy Dining New Bedford (HDNB) is a voluntary program in which food establishments participate by offering healthy meal options to customers. Our goal is to promote better nutrition among the people of New Bedford.

# How to Get Involved

In order to participate and qualify for the HDNB program, restaurants must comply with state sanitary codes, applicable licensing, permits and Smoke-Free Workplace Law provisions.

Restaurant owners and managers can complete a HDNB application online at [massinmotionnewbedford.org](http://massinmotionnewbedford.org) or request an application by contacting the Office of Housing and Community Development.

Copies of the restaurant's adult and children's menus must be attached in order to be considered. It is easy to do, and there is no charge to apply!

Your application, menus and compliance history will be reviewed within thirty days of receipt. If approved, you will be awarded a HDNB program window decal to display at your restaurant.



For more information, contact  
The Office of Housing  
and Community Development  
(508) 979 - 1500  
608 Pleasant Street  
New Bedford, MA 02740  
[healthydiningnewbedford@newbedford-ma.gov](mailto:healthydiningnewbedford@newbedford-ma.gov)  
[massinmotionnewbedford.org](http://massinmotionnewbedford.org)

 Find us on Facebook:  
Healthy Dining New Bedford



A Mass in Motion initiative sponsored by the Massachusetts Department of Public Health.

# Healthy Dining New Bedford moving forward



**Make the healthy choice  
the easy choice**

