

# Healthy Eating Week



February 16 – 22

Join us for a special event  
**Taste Testing & Showcase**  
of participating  
restaurants and markets  
on **February 18, 2014,**  
**10:30 AM – 12:00 PM**  
**American Legion Hall**  
**249 Broadway**

## WHAT is **Revere on the Move** “HEALTHY EATING WEEK”?

REVERE ON THE MOVE is proud to announce the first Healthy Eating Week in Revere. We are showcasing ten local restaurants and four markets that provide healthier food options for you and your family, with a chance to WIN PRIZES from FEBRUARY 16-22, 2014.

## Who says healthy food can't be delicious?

Check out the following restaurants and markets and enjoy their healthy food options. [See the back for details](#) on how you can **win a Gift Certificate** by making healthier choices.

### RESTAURANTS

Café Costa del Sol  
366 Broadway  
(781) 485-0555

Antonia's at the Beach  
492 Revere Beach Blvd.  
(781) 284-1272

Good Diner  
361 Broadway  
(781) 286-5050

Los Pinos Mexican Grill  
227 Revere Street  
(781) 629-2262

Las Delicias Colombianas  
86 Shirley Avenue  
(781) 286-7600

Sebastian's  
733 Broadway  
(781) 289-9700



DeMaino's  
14 Malden Street  
(781) 284-8110

Bagel Bin Deli  
2017 Shirley Avenue  
(781) 289-0989

Companions  
488 Broadway  
(781) 284-3900

Volare Restaurant  
388 Broadway  
(781) 629-4762

### MARKETS

Quick Food Store  
307 Revere St  
(781) 284-1490

Super Convenience Store  
136 Shirley Ave  
(781) 629-4998

Elia's Food Market  
4 Park Ave.  
(781) 284-6316

Olympia Market  
5 Atlantic Ave.  
(781) 241-4772



## Live Healthier

### At Restaurants choose Healthier Options:

- ✓ Substitute French fries with a vegetable at no extra charge.
- ✓ Drink free tap water with your meal.
- ✓ Choose 1% or skim milk
- ✓ Take half your meal to-go.

### At Corner Stores choose Healthier Options:

- ✓ Fruits and Vegetables (fresh, frozen or canned)
- ✓ Whole grain cereals and grains such as bread, pasta, brown rice
- ✓ Low Fat Dairy (fat free/1% milk, light yogurt)
- ✓ Healthy Beverages (100% juice, water)
- ✓ Healthy Snacks such as lower sodium nuts, baked chips, pretzels, popcorn

# Healthy Eating Week Raffle

## February 16 – 22, 2014



Prizes for choosing healthy options!

Stop by one of the restaurants below during Healthy Eating Week, enjoy a healthy meal, and enter into a raffle for the chance to win a gift certificate.

Ten restaurants and four markets in Revere will be participating and helping to find ways for you and your family to make healthier food choices.

Simply take the raffle ticket below to one of the participating restaurants, make one of the healthy choices listed, get a signature from a restaurant representative, and drop your ticket into one of the Revere on the Move collection boxes. You will be contacted by phone or email if you are a lucky winner.

### Participating Restaurants

Café Costa del Sol  
366 Broadway  
(781) 485-0555

Los Pinos Mexican Grill  
227 Revere Street  
(781) 629-2262

DeMaino's  
14 Malden Street  
(781) 284-8110

Volare Restaurant  
388 Broadway  
(781) 629-4762

Antonia's at the Beach  
492 Revere Beach Boulevard  
(781) 284-1272

Las Delicias Colombianas  
86 Shirley Avenue  
(781) 286-7600

Bagel Bin Deli  
2017 Shirley Avenue  
(781) 289-0989

Good Diner  
361 Broadway  
(781) 286-5050

Sebastian's  
733 Broadway  
(781) 289-9700

Companions  
488 Broadway  
(781) 284-3900



### HEALTHY EATING WEEK RAFFLE

Your Name \_\_\_\_\_

Phone # or Email Address \_\_\_\_\_

Restaurant: \_\_\_\_\_

You:

- Substituted French fries with a vegetable
- Drank free tap water with your meal
- Chose 1% or skim milk
- Took half the meal to go



Signature of Restaurant Representative: \_\_\_\_\_