CONTACT:  Catherine Ratté, PVPC Principal Planner, (413) 781-6045

FOR IMMEDIATE RELEASE

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**Healthy Dining Week to take place in Palmer, West Springfield**

As part of a three-year effort to improve health outcomes and make it easier for people to "Eat Better and Move More," the Mass in Motion Wellness Leadership teams in Palmer and West Springfield are planning Healthy Dining Week, April 4- 10, 2016. Nine restaurants are participating to highlight the healthy menu options available. Diabetes, hypertension and obesity rates are higher than average in both Palmer and West Springfield. All three of these health conditions can be addressed, in part, by improving eating habits.

In addition to making smaller portion sizes available, participating restaurants will showcase entrees which are lower in calories and fat, and that emphasize fruits, vegetables and lean meats. Many restaurants prepare their meals from scratch and include local ingredients when available.

In Palmer, participating restaurants include Girly's Grill (Park St), Pinocchio's Ristorante (Bridge St), Rondeau's Dairy Bar (Ware St), and the Steaming Tender (Depot St). Menu offerings include a variety of grilled chicken and seafood options, salads, and sandwiches along with no-sugar-added homemade ice cream for dessert.

Participating restaurants in West Springfield include Crepes Tea House (Union St), On the Border (off of Riverdale St), Memo's (Memorial Ave) and Subway (Memorial Ave). Healthy Dining Week menu offerings range from enchiladas and sandwiches to crepes and salads, with specials for children, too.

This work was coordinated by staff from the Pioneer Valley Planning Commission and is carried out in tandem with ongoing efforts to improve the health and well-being of residents in both communities. Mass in Motion works to promote opportunities for healthy eating and active living in the places people live, learn, work, and play. Mass in Motion is a program of the Massachusetts Department of Public Health.

For more information on Mass in Motion projects in the region, contact Catherine Ratté at the Pioneer Valley Planning Commission at (413) 781-6045 or cratte@pvpc.org. In West Springfield, contact Jeanne Galloway at (413) 263-3206 or jgalloway@west-springfield.ma.us. In Palmer, contact Health Agent Joshua Mathieu at (413) 283-2606 or jmathieu@townofpalmer.com. For information on local initiatives, please contact individual municipal health departments.