



has partnered with



To increase the visibility of healthy food choices in Allen County. Look for the heart symbol found below to locate Subway Fresh Fit 6" sandwich options with 6 grams of fat or less. Some tasty options include: Black Forest Ham, Oven Roasted Chicken, Turkey Breast and the Veggie Delight. You could also try a fresh salad. Don't forget to load up on the veggies, go light on the dressings and add a Fresh Fit side like Baked chips or an apple.

Thank you Subway for making the Healthy Choice an Easy Choice!

