

Activate Allen County and Lima Memorial Health System's Café have partnered to increase the visibility of healthy meal choices and assist customers and employees in making the healthy choice the easy choice.



Look for these **Activate Approved** options today!

- ◇ Daily featured **500 calorie meal option** as a part of the Mindful program by Sodexo
- ◇ **Salad Bar**– choose from 50 items including fresh veggies, lean proteins and light or fat free dressing options
- ◇ Made-to-order **Deli Bar** with vegetarian, vegan, lean protein and whole grain options
- ◇ **Soups**– 3 heart-healthy options daily
- ◇ **Fresh Fruit and Vegetable Cups and Whole Fruit**
- ◇ **Yogurt and Yogurt Parfaits**
- ◇ **Garden Salads, Wraps and Sandwiches** in Simply to Go section
- ◇ **Vegetarian and Vegan options** are always available, ask an associate to point out these options
- ◇ **Opt Healthy Vending**– providing healthy snack and quick meal options
- ◇ **Snack Mixes** by Truly Good Foods
- ◇ **My Fitness Pal**– linked to all items sold in the café to assist you in tracking intake
- ◇ **Download BITE by Sodexo** to check nutrition information and the menu for each day. This is a FREE phone app.