



St. Rita's Medical Center

Activate Allen County and High Street Café at St. Rita's Medical Center have partnered to increase the visibility of healthy meal choices and assist customers in making the healthy choice the easy choice.

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

- ◇ Marked **GREEN light items** throughout the café
- ◇ Daily featured **500 calorie meal option** as a part of the Mindful program by Sodexo
- ◇ **Salad Bar**– loaded with fresh veggies and 2 tablespoons of light or fat free dressing
- ◇ **Fresh Fruit and Vegetable Cups**
- ◇ **Yogurt and Yogurt Parfaits**
- ◇ **Garden Salads and Wraps** in Simply to Go section
- ◇ **Vegetarian and Vegan options** as marked
- ◇ **My Fitness Pal** is linked to all items sold in the café to assist you in tracking intake

