

Join the Movement

# Blue Zones Project®

FOR A HEALTHIER FORT WORTH

DFW Area Food Recovery Event

August 18, 2015



# The Stairwell Speech:

Blue Zones **Project** is a **community-wide**

**WELL-BEING IMPROVEMENT INITIATIVE**

designed to

***make healthy choices easier***

by encouraging

**sustainable changes**

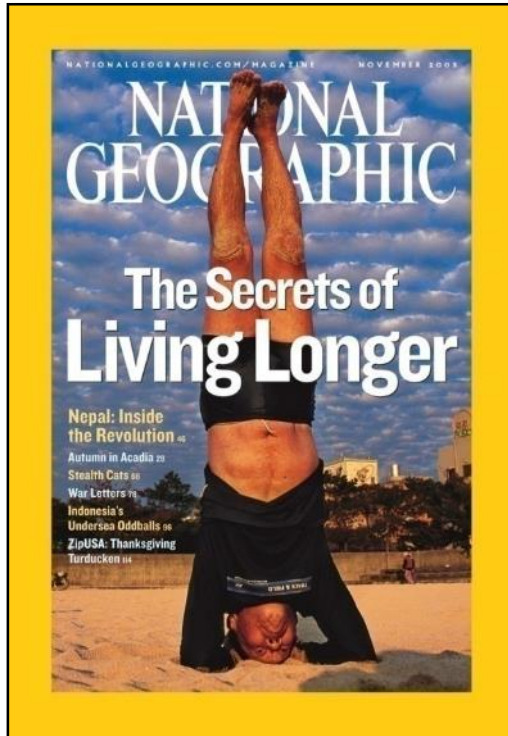
in our



and **social networks**



# Secrets of Living Longer



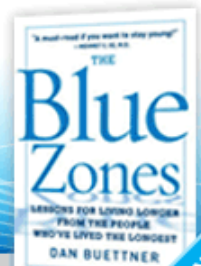
In Blue Zones areas, people share nine common lifestyle principles that lead to better **quantity** and **quality** of life.

Loma Linda, CA; Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece; Okinawa, Japan

**New York Times bestseller!**

*"A must read if you want to stay young,"*  
– Dr. Mehmet Oz.

*"Practical tips for living long and well,"*  
– Dr. Andrew Weil



**Order Now** ➔

**SEEN ON OPRAH**

# Fort Worth Achieving Blue Zones Designation Unified Approach to Well-Being Improvement



# Healthy Choices at Restaurants





# Best Practices to Cut Back on Food Waste

- Offer half-size portions of top selling entrees. Promote this choice on your menu
- Let customers know before they order that to-go boxes can be brought at any time during the meal (before, during, or after). Promote this on your menu or table tent.
- Allow patrons to split plates at no extra charge.
- Serve entrees on 10 inch plates or smaller.

# Blue Zones Project Approved™

## Worksites

- Apex Capital
- Ben E. Keith Foods
- Blue Zones Project Fort Worth
- Cook Children’s Healthcare System
- Higginbotham Insurance & Financial Services
- Tarrant Area Food Bank
- Tarrant County College – South Campus
- The Stayton



## Restaurants

- Byblos Mediterranean Restaurant
- Camelot Court
- Grand Cru Wine Bar & Boutique
- HoYA Korean Kitchen
- Juice Junkies
- La Perla Negra
- Le Monade
- Los Vaqueros (Northside location)
- Pegaso Mexican Diner
- Righteous Foods
- Salata (Downtown location)
- Salata (TCU location)
- Spiral Diner
- Z’s Café & Catering



## Participating Organizations

*These organizations have completed the Organization Checklist and are playing a role in improving well-being in Fort Worth.*



- Fairmount Neighborhood Association
- Family Pathfinders of Tarrant County
- Fort Worth Hispanic Chamber of Commerce
- Fort Worth Metropolitan Black Chamber of Commerce
- Kids Who Care
- Texas and Pacific Lofts Homeowners Association

## Grocery Stores

- Central Market
- Fiesta Mart (8<sup>th</sup> Avenue)
- Carnival Food Stores (NW 28<sup>th</sup>)



\*As of October 13, 2015

# Brought to Fort Worth By



THE RYAN FOUNDATION





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# Blue Zones Project<sup>®</sup>

FOR A HEALTHIER FORT WORTH

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