HEALTHY HAPPENS HERE RESTAURANT INITIATIVE: A SUCCESS STORY

Today people are exposed to large serving sizes and unhealthy food choices when eating out. These behaviors are leading to increased calorie intake and increased risk of obesity. The purpose of the Healthy Happens Here restaurant initiative is to provide access to healthy foods and beverages to Miami-Dade County residents by supporting and educating restaurant owners in developing healthy meals. These meals consist of 500 calories or less, 500 mg of sodium, an average of 100 mg dietary cholesterol and no trans fats. To date, 83 restaurants have enrolled in the initiative, including Cuban Guys, Sergio’s and Aromas del Peru. A successful example of the Healthy Happens Here initiative is the Green Apple Juice Lounge. When Paul Zerpa, owner of Green Apple Juice Lounge was asked how satisfied the consumers were with the initiative, he replied, “more than 10% of the restaurant’s daily sales come from the initiative. I have a set number of consumers that only come to buy these healthy meals”. The initiative has had great success and is expanding into other parts of Miami-Dade County. Click here to explore the healthy options available!

Fresh Fruit Sticks with Honey Bee Sauce

Ingredients:
1 large pineapple – trimmed and cut in small pieces
1 seedless watermelon – cut into small chunks
3 Kiwi – peeled and cut into wheels
Green and Red seedless Grapes
24 fresh Strawberries – Trimmed and cut in half

Coconut Honey Bee Sauce: 1-1/2 cups fat-free vanilla yogurt
4-1/2 teaspoons coconut flakes
4-1/2 teaspoons Honey

Directions: Wash, trim and cut fruits into small cubes and thread onto wooden skewers (for little ones...use coffee stirrers). Combine dip ingredients in a small bowl, mix well; serve with the kabobs. Makes about 24 kabobs.

From the Kitchen of Short Chef

COMPLETE STREETS: MIAMI-DADE COUNTY WINS!

The United States Secretary of Transportation, Anthony Foxx, recognized Miami-Dade County with the U.S. Department of Transportation’s Mayors Challenge for Safer People, Safer Streets Award for its Complete Streets approach on September 16th. Trying to tackle the high rate of pedestrian and cyclist deaths, Miami-Dade County Mayor Carlos Gimenez and Miami-Dade Commissioner Dennis C. Moss, convened a 22-member committee, who along with input from the community, identified methods of improving road safety. Click the picture for more information!
**QUICK FACTS**

According to the CDC, the most important thing you can do to lower your lung cancer risks is to quit smoking and avoid second-hand smoke.

For help quitting, visit smokefree.gov, call 1-800-QUIT-NOW, or text "QUIT" to 47848.

In Florida, Big Tobacco spends more than $700 million in marketing.

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**Save The Date!**

**M-DHAN Primary Care Summit & 2-DAY EVENT**

**Day 1**

M-DHAN Primary Care Summit  
Thursday, December 8, 2016  
11:00 a.m. to 4 p.m.  
United Way of Miami-Dade  
Ryder Room  
3250 SW 3rd Avenue  
Miami, FL 33129

In Partnership with

HCSF  
United Way of Miami-Dade  

**Community Health Improvement Plan (CHIP) Summit**  
Friday, December 9, 2016  
9:00am - 4:00pm  
Firefighters Memorial Building  
8000 NW 21st Street  
Miami, FL 33122

In Partnership with

Miami-Dade County’s collective health has changed over the last few years. Many health outcomes have improved while others have gotten worse. The Community Health Improvement Plan (CHIP) Summit is an annual event for Miami-Dade’s public health community to address strategic public health priorities and review the strategies in place to improve community health and quality of life in Miami-Dade County. For more information, please contact Nancy Vazquez at Nancy.vazquez@flhealth.gov

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**NOVEMBER IS LUNG CANCER AWARENESS MONTH**

**November 2016**

**4**  
**CITY OF HIALEAH 10TH ANNUAL TOBACCO PREVENTION SUMMIT**  
Location: Goodlet Park - 4200 W 8th Avenue Hialeah, FL 33012  
Time: 5:30 - 10:00 PM

**8**  
**CARDIO PUMP EXERCISE CLASS**  
Location: Coral Reef Park, 7895 SW 152 Street  
Palmetto Bay, FL 33158  
Time: 11:00 AM - 12:00 PM

**12**  
**UNIVERSITY OF MIAMI HOSPITAL LUNG CANCER AWARENESS HEALTH FAIR**  
Location: 1400 NW 12th Avenue, Miami, FL 33136  
Time: 9:00 AM - 3:00 PM

**15**  
**TIPS TO REACH A HEALTHY WEIGHT**  
Location: Walgreens, 15255 SW 137 Avenue Miami, FL 33177  
Time: 5:30 - 7:00 PM

**19**  
**LITTLE HAITI THANKSGIVING TURKEY GIVEAWAY**  
Location: 5851 NE 2nd Avenue Miami, FL 33137  
Time: 10:00 AM - 2:00 PM

**30**  
**FAM JAM**  
Location: 3000 NW 199th Street  
Miami Gardens, FL 33056  
Time: 5:00 - 8:00 PM

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**IMPORTANT NOTE:** Registration required in Advance. Information to follow.