

Health

LC Explorer



Kick Boredom to the Curb

- Over 30,000 local experiences
- Create your personal ExplorerList

What's
Inside [Announcements](#)
[Health Calendar](#)
[Live Healthy](#)
[Local Flu Clinics](#)
[Local Hospitals](#)
[Hometown Jobs](#)
[Lorain County Walks](#)
[Health Home](#)
Health
Directory [Chiropractor](#)
[Dentist](#)
[Hospitals](#)
[Medical Centers](#)
[Nursing Homes](#)
[Optometrist](#)
[Physicians](#)

THRIVE! Southern Lorain County and Bread-N-Brew Team Up to Offer Healthy Menu Options

Margaret Swendseid



THRIVE! Southern Lorain County

February 8, 2018 -- As consumers become more concerned about the amount of fat, sugar and sodium in their diets, restaurants can play an important role in their customers' well-being by serving up healthier menu choices.

One restaurant is taking the lead: [Bread-N-Brew](#)

[Restaurant](#) ([Website](#) | [Profile](#)) of Wellington. This cozy, inviting diner at the corner of South Main Street and Herrick Avenue is renowned for its homemade baked goods, courtesy of owner and old-fashioned baker

Christine Buzaleski.

About a year ago Christine joined hands with representatives of [THRIVE! Southern Lorain County](#) ([Website](#) | [Profile](#)), whose mission is to encourage residents to live healthier through improved nutrition, increased physical activity and informed behavioral health.

"I've always wanted to help the community," says Christine, who is proud of the fact that she has never

served fried foods at her restaurant. "When the opportunity came up with THRIVE!, I was eager to help people by giving them more nutritious options on our menu," she adds.

A Little Green Apple Says "Healthy"

It is easy to find healthy options on Christine's menu: each has a bright green apple symbol next to it.

Libby Showalter, Registered Dietitian with the YMCA of Greater Cleveland and consultant to THRIVE!, developed goals for Bread-N-Brew healthy choices that would help reduce saturated fat intake and include healthier fats, increase intake of fruits and vegetables, increase fiber and whole grains, reduce sodium intake and increase intake of fresh foods.

"As a dietitian," says Libby, "I want people to have a balance in their lives, whether they eat out or eat in. You can enjoy richer foods at times but then you have to balance it with lighter, less fattening foods."

A Fitness Expert Gives Two Thumbs Up

"My favorite healthy item on Bread-N-Brew's menu is the Vegetarian Sandwich because it is loaded with fresh vegetables," says Deb Lansman, a certified personal fitness instructor based in Wellington and owner of Lansman's Shape Shop LLC. Deb is also a partner in THRIVE! "The healthy choices bring awareness to people. Those options jump out on the menu with the bright green apple next to them. You can still go out to lunch with a friend and eat healthy," she adds.

Dollar-Off Coupons

To entice diners to enjoy healthier options at Bread-N-Brew, THRIVE! is contributing \$250 toward coupons. For every healthy choice dish a customer orders, he or she will get a coupon worth \$1 that will be deducted from the bill. The coupon program will last until the \$250 is spent.

The Healthy Choice Is the Easy Choice

"We are trying to make the healthy choice an easy choice for Bread-N-Brew customers," says Sarah Ross,

facilitator of THRIVE!. "Christine has done this by keeping costs down and by offering delicious, satisfying and guilt-free meals," she adds.

Bread-N-Brew Restaurant

100 South Main Street

Wellington, OH 44090

Tel.: 440-647-0082

www.breadnbrew.com

About THRIVE! Southern Lorain County

THRIVE! Southern Lorain County is committed to increasing access to affordable opportunities to live healthier through improved nutrition, increased physical activity and informed behavioral health - all to reduce the risks of heart disease, diabetes and obesity in the region. The organization proudly serves the communities of Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village. THRIVE! is generously supported by a grant from United Way of Greater Lorain County ([Website](#) | [Profile](#)). Like us on [Facebook](#).