

## New healthy-food initiative adopted by local restaurant



Sarah Ross, left, of THRIVE! Southern Lorain County, and Christine Buzaleski, owner of Bread-N-Brew in Wellington, in front of the restaurant's menu. Zachary Srnis — The Morning Journal  
**By Zach Srnis, *The Morning Journal***

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THRIVE! Southern Lorain County, a collaborative whose mission is to provide affordable and accessible healthy food options to communities in southern Lorain County, has partnered with the Bread-N-Brew, at 100 S. Main St. in Wellington.

The aim is to provide healthier options to the restaurant's menu.

“The United Way of Greater Lorain County funds the collaborative which includes 19 partners located throughout the southern part of the county,” said Sarah Ross, branch director of the Vermilion YMCA, one of THRIVE's partners. “The goal is to bring improved nutritional options to many who simply don't have them as available as they should be.”

Ross said the collaborative was formed due a glaring need for towns in southern Lorain County.

“We noticed people needed places to go and get healthier food,” she said. “We reached out to different restaurants to gauge whether they would be interested, and our first partner has been Bread-N-Brew.”

“It has really been a great experience. Christine Buzaleski, the owner of Bread-N-Brew, has shared enthusiasm for the project and really embraced the idea.”

Buzaleski said she agreed to the partnership, because she believes in healthy preparation of foods.

“We prepare foods that are already fresh and healthy choices,” Buzaleski said. “I felt it was a natural fit. I welcomed the idea of knowing what I could do to make things healthier for my customers.”

Ross said THRIVE knew there would be challenges when working with businesses on changing the menu and implementing healthier choices.

“We’re adding food that has reduced fat, lower sodium and an increase in good things like fiber,” she said. “Some restaurants will be hesitant, but Bread-N-Brew has (run) with it and the partnership is better than we could have hoped.”

Ross said the new healthy choices are denoted by the THRIVE green apple.

“It’s a simple and comprehensive way of telling customers what choices fall under the healthy guidelines,” she said. “It clearly gives people healthy options if they want them, and that’s what THRIVE is all about.”

THRIVE!, which was launched in 2016, serves Brighton Township, Camden Township, Huntington Township, Kipton Village, Pittsfield Township, Rochester Township, Rochester Village, Wellington Township and Wellington Village.