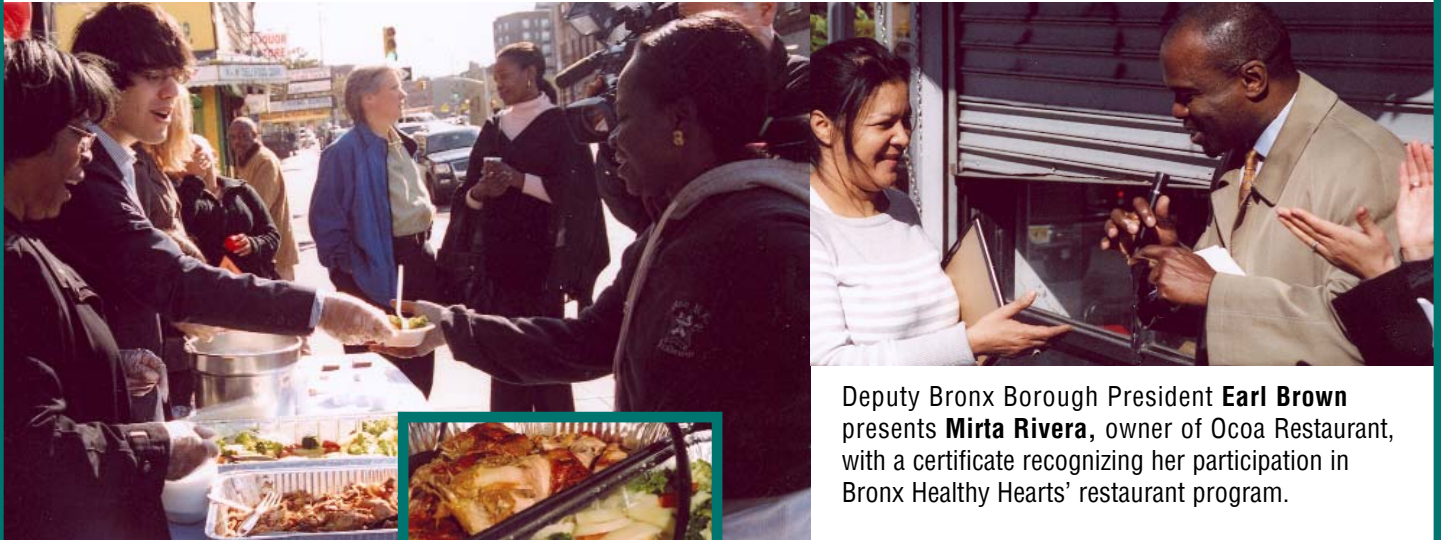


Third Annual Bronx Food Festival: Restaurants

The Third Annual Bronx Food Festival, held in October 2006, offered owners of Bronx restaurants and bodegas (small grocery stores) an opportunity to demonstrate their commitment to a healthier Bronx by offering neighborhood residents healthier food choices. The Festival is organized by **Bronx Health REACH** and its sister

program, **Bronx Healthy Hearts**. Both programs are led by the Institute for Family Health.

Together, the programs work with restaurants, bodegas, and schools to improve the health of the community through nutrition and exercise programs.



Community residents, above, enjoy heart healthy food samples prepared by Ocoa Restaurant.

Deputy Bronx Borough President **Earl Brown** presents **Mirta Rivera**, owner of Ocoa Restaurant, with a certificate recognizing her participation in Bronx Healthy Hearts' restaurant program.

These Bronx restaurants offer delicious meals that are good for your health.

Delicious Meals

Menu may vary

Breakfast Specials

- Egg White Omelette with Sautéed Vegetables served with Whole Wheat Bread and 100% Juice or Coffee 4.00
 - Oatmeal: Small . . . 1.00 Large 3.00
- Ask for low-fat milk (1% or fat-free) with your coffee!

Lunch/Dinner Specials

- Grilled Chicken with Mixed Vegetables 5.00
- Stewed Chicken with Rice and Vegetables 5.00
- Steamed or Sautéed Vegetables with Chicken over Rice 5.00
- Oven-Roasted Fish with Steamed or Sautéed Vegetables 6.00



BRONX HEALTHY HEARTS
Getting to the Heart of Healthy Living
Acérquese al corazón de la vida sana

Funded by the New York State Healthy Hearts Program.

The Feeding Tree

892 Gerard Ave.
718.293.5025

La Junquera

20 West Burnside Ave.
718.583.1867

Munch Time Diner

21 East 170th St.
718.992.7347

Mi Pueblito

111 East 167th St.
718.588.4023

Evergreen

1924 Webster Ave.
718.294.6143

Ocoa Restaurant

23 East Tremont Ave.
718.716.7303

African Grills

2041 Davidson Ave.
718.584.8300

La Estrella

1470 Jerome Ave.
718.293.9789

National Bakery

1193 Walton Ave.
718.537.5105

La Sabrosura

25 East 170th St.
718.293.7891

Estrella Bella

2051 Webster Ave.
718.329.0166