

COUNTY OF



ALLEGHENY

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FOR IMMEDIATE RELEASE

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Newest *Live Well Allegheny Restaurants*, Food Establishments Announced

PITTSBURGH – The Allegheny County Health Department (ACHD) today announced that two restaurants, both in the City of Pittsburgh, are the latest restaurants to receive the *Live Well Allegheny* designation.

The two new *Live Well Restaurants* are:

- **Fuel and Fuddle**, 212 Oakland Avenue, Pittsburgh (Oakland neighborhood)
- **Square Café**, 1137 South Braddock Avenue, Pittsburgh (Regent Square neighborhood)

Both restaurants have also received designations as part of the Sustainable Pittsburgh Program, as well as having indicated the intent to work with the county to accomplish the goals of the campaign. Specifically, Fuel and Fuddle and Square Café have committed to offer and promote menu items that are low in calories, vegetarian/ vegan fare, healthy side dishes including fruits and vegetables and healthier beverage options.

Both restaurants offer brown rice and other whole grains as an alternative to white rice and white bread and will use plant-based oils for cooking and baking, provide healthier beverage options. The children's menu they provide will adhere to the Kids Live Well criteria as established by the National Restaurant Association. Square Café has also committed to offer half portions, provide low calorie salad dressings and offer low fat or skim milk. Both restaurants provide a location to store bicycles at or near their location.

Visit <http://j.mp/LWA-Restaurants> to learn more about *Live Well Restaurants*.

"We are happy to add additional healthy dining options to *Live Well Allegheny*". said Health Department Director Dr. Karen Hacker. " More restaurants are coming on board offering customers healthier options and we hope that the public will take advantage of them"

Additionally, thirteen new food establishments opened in the county in November, including nine restaurants, two caterers, and two confectionaries.

Dr Hacker also wants to remind everyone that an important key to a healthy diet is choosing foods that have more good fats than bad fats, or trans fats. "As part of our county-wide commitment to promoting individual and community wellness, we also look at and highlight those facilities that use trans fat-free cooking oils. We commend them for providing healthier selections for people when dining out."

Eateries that opened last month are:

- El Paisano Mexican Restaurant, 1542 Beechview Avenue, Pittsburgh (Beechview neighborhood)
- Bobby D's Burgers & BBQ, 500 Pine Hollow Road, Kennedy
- Everyday Café, 532 North Homewood Avenue, Pittsburgh (Homewood neighborhood)
- Noodle Uchi, 415 South Craig Street, Pittsburgh (Oakland neighborhood)
- Brick 'N Mortar, 1709 East Railroad Street, Heidelberg

- Tres Rios, 1719 East Carson Street, Pittsburgh (South Side neighborhood)
- Honest John's, 216 East Eighth Avenue, Homestead
- Sauces' Wings Southside, 301 East Carson Street, Pittsburgh (South Side neighborhood)
- Spice Affair, Eight Brilliant Avenue, Aspinwall

Additional food establishments opened in November:

- Yo Fresh Yogurt Café, 160 Millers Run Road, South Fayette
- Brother-In-Law's Place, 827 Wood Street, Wilkinsburg
- 7 Senses Catering & Event Services, 531 North Homewood Avenue, Pittsburgh (Homewood neighborhood)
- Fudge Farm, 1503 East Carson Street, Pittsburgh (South Side neighborhood)

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