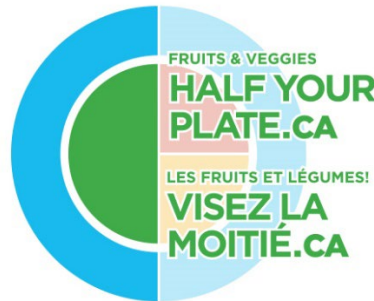


## FILL HALF YOUR PLATE

February 2020, Robert Raymond



As many guests look to the New Year for healthier eating choices, Dana Hospitality is proud to have joined the **Half Your Plate** program to bring enhanced personalization opportunities to our 160+ cafés across Canada.

The **Canadian Produce Marketing Association** (CPMA) created the Half Your Plate campaign as a healthy living initiative developed to empower Canadians of all ages to eat more fruits and vegetables to help improve their health. The emphasis on filling half your plate with fruit and vegetables aligns well with the latest **Canada Food Guide** and their partners also include: the **Canadian Cancer Society** and the **Heart and Stroke Foundation of Canada**.

Half Your Plate provides simple tips on how to add fruit and vegetables to meals and snacks. The CPMA also offers a large recipe library for home cooks as part of their website <https://www.halfyourplate.ca/recipes/>

Since Dana Hospitality chefs and culinary teams cook from scratch every day and use fresh, locally sourced fruits and vegetables, we are well aligned with the Half Your Plate program. We create meals & snacks that make it easy to eat more fruit and vegetables every day. Our guests can look forward to more information to be shared throughout the year on our various in-café and social media marketing mediums.

Want to learn more this February?

Request any of the article PDFs below through this link:

<https://www.surveymonkey.com/r/HalfYourPlateFEB2020>

Articles Available:

- Stretch Your Produce Dollar
- Home Storage Guide for Fresh Fruit and Veggies
- Home Freezing Guide for Fresh Veggies and Fruit