

Summary of the latest efforts at Polly's

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On October 28, 2013 a Label Reading Event was conducted at Polly's Country Market. As part of the event, surveys about the changes that had been made to Polly's were collected. Individuals who completed the survey were entered into a drawing to win a \$25 gift card to the store. Approximately 75 people participated in the survey.

At the same time, the deli offered samples of their newly developed, house prepared salads. Free samples included the kale salad, sweet potato salad with honey and rosemary, curry chicken salad with raisins, and chicken salad.

Handouts on the Five Healthy Towns Initiative and the Chelsea Wellness Coalition were offered. In addition, lists of healthier food options for food categories such as canned beans. The criteria for food to be included on this list included a short ingredient list, no additives, and no preservatives. Handouts on portion sizes and healthy eating were also offered.

Courtney Stinson, R.D. led a label reading tour at the top of each hour. The labels that were read and interpreted during the tour depended on the desires of the group that was on the tour. Items of interest included meat, bread, yogurt, butter spreads, pasta, and eggs. Various questions about products, label reading, and making healthy food choices were also answered. Nearly forty people participated in the tours.

Overall, the event was a huge success. Some of the community members even asked when we would be back again.