

What is “Healthy Choices for Kids and Adults”?

A partnership that positively impacts children’s health and nutrition by promoting healthy menu options for kids and adults at restaurants in Adams County and neighboring communities.

Tips for Eating Healthy when Eating Out

Before you leave home

Check the menu. Most chain restaurants and many of the local restaurants here in Adams County have menus online. You can do some advance planning to look for healthier items, so you aren’t caught having to make quick decisions when everyone is hungry.



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Tips for Eating Healthy when Eating Out

At the restaurant

- Don’t be afraid to ask your server what’s in a dish, if you don’t know.
- You may also ask if you can order a half entrée, or split an entrée (but expect the restaurant to add a reasonable service charge for doing so).
- Choose a main dish, sandwich or wrap with grilled or baked chicken, turkey, fish or shrimp.
- Choose a salad and an appetizer in place of an entrée
- Choose fruits and vegetables as side dishes in place of French fries or chips. Fresh fruit, applesauce, side salads, raw vegetables, vegetarian or low fat baked or refried beans and cooked vegetables without sauce are examples of healthier choices.
- Ask for salad dressings, sauces, toppings and butter on the side. Light or oil and vinegar salad dressings have fewer calories than creamy salad dressings.
- Choose whole grain options when available. Whole grain rolls, a whole wheat or corn tortilla, or brown rice are good choices
- Think about your drink. Water and unsweetened hot or iced coffee or tea are calorie-free. Milk, 100% fruit juice or water are better options for children.
- Split a dessert or order fruit.
- When eating with your children, remember to set a good example. Your child is more likely to eat fruits, vegetables, and whole grains and drink water or milk if you order these items for yourself as well.

“Healthy Choices for Kids and Adults”

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Find Healthy Dining Guide Online:
www.adamswellness.org



www.healthyadamscounty.org



Where the Health Can You Eat around Here?

Healthy Dining Guide of Adams County and Neighboring Communities



Make the Healthy Choice the Easy Choice at Restaurants



Children’s Health & Nutrition Task Force
An affiliate of Healthy Adams County

Healthy Dining Guide:

Who is eligible to be listed?

Restaurants listed in this brochure have voluntarily completed our Healthy Dining Partner application. They must meet at least 60% of the required healthy food options described below, which are applicable to their menu. Menus subject to change.

Some restaurants may receive special designations. See key for symbols and explanation.

Menu Criteria:


The menu choices which may be offered include (depending on restaurant):

- At least two entrées prepared using a lower fat cooking method (such as roasting, grilling, steaming)
- Salad entrée with grilled chicken or fish
- Whole grain foods
- At least 4 choices of fruit and/or vegetables (excluding fried vegetables, vegetables in cream or cheese sauce or pre-dressed salads)
- At least one lower-calorie dessert choice
- Nonfat/1%/2% milk, if offered as a beverage

Upon request, these restaurants provide (depending on restaurant):

- Gravies, sauces, salad dressings, butter, etc. served on the side
- Substitutes for French fries, if served as part of an entrée
- Information about recipe ingredients
- Half-size portions or a menu for smaller appetites
- Milk as an alternative to cream for tea or coffee
- Milk or 100% juice as a beverage for children's meals




Healthy Dining Partners:

1863 Restaurant 
95 Presidential Circle, Gettysburg, PA 17325
gatewaygettysburg.com

Bay City Restaurant 
110 Eisenhower Drive, Hanover, PA 17331
baycityrestaurant.com



Blue Parrot Bistro 
35 Chambersburg Street, Gettysburg, PA 17325
www.blueparrotbistro.com

Christine's Café 
48 Baltimore Street, Gettysburg, PA 17325
<http://www.christines-cafe.com/>

Cross Keys Motor Inn & Banquet Center 
6110 York Road, New Oxford, PA 17350
On Facebook: [Cross Keys Diner](https://www.facebook.com/CrossKeysDiner)

Dunlap's 
90 Buford Avenue, Gettysburg, PA 17325
www.dunlapsrestaurant.com



Dutterers Family Restaurant
425 North Queen Street, Littlestown, PA 17340
Dutterersfamilyrestaurant.com




Eagle and The Owl 
78 Country Club Trail, Carroll Valley, PA 17320
www.libertymountainresort.com


Firehouse Grill
8 East King Street, Littlestown, PA 17340
littlestownpa.info/firehousegrill



Friendly's 
445 Steinwehr Avenue, Gettysburg, PA 17325
Friendlys.com




Hunterstown Diner 
25 Sandoe Road, Gettysburg, PA 17325
Phone: 717-623-2976



Sidney at Willoughby Run 
730 Chambersburg Road, Gettysburg, PA 17325
www.sidneywilloughbyrun.com



Subway 
• 35A Camp Letterman Drive, Gettysburg, PA 17325
• 14 Carlisle Street, Hanover, PA 17331
• 44 West Railroad Street, Gettysburg, PA 17325
Subway.com



The Bistro 
115 Presidential Circle, Gettysburg, PA 17325



The Little Red Schoolhouse 
5705 Hanover Road, Hanover, PA 17331
Littleredschoolrestaurant.com

The Mill Scozzaro's Restaurant & Pub 
4797 York Road, New Oxford, PA 17350
App: The Mill New Oxford





The Ugly Mug Café at Cackle's Corner 
168 Carlisle Street, Gettysburg, PA 17325
Theuglycafe.com

The Village Book & Table 
PO Box 95, Fairfield, PA 17320
On [Facebook](https://www.facebook.com)

Ventura's 
100 East Main Street, Fairfield, PA 17320
Orders.imenu360.us/venturasfairfield

Warehouse Gourmet Bistro & Brew Pub 
7 Pennsylvania Avenue, Hanover, PA 17331
warehousegourmet.net

Symbol Key

-  Healthy options identified on the menu
-  Restaurant uses locally produced foods
-  Restaurant offers at least 2 vegetarian entrees
-  Healthier options available for kids meals