



SMARTBITES

Frequently Asked Questions

PROGRAM OVERVIEW

What Is Commit to Fit! Smart Bites?

- Smart Bites is a program that encourages local residents to make healthy choices when they are dining out.

How Does Commit to Fit! Smart Bites Work?

- Community members can take the Smart Bites card to any of the participating Smart Bites restaurants and receive a discount on healthy options. After purchasing a Smart Bites menu item you will receive a sticker to put on the back of the card.

CARDS

What Happens Once The Back Of The Card Is Full Of Stickers?

- Community members can turn in cards to participating restaurants or submit card to:
Greater Flint Health Coalition
519 S. Saginaw St. Suite 306
Flint, MI 48502

How do I get a Commit to Fit! Smart Bites Card?

- New, blank cards can be picked up at participating restaurants, Flint Farmers' Market cooking demonstrations and are available for download at Commit2fit.com

RESTAURANTS

Which restaurants participate in the Commit to Fit! Smart Bites program?

- *Refer them to the restaurant list handout*
- Restaurants and their Smart Bites menus can be viewed online at Commit2fit.com → About us → Smart Bites

SMART BITES MENU

What Does Go And Slow Mean?

- “Go” foods are the healthiest and are foods you can eat anytime. “Slow” foods are not as healthy as “Go” foods, so you should only eat them sometimes.

INCENTIVES

- Residents that turn in full Commit to Fit! Smart Bites cards are eligible for quarterly incentives, including cash prizes!