



HELPING THE COMMUNITY MAKE HEALTHIER FOOD CHOICES

Commit to Fit! Smart Bites is a community-based program that aims to help residents make healthier decisions when they dine out by enlisting local restaurants to highlight healthy food and beverage items and promote these discounts to community members.

Commit to Fit! Smart Bites is founded on the premise that food marketing is a powerful force that should be harnessed for good – that promoting and encouraging healthy foods can have a dramatic impact by helping people choose healthy and eat smart. The program also provides families with the nutrition information they need to make informed decisions about their food choices when eating at participating restaurants.

HOW IT WORKS

1. Community members pick up a Smart Bites card from participating restaurants, community venues (such as the Flint Farmers' Market), or download a card from Commit2fit.com
 2. Residents present card at participating restaurants when ordering a "Smart Bites" approved menu item. They then receive a 15% discount and a sticker to acknowledge their purchase.
 3. Once a resident fills all 6 spots on their card, they can turn it in at participating restaurants, Farmers' Market, or Greater Flint Health Coalition and be entered to win great prizes!
 4. Residents can then get a new card for continued program participation!
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RESTAURANT REQUIREMENTS

Agree to the following:

- Display Smart Bites window sticker, promotional material, and healthy menu information
- Provide a 15% discount when patrons purchase a Smart Bites approved menu item.
- Provide sticker to patron when a Smart Bites approved menu item is purchased. In addition, record purchase (tally) on Smart Bites tracking grid
- Accept full Smart Bites cards from patrons for Commit to Fit! Staff to collect on an as needed basis.