

TAKE CHARGE FOR BETTER HEALTH®

PREFERRED CHOICE PROGRAM OVERVIEW

Since 2003, Common Table Health Alliance has been on the forefront of a community-wide campaign to address childhood and family obesity. In partnership with the Memphis Academy of Nutrition and Dietetics, Common Table Health Alliance established the Preferred Choice Program to facilitate a better, smarter way for consumers and the food and beverage industry to think about healthier menu options.

OUR PARTNERS

Memphis Academy of Nutrition and Dietetics,
Holiday Inn - University of Memphis and Memphis Business Group on Health

GOAL

To support the creation of a network of restaurants and caterers who adopt and implement policies that reduce the caloric value of food.

OBJECTIVE

The Preferred Choice Program will:

- Enable consumers to make informed decisions about the food and beverage choices they make
- Distinguish restaurants and caterers as businesses that offer menu labeling, choices for reduced portion sizes and healthier menu items with a caloric value below 500
- Raise the visibility and exposure of Preferred Choice restaurants and caterers among Common Table Health Alliance community partners

APPROACH

Preferred Choice caterers and restaurants will adopt the following:

- Menu labeling with serving size and calorie count
- Reduced portion sizes to limit overeating
- Better, smarter menu options with 500 calories or less

HOW YOU CAN HELP

Please consider using one of our Preferred Choice caterers for your next meeting or special event. If you would like to recommend your favorite caterer for the Preferred Choice program, please contact us at 901.684.6011, ext. 208.



Food Network
Star Finalist
Aryen Moore-Alston
is a Preferred Choice
caterer!



6027 Walnut Grove Road, Suite 215
Memphis, TN 38120

901.684.6011

www.commontablehealth.org





COMMON TABLE™
Health Alliance

PREFERRED CHOICE CATERERS

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REMEMBER TO ASK YOUR FAVORITE CATERER FOR THE FOLLOWING:

Menu labeling
Smaller portions
500 calorie or less menu options

Holiday Inn - University of Memphis

Morrison Food Services

Bailey's Executive Catering

Baptist Memorial Health Care

Draper's Catering

Fuel Cafe

Humdinger's

Jason's Deli

Lisa's Lunchbox

McAlister's Deli

Methodist Le Bonheur Healthcare

Panera Bread Company

Sweet Potato Baby

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