

# Eat Fit Dine Out Press Release



**FOR IMMEDIATE RELEASE:**  
[DATE]

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## **EAT FIT HOSTS THE ANNUAL EAT FIT DINE OUT EVENT** [INSERT DATE OF EVENT]

Eat Fit, a local nonprofit initiative of Ochsner, will host its annual Eat Fit Dine Out Day on [DATE]. This event helps the Eat Fit team of dietitians educate and empower Louisiana residents to live their healthiest lives, while also teaching them that choosing healthy food does not have to be difficult.

[INSERT QUOTE HERE]

Participating restaurants donate a portion of the day's proceeds to the Eat Fit | Live Fit fund, which supports a variety of initiatives to encourage balanced, healthful lifestyles. Key projects include collaboration with local restaurants to provide healthful options on menus, community nutrition workshops, cooking demos, wellness screenings and high school culinary teaching programs.

For a full list of participating restaurants, please visit [LINK].

### About Eat Fit

Eat Fit is a nonprofit initiative of Ochsner that partners with local restaurants, grocery stores and other food establishments to incorporate nutritious food options throughout the community. Its mission is to "empower the community to live their strongest, healthiest lives possible by providing easy-to-access real-world education, inspiration, and resources on wellness and nutrition." For more information, please visit [www.OchsnerEatFit.com](http://www.OchsnerEatFit.com) or follow along on Facebook, Instagram, and Twitter.

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