



Mindful “Healthy Choice” Nutrition Program



Making healthy, Mindful
nutrition choices is as easy
as 1-2-3 ...

1.

Pick up a Mindful “Healthy Choice” punch card at the register.

2.

Select a Mindful “Healthy Choice” entrée, side, custom salad, yogurt, egg whites, oatmeal or Cream of Wheat food and get your meal card punched when paying at the register.

3.

Collect a total of ten (10) Mindful Healthy Choice punches and redeem your card in Occupational Health to receive your **FREE** \$5 Cafeteria Gift Card!

If you have any questions about the program, please contact flocastro1@wphospital.org or at extension 2539.