

# Healthy City USA

PRESENTED BY PORTNEUF HEALTH TRUST

## Spring has sprung in Healthy City, USA!

Welcome to spring folks! It's that time of year when you start gearing up for the warm weather and are getting excited to do fun, warm-weather activities. Luckily for you, we have a super fun event coming up in May.

We will be celebrating our one-year anniversary of Healthy City, USA, with a 5K on Saturday, May 13, at the new Lookout Point! We can't believe it's almost been a year already and what better way to celebrate that than with a 5K?! Also, the 5K is FREE to everyone in the community!

We encourage you, your family, your neighbors, and your furry friends to participate in the 5K. It is a course made for everyone!

After participants complete the 5K, that's when the real party starts! There will be health-related vendors as well as farmer's market vendors that the participants can walk around and see what cool health resources are available to them in the community. Follow Healthy City, USA, on social media for more information on how to register and for more details.

Another very useful tool that Healthy City, USA, is excited to present to the public is a Healthy City, USA, Menu. This menu is a combination of healthy meals served right here in Pocatello/Chubbuck. This makes it much easier for folks to decide on a healthy meal when going out to eat with their family. There are also smaller, individual menus from a few restaurants in town. All menus can be seen on Portneuf Health Trust's website under the Healthy City, USA, tab.



A poster for the Healthy City USA 5K event. The background is a sunset sky with a silhouette of a runner. On the left, there are orange paw prints and footprints. The text on the right reads: 'Healthy City USA', 'Saturday, May 13th', '9:00 AM', 'Lookout Point', '435 W Center St.', 'FREE for Everyone', 'One Year', and '5K'. At the bottom right, there is a 'Register Here' link and a QR code.

Healthy City  
USA

Saturday, May 13th  
9:00 AM

Lookout Point  
435 W Center St.

FREE for Everyone

One Year  
5K

Register Here

Healthy City USA MASTER MENU	
<b>BREAKFAST</b>	
<i>ELMERS RESTAURANT</i> \$14.62 <b>Veggie &amp; Egg Whites Bowl</b> Hash browns, Tillamook cheddar cheese, scrambled egg whites with grilled zucchini, baby spinach, tomato, mushroom, and onion. Topped with salsa, fresh avocado, and green onion	
<i>JER'S JUMBO'S CAFE</i> \$6.99 <b>Homemade Oatmeal</b> ~480 cal Served with brown sugar and whole milk with any of the following: cinnamon, raisins, and walnuts	
<b>LUNCH</b>	
<i>HOKKAIDO RAMEN &amp; SUSHI BAR</i> \$10.00 <b>Chicken Rice Curry Bowl</b> House-made yellow curry mixed with chicken, potatoes, onions, and carrots topped with sesame seeds. Served with steamed rice, oshinko (pickled radish) and yamagobo (pickled burdock root)	
<i>THE HEALTHIER PLACE TO EAT</i> \$13.99 <b>Taste of Costa Rica</b> Rice and beans, sweet plantains, sautéed peppers, onions, portabella, pico de gallo, and avocado	
<i>BUTTER BURRS RESTAURANT</i> \$8.99 <b>Sicilian Chicken Sandwich</b> Lean tender chicken breast marinated in Italian spices and broiled, served with freshly cut leaf lettuce, tomato, mild purple onions, and pickles	
<i>GOODY'S DELI</i> \$9.99 <b>Veggie Alfredo Sandwich</b> Artichokes, spinach, black olives, mushrooms, tomatoes, and provolone	
<i>GERALDINE'S BAKE SHOPPE &amp; DELI</i> \$8.89 <b>Chef Salad</b> Crisp lettuce with turkey, ham, shredded cheese, and diced tomatoes. Choice of	
<b>APPETIZER</b>	
<i>WINGERS</i> \$11.00 <b>Buffalo Cauliflower</b> ~460 cal Fresh cauliflower hand-battered in our signature crispy buffalo batter. Served with house-made ranch	
<i>FUJI</i> \$5.95 <b>Edamame</b> ~189 cal Cooked green soybeans with salt	
<i>WENDY'S</i> \$2.39 <b>Chili</b> ~240 cal Ground beef, tomato juice & purée, red kidney beans, onion, celery, and spices	
<b>DINNER</b>	
<i>JAKERS BAR &amp; GRILL</i> \$15.95 <b>Teriyaki Stir Fry</b> Sautéed onions, mushrooms, broccoli, and zucchini with teriyaki ginger sauce over jasmine rice and served with choice of soup or salad	
<i>MOD PIZZA</i> \$9.43 <b>Tristan</b> ~890 cal Mozzerella, asiago, roasted red peppers, mushrooms, pesto	
<i>MANDARIN HOUSE</i> \$17.50 <b>Chicken and Broccoli</b> Choice of chicken or beef with rice and broccoli	
<i>THE YELLOWSTONE RESTAURANT</i> \$26.99 <b>Wild Caught Salmon</b> Choose from bourbon maple, lemon dill butter, pesto, blackened or sweet chili. Served with basmati rice & asparagus	
<i>PANDA EXPRESS</i> \$9.40 <b>String Bean Chicken Plate</b> ~470 cal Chicken breast, string beans, and onions wok-tossed in a mild ginger soy sauce with side of super greens	