



Tips for Encouraging Healthier Food Truck Menu Options

Food trucks have a limited menu because of their size. Most operators however, are happy to tailor their menu based on your event needs. Below are menu changes you can request to encourage healthier choices at your event.

- Visit our [website](#) for a list of food trucks that have already been recognized as a Healthy Food Truck. As part of recognition, these local businesses have already had their menus reviewed and verified for healthier options.
- If the food truck also has a store front, look at their store front menu to see what healthier options they might already have on hand.
- Request whole grain options if they are serving bread, tortillas, or rice.
- Request a plant-based or vegetarian option, this could include adding extra vegetables to replace the meat or a meat alternative for things like a sandwich.
- If water is not already available at your event, ask them to have it as a beverage option along with other sugar-free options (examples include unsweetened ice tea, sparkling water or diet sodas, sugar-free lemonade).

Make the healthy choice every day...



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