

WorkWell 2008

Fit Business Award Recipients

Taquerías

La Alteña Taquería y Mariscos



La Alteña Taquería y Mariscos has many menu items that meet healthier food criteria. They offer their patrons the option of whole beans and whole-wheat tortillas, and do not use lard or trans fats. They offer a salad entrée, and feature a variety of low fat dishes on the menu including seafood dishes. La Alteña is a shining example of one step forward to a healthier Salinas.

Super Antojitos Tepa

Super Antojitos Tepa is a new business that brings healthy options to Salinas. They promote healthy options with photo signage and table tents, and offer whole beans, whole-wheat tortillas, healthy drink options, and a salad entrée. Their contribution to healthy options in Salinas is greatly appreciated.



Taquería Los Gallos and Taquería Gallo de Oro



Taquería Los Gallos and Gallo de Oro are related restaurants at two different sites. They offer whole beans, whole wheat tortillas, do not cook with trans fat, added a healthier kids plate to the menu and have vegetarian menu options. They have been making an effort to provide healthy options for 15 years!

La Estrella Deli

La Estrella Deli specializes in offering their customers home-style food made to order. They offer whole beans, whole-wheat tortillas, fresh squeezed juices, and have eliminated trans-fats. They offer a variety of salads, healthy breakfast options such as oatmeal and healthy desserts such as fruit salad and low-fat yogurt parfaits. Their enthusiasm and dedication to providing their customers with delicious, healthy food is clear.



Mi Ranchito Taquería



Mi Ranchito Taquería has two locations. They do not use lard or trans fats, offer fresh squeezed juices, use lean meats and skim fats from soups. They have low fat dishes on the menu, including seafood dishes. They continue to add new healthy options to their menus and now serve dishes without additional french fries. Mi Ranchito has been enthusiastic about providing healthy options from the start, and has made many changes to his menu and cooking methods without hesitation.

Olé Taquería & Grill

Olé Taquería & Grill has been a Steps local hero for three years now for their efforts towards providing healthier options and portion control. They serve only whole beans; offer whole wheat, spinach and tomato tortillas, and healthier drinks. They have eliminated trans fat and have also introduced a variety of new healthier dishes. As a local hero, Olé has served as a role model for other businesses, as well as empowered customers to make healthier choices.



In Coordination with the Monterey County Health Department

