



## Cerro Gordo County Department of Public Health

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MEDIA RELEASE

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### Health Department Partners with Payless Foods to Showcase Healthy Options

(Mason City) – The Cerro Gordo County Department of Public Health is partnering with Payless Foods in Clear Lake to promote the healthiest options when shopping for groceries.

Many times while grocery shopping, people are stuck with reading labels and making educated (or uneducated) guesses on which of the five bread choices is the healthiest option. This leaves many people frustrated and ready to give up their attempts at being healthy. By partnering together, the Health Department and Payless Foods is hoping to make the healthy choice, the easy choice.

Nutrition cards have been posted next to products that are healthy recommendations by the Cerro Gordo County Department of Public Health Dietitian Katelyn Nicholson. Nicholson's recommendations will hopefully help shoppers to make a healthier choice without the hassle of researching the product.

"Many people struggle with making a lifestyle change, such as a healthier diet," said Nicholson. "My hope is by telling them which product I would recommend, it will give them confidence they have made the healthiest choice available."

Payless Foods was very open to the idea, and jumped at the opportunity to get nutrition information out to the public. They feel this is just another step toward becoming a grocery store customers can trust to provide healthy and nutritious options.

For more nutrition information, recipes, and resources, visit [www.cghealth.com](http://www.cghealth.com). For weekly nutrition tips, follow the Health Department on Facebook and Twitter.

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