

Healthy Choices for Your Family

These restaurants are part of NCPHD's **Drink Fit** program. They are helping us create a culture of health in towns across Wasco, Sherman and Gilliam counties by no longer offering free refills on soda and sugary beverages. **Sugar sweetened beverages are the number one contributors to unhealthy diets**, especially in children. **Help support healthy and active kids by drinking less soda and more water!**



Participating Restaurants:

Wasco:

- ✓ Montira's Thai
- ✓ Casa El Mirador
- ✓ Ixtapa
- ✓ Petite Provence
- ✓ Pho Sai Gon
- ✓ Rivertap
- ✓ WE3 Coffee and Deli
- ✓ The Seven Directions
- ✓ The Riverside
- ✓ Pine Meadows Golf Course
- ✓ Rack & Cloth
- ✓ Riverenza
- ✓ Sage Canyon

Drink Fit



Sherman:

- ✓ Bob's Texas T-Bone
- ✓ Bulldog Diner
- ✓ Second Hand Made
- ✓ Country Café
- ✓ Country Flowers
- ✓ Lean to Café & Goose Pit Saloon
- ✓ Molly B's Diner

Gilliam:

- ✓ Happy Canyon Pizza Parlor
- ✓ Pat's Pheasant Grill
- ✓ River's Edge Deli and BBQ
- ✓ The Drive In



Public Health
Prevent. Promote. Protect.

NORTH CENTRAL PUBLIC HEALTH DISTRICT
"Caring For Our Communities"