



## No Dessert Policy

### Providing Meals to Guests Since 1982!

We are committed to giving our guests a healthy meal experience and a “No Dessert Policy” is a major part of that. Let’s fill those plates with fruits, veggies, and proteins—leaving those sugary goodies out.

### Did you know that hunger and health are deeply connected?

- ⇒ Food insecurity can lead to Type 2 diabetes, high blood pressure, heart disease, and obesity.
- ⇒ According to a Loaves & Fishes study, one-third of our guests have high blood pressure, diabetes, and/or a heart condition.

**Please help us in our mission to provide healthy meals to all our guests.**

~Loaves & Fishes Team~



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