

HERES A FEW  
**HEALTHY ALTERNATIVES**  
*Save Money, Shop Wisely!*

**Eat out healthier:**

*Taqueria Los Gorditos Mexican Restaurant*  
1212 SE Division Portland, OR  
(503) 445-6289 - LosGorditosPDX.com

*Bamboo Gardens Vegetarian Cuisine*  
364 Roy Street Seattle, WA 98109  
(206) 282-6616 - bamboogarden.net

*Taco Bell* has a Fresco option that puts salsa and other stuff on instead of the dairy products. When asking for stuff without meat, you can ask for 'Sub bean' or 'beans instead of meat'.

*Subway* makes their sandwiches customizable so you can put what you want on them, they also have vege footlongs that are usually cheaper.

Most other restaurants also have vegetarian/dairy-free options on their menu.

**Shop healthier:**

*Country Village - Nutrition shoppe and cafe*  
711 Vandercook Way Longview, WA 98632  
(360) 425-8100 - cvnutrition.com

*Cash & Carry Bulk Foods*  
2303 Talley Way Kelso, WA - (360) 425-7090

*Winco* and many of the other grocery stores have healthier options. You will find the healthier food around the edge of store most of the time. A good key to healthy food is:  
*The less processed it is,  
the more it is in it's natural state the better it is for you! (see below)*

**Buying Locally and More healthy:**

*Longview Farmers Market*  
1900 7th Ave. Longview, WA 98632  
(360) 785-3883 - cowlitzfarmersmarkets.com

*Castle Rock Nursery*  
330 Buland Dr. Castle Rock, WA  
(360) 274-8388

Local Farms & Produce - [CRreader.com/2011/06/15/farm-to-table-guide](http://CRreader.com/2011/06/15/farm-to-table-guide)