

**PRESS RELEASE:**

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**Pardee recognized by N.C. Prevention Partners for promoting healthy eating**

*(Hendersonville, N.C.)* Pardee Hospital recently received the Red Apple Award from N.C. Prevention Partners for its efforts to promote healthy eating by making healthier foods more available, visible and affordable to employees and visitors.

Over the past year, Pardee Hospital has focused on encouraging healthier eating by lowering the cost of healthy menu choices, highlighting foods that are healthier alternatives, and posting calories and nutritional content of menu items. Some new services that were implemented include weekly demo cooking and carving stations with healthier selections, healthier dessert options, expanded salad bar selections and a green reusable cup program.

“The Pardee Cafeteria now offers many varieties of fresh fruits, vegetables and salads that are readily available and easily accessible to our customers as they enter our facility,” said Randy Kirbo, Nutrition Services director at Pardee Hospital. “We have also promoted healthy eating to our employees through a new page on our internal website that offers healthy cooking tips and recipes, special menu options and nutritional education links.”

N.C. Prevention Partners (NCP) is a statewide non-profit, membership organization dedicated to building effective prevention systems in North Carolina communities and health systems in order to improve health of all North Carolinians.





**Margaret R. Pardee Memorial Hospital**  
800 North Justice Street, Hendersonville, NC 28791

[www.pardeehospital.org](http://www.pardeehospital.org)

Pardee Hospital is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in Henderson County. The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit

[www.pardeehospital.org](http://www.pardeehospital.org).

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