

Lemon Grove HEAL ZONE

A COMMUNITY IN ACTION
Facilitated by Community Health Improvement Partners
Try our new healthy menu options



Charley's Famous Hamburgers
8213 Broadway
Lemon Grove

Coop's West Texas BBQ
2625 Lemon Grove Avenue
Lemon Grove

First Chinese Express
7125 Broadway
Lemon Grove

Grove Grinder
3345 Olive Street
Lemon Grove

Herrera's Mexican & Seafood
6914 Federal Blvd.
Lemon Grove

Los Rios Mexican & Seafood
7977 Broadway
Lemon Grove

Eat healthy in Lemon Grove.

*These businesses make the healthy choice the easy
choice for you and your family.*



Don's Farmers' Market
7155 Broadway
San Diego

In partnership with
UC San Diego
SCHOOL OF MEDICINE



5210 Every Day!

HEALTHY HABITS FOR HEALTHY COMMUNITIES

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

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learn more

get involved

w: <http://ourcommunityourkids.org/heal-zone.aspx>
f: <https://www.facebook.com/LemonGroveHEALZone>
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