

Weight Watcher meals available for dining in, take out

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Connoisseurs of healthy, delicious Weight Watchers cuisine no longer have to drive to Applebee's in Asheville or Hendersonville to get a plate of their favorite fare.

Haywood Regional Medical Center's cafeteria serves Weight Watchers meals daily, making lunch and supper time faster, easier and much closer to home.

HRMC's contract food and nutrition provider, Morrison Healthcare Food Services, is only the second organization in the United States approved to prepare, serve and promote Weight Watchers meals. Applebee's, with more than 1,800 locations nationwide, was the first.

"We are always trying to be health conscious and offer employees at the hospital, as well as members of the community great tasting food choices," said Dianne West, director of food and nutrition services at Haywood Regional Medical Center. "We want to encourage people to come here to eat, as well as get

the word out that people can get delicious hot and cold Weight Watchers meals to-go from our cafeteria."

Presently, there are 66 different rotating selections. Seven days a week, patrons may choose from a daily entrée, side dish and dessert served fresh in the hot food line.

Some of the most popular combinations are: Ham Tetrazzini with Red Cabbage and Golden Apple Sauté (7 points); Cornmeal Fried Catfish with Green Beans, Caramelized Onions and Dill (7 points); and Chicken Parmigiana with Italian Vegetable Medley (6 points).

In addition, Grab 'n Go Meals are already prepared and boxed refrigerated foods, such as salads and sandwiches, that are ready for customer pick up.

To assure that patrons are aware how many points each dish is worth, Weight Watchers point information is clearly listed on tags in the food line as well as on to-go labels. How many points a person may consume in a day is based upon a person's current weight, weight loss goals and Weight Watchers recommen-

dations.

The meal program, which began in February, has been well received. West said.

"I've received emails and notes from many people saying how happy they are that we started preparing and serving Weight Watchers," she said.

About 5 percent of the meals sold in the cafeteria are Weight Watchers. However, West expects the numbers to grow as people from the community utilize her department for catering, social events and as summer vacation comes to a close.

National statistics indicate there are 13 million current and former Weight Watchers members, as well as 56 million health seekers — people who make a conscious effort to live a healthy lifestyle.

Haywood Regional Medical Center's cafeteria is on the second floor of the main hospital building. Cafeteria hours are: Breakfast — 6:30 to 10 a.m.; lunch — 11 a.m. to 1:30 p.m. and supper — 1:30 to 6 p.m. The public is welcome to dine in the cafeteria or purchase meals to-go.



Joni Strandquest photo

Phil Mohr, chef at Haywood Regional Medical Center, displays a freshly prepared platter chicken parmigiana.