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# HMSHost expands healthy dining promotion

By **Rick Lundstrom** on January, 7 2020 | Airline & Terminal News



The protein lunch box developed by HMSHost and rolled out at airports in the United States

More health-forward and plant-based snacks and meals will debut starting later this year developed by global restaurateur [HMSHost](#).

HMSHost is expanding its *Eat Well Travel Further* lifestyle dining initiative to more airports, including the addition of new menu items at its casual dining airport restaurants.

HMSHost will soon debut four culinary dishes on a specialty menu that aligns with the *Eat Well Travel Further* nutritional promise to customers. The new menu items, including vegan and plant-based offerings, will launch later this year at more than 20 airports across the country.

“HMSHost has the honor of serving diverse travelers, all with different eating preferences and needs. *Eat Well. Travel Further.* was the first-of-its-kind lifestyle dining platform in airports, and we’re continuing to transform the airport culinary scene to deliver more choices than ever before,” said HMSHost President and CEO Steve Johnson, in today’s announcement. “Whether you choose to eat healthy as a New Year’s resolution or for the long haul, we have you covered during your travels.”

HMSHost Foundation grant recipient, [Black Girls Cook](#) will curate one of the four new *Eat Well. Travel Further.* menu items. Black Girls Cook is a non-profit organization dedicated to teaching inner-city adolescent girls of color farm-to-table practices by operating hands on cooking classes and growing edible gardens.

The dish will be selected during a cooking competition among Black Girls Cook contestants. HMSHost and [HMSHost Foundation](#) will hold the competition in February, with the winning dish scheduled to land on airport menus later in the year.

*Eat Well. Travel Further.* debuted at airports and travel plazas to fulfill the needs of health-conscious travelers that desire wholesome and nutritious options. The program features food and beverage choices based off of popular health food trends, such as the lifestyle diet bento boxes - the Paleo Snack Box and the Vegan Lunch Box.

Based upon continued popularity and demand, this year travelers will also see new dedicated *Eat Well. Travel Further.* kiosk locations in airports across the U.S. The kiosks will serve travelers easily accessible healthy to-go options.

*Eat Well. Travel Further.* offerings are:

- **500 calories or less per serving** - to energize travelers with delicious nutrient-dense foods without excess calories to slow them down
- **No artificial colors/flavors/sweeteners** - to avoid artificial colors, flavors and sweeteners
- **No hydrogenated fats or high fructose corn syrup** - to fuel travelers' journeys to a healthier lifestyle with more wholesome ingredients