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PRESS RELEASE

Ruddy Duck restaurant earns national recognition for healthy efforts

Life-changing journeys await.

November 23, 2016:

On October 17th during the annual Blue Zones Project® National Summit which was held in Fort Worth, Texas, Ruddy Duck restaurant was honored with an award for their leadership in local, healthy food offerings.

The award was accepted by Blue Zones Project – Klamath Falls and County Commissioner Kelley Minty Morris during the summit. The award was later presented to Melissa Stevens, Ruddy Duck restaurant manager on November 17th. Ruddy Duck was congratulated on their efforts of building an on-site green house and use of local produce.

The greenhouse is made in America and includes an automatic mist system, exhaust fan, thermostat, heavy duty heater, automatic shutter, pair benches, and a sunscreen shade cloth. Running Y Ranch Resort offers venue rental in the greenhouse which includes a chef's table in the greenhouse featuring a menu focusing on vegetables and herbs growing right in front of the guests. It truly is a unique and wondrous dining experience.

Ruddy Duck made some changes including promoting to go boxes, more healthy options on the menu not including salad, offering healthy side option including fruit or a side salad and many more. The resort continues to grow vegetables and herbs in the community garden on property each summer. Produce is picked daily and used in various meals.

Ruddy Duck was also recently featured in Southern Oregon Magazine for healthy delicious dining options, the green house and garden, and their efforts with the Blue Zones Project. To read the feature, please visit www.southernoregonmagazine.com/running-y-resort-ruddy-duck-klamath-falls-oregon-dining.

About Running Y Ranch Resort:

Situated in the heart of the breathtaking Cascade Mountain Range, Running Y Ranch is a full-service resort located just across the California border. Fresh mountain air, clear star-studded night skies and beautiful landscapes make Running Y Ranch Resort the perfect place to relax and recharge offering the finest lodging available in Southern Oregon. The resort is home to the only Arnold Palmer designed golf course in Oregon. Golf Digest consistently rates it a Top 100 US Public Course, Top 15 in Oregon and Top 5 in the United States for Women.

About Blues Zones Project

Blue Zones Project® is a community-led well-being improvement initiative designed to make healthy choices easier through permanent changes to a city's environment, policy, and social networks. Established in 2010, Blue Zones Project is inspired by Dan Buettner, a National Geographic Fellow and New York Times best-selling author who identified five regions of the world—or Blue Zones—with the highest concentration of people living to 100 years or older. Blue Zones Project incorporates Buettner's findings and works with cities to implement policies and programs that will move a community toward optimal health and well-being. Currently, 31 communities in eight states have joined Blue Zones Project, impacting more than 2 million Americans. The movement includes three beach cities in California; 15 cities in Iowa; Albert Lea, Minnesota; the city of Fort Worth; and communities in Hawaii, Southwest Florida, Wisconsin and Oregon. Blue Zones Project is a division of Healthways, a Sharecare company. For more information, visit www.bluezonesproject.com.