



For Immediate Release
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Joey's Applauds Calgary Health Region initiative to ban trans fats in Calgary Restaurants

Calgary, AB — “We applaud the Calgary Health Region’s initiative to make Calgary the first city in Canada to ban trans fats from its restaurants,” explains Andy Taylor, Vice-President Operations, Joey’s.

“We agree with the CHR’s Medical Officer of Health Dr. Brent Friesen who recently told Calgary radio station QR77 (on the Rutherford Show) about the initiative. At Joey’s, we are also committed to offering consumers healthier food choices. In 2005, after considerable research, we removed trans fat from our cooking oils at all of our 100+ restaurants across Canada.”

Taylor explained that Joey’s found a cooking oil that not only had zero trans fats but also still gave the same great taste to its light and crispy Famous Fish & Chips. “Today, a lot of food organizations are jumping on the trans fat bandwagon, but at Joey’s we realized the importance of this issue in 2004 and Joey’s has been cooking in trans fat free oil since 2005.”

Health Canada and the Heart and Stroke Foundation are advising consumers to choose foods low in both saturated and trans fats. Experts also urge consumers to eat more servings of fish per week because it is high in heart-friendly Omega 3 fatty acids.

About Joey’s

Calgary-based Joey’s Only is a pioneer and leader in the fast casual seafood restaurant category in Canada. Its signature “Joey’s Famous Fish and Chips” has gained the company a North American reputation for preparing generous portions of high quality seafood at affordable prices. Each Joey’s franchise embodies the vision of its founder Joe Klassen - to eat great seafood in a cozy neighbourhood seafood restaurant. Annually, Joey’s serves more than 6.5 million guests system wide through its 115 restaurants in Canada and the United States. Joey’s has been trans fat free at all of its Canadian restaurants since 2005.

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