

HMS Dover-Foxcroft

Right here in Maine the Fox Brook Variety store located on East Main Street in Dover-Foxcroft is bringing healthy alternatives to downtown.

During the winter months the Fox Brook Variety makes homemade soups and during the warmer months they have a full salad bar along with fruit and pasta salad. They try to purchase the produce from local sources whenever possible. The reason they decided to offer these alternatives is that there was no one else in town offering anything similar and they felt that offering a healthy option for lunch would expand their customer base.

It is all part of a national trend and it is driven by the market and the customers. Corner stores are realizing that given the choice their customers do want fruit, vegetables and healthy alternatives. There is also a better profit margin on fruit than cigarettes. Check in with your downtown corner stores. Share this information with them. Ask if they want to join Healthy Maine Streets. Encourage your corner stores to make the healthy choice the easy choice for your downtown. Thank you to Steve and Deb Boyd for sharing the good work that Fox Brook Variety is doing and helping make Dover-Foxcroft's downtown healthier.