

BWI Marshall Ranked Among Healthiest U.S. Airports

Physicians Committee for Responsible Medicine Rates BWI Marshall in Top 5 for Healthful Option

Baltimore/Washington International Thurgood Marshall Airport was rated the fourth highest U.S. airport for healthful options by the Physicians Committee for Responsible Medicine. The PCRM's 13th annual Airport Food Review found that 80 percent of BWI Marshall restaurants serve at least one healthy option for travelers.

“At BWI Marshall, we are committed to ensuring healthy options for our travelers,” said Paul J. Wiedefeld, Chief Executive Officer of BWI Marshall. “We continue working with our concessions developer, AIRMALL Maryland, to provide healthy selections for travelers. Many BWI Marshall restaurants offer natural, organic, and healthy menu choices.”

The PCRM Airport Food Review specifically highlighted three restaurants at BWI Marshall—Silver Diner, Chesapeake Café, and Rams Head Tavern. In the 2013 PCRM review, BWI Marshall was tied for fourth place, a move up from 10th place last year. From April to August 2013, PCRM dieticians reviewed airport restaurant options at 18 of the top 30 busiest U.S. airports.

“At AIRMALL Maryland, we are constantly striving to offer travelers healthier dining options,” said Brett Kelly, vice president of AIRMALL Maryland. “Many of the restaurants at the AIRMALL at BWI Marshall offer high-quality, fresh and healthy menu items. We're pleased that BWI Marshall has been recognized for its efforts to help enable travelers to make smart dining choices when they're on the go.”

Healthy menu items in the BWI Marshall concessions program is part of an ongoing effort by the Airport to present healthy lifestyle choices for passengers and employees. Earlier this year, BWI Marshall worked with the American Heart Association to introduce the BWI Cardio Trail, two marked walking paths inside the Airport terminal. The marked paths provide travelers with a new option for exercise while waiting for flights.

BWI Marshall also offers a 12.5 mile scenic outdoor trail that encircles the Airport property. The BWI Trail, which was completed in 1994, is an outstanding recreational resource for travelers, visitors, and local residents. BWI Marshall was the first major U.S. airport to offer a dedicated hiker / biker trail.

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