

Healthy Neighborhood Restaurant Program

A partnership between Clark County Public Health and local restaurants to promote healthier meal choices in Clark County.

Application Packet



Neighborhood
Restaurant



Healthy Neighborhood Restaurant Program Application

Restaurant Name:

Date:

Owner or Program Contact Name:

Address:

Part I: Minimum Program Requirements

Our restaurant agrees to implement the core program elements. I will allow Clark County Public Health staff to conduct a welcome visit, analyze my menu and certify final approval into the program.

Food Safety (*Check if compliant*)

Our establishment is compliant with local Public Health Food Code Standards during the last year. Our establishment has at least 1 year of inspections without re-inspections.

Flexible Portions

Reduced-size portions are at least one-third smaller than full-size items.

At least twenty percent of menu options must be available in reduced-size portions, including:

At least two entrées, main dishes, or combination meals offered in reduced-size portions.

Reduced-size portions in multiple sections of the menu, with a minimum of two sections (ex: soups, salads, sandwiches, pasta, or desserts).

OR

Plan to implement flexible portions. Please describe your plans and/or need for assistance:

Building Healthy Eating Patterns

- There is no charge for substituting a healthier side.
- 1%, non-fat milk or non-dairy milk alternatives is available (if milk is available as a beverage option).
- At least one vegetarian entrée is available (lacto-ovo).
- At least 25 percent of the entrées and two appetizers do not contain fried foods.

OR

- Plan to implement. Please describe your plans and/or need for assistance:

Healthy Kid's Menus (if available)

Healthier beverage options are defined as plain low-fat (1%) milk, non-fat milk, a non-dairy milk alternative (such as soy), and/or water.

- Children's menus offer the healthiest side options as the default.
- A healthier beverage option is available.
- A minimum serving of ½ cup of fruit or vegetable.
- Non-fried main dishes for at least half of all main dish options.
- Combination meals include healthier beverage options when the beverage is included.

OR

- Plan to implement a healthy Kid's Menu. Please describe your plans and/or need for assistance:

Agreements

- By completing this application, I confirm that the information being submitted is accurate and complete to the best of my knowledge.

I also understand that the submission of this application is just the start of a process and does not ensure Healthy Neighborhood Restaurant verification.

Submit by email: healthy.here.now@clark.wa.gov

PART II: Encouraged Practices to Create a Healthier Restaurant Environment

Food establishments are encouraged to submit recipes for nutritional analysis to meet the dietary guidelines. Clark County Public Health will analyze up to 10 percent of an establishment's menu participating in the Healthy Neighborhood Restaurant Program.

Food establishments will use the "Healthy. Here. Now." logo on menu options that have been analyzed and approved by Clark County Public Health to help customers easily identify healthy selections.

Customers are more likely to pick healthier options when those items have positive descriptions, such as "fresh" or "seasonal," and when they are displayed first in a section or on a list. Food establishments can design their menus to encourage healthier choices by using descriptive names for healthier options (such as "reduced-size portions" or "Healthy. Here. Now." menu choices) and offering them as the first items in each menu section.

Meals-Entrée and included sides

- Calories: 750 (maximum)
- Must include two servings of fruits and/or vegetables
- No more than 0.5 grams of artificial trans fat
- No more than 30 percent of calories from fat
- No more than 10 percent of calories from saturated fat (8 grams)

Side Dishes & Appetizers

- Calories: 250 (maximum)
- Must include at least one of the following:
 - One serving of fruits and/or vegetables
 - One serving of whole-grain
 - One serving of fat-free or 1% dairy
- No more than 30 percent of calories from fat
- No more than 10 percent of calories from saturated fat

Kid's Meals

Either a specific kid's menu, or smaller portions of regular menu – includes entrée, side and beverage

- Calories: 600 (maximum)
- No more than 0.5 grams of artificial trans fat
- No more than 35 percent of calories from fat
- No more than 10 percent of calories from saturated fat
- Includes two of the following
 - Fruit or vegetable (1/2 cup)
 - Lean protein (2 ounces meat/1 egg/1 oz nuts)
 - Fat-free or 1% dairy (1/2 cup)
 - Whole grain (1 serving)

Continued: Encouraged Practices to Create a Healthier Restaurant Environment

- **Offer a beverage size option of 12 ounces or less and offer a variety of healthier beverage options.** Healthier beverages include plain low-fat (1%) milk, nonfat milk, unflavored milk alternatives, water, and other beverages that do not contain added sweeteners, including artificial sweeteners or sugar substitutes.
- **Offer a variety of non-fried fruits and vegetables as a side options.** Offer these options with minimal added fat, salt, and sugar. List these healthy options first or as the default option.
- **Serve meals on 10” or smaller plates.** Smaller plates help people recognize the quantity of food they are eating. Smaller plates also make portion sizes look more appealing and patrons may feel more satisfied with the quantity of food.
- **Bring chips or bread before a meal served only if the customer requests.** Customers often fill up on chips or bread if they are placed on the table immediately. Allow customers to choose whether they would like additional food, like chips or bread, when they order. This can help keep food costs down, too.
- **Use low sodium products and offer low or no sodium seasonings on the table.** Enhance flavors with fresh herbs, seasoning blends, or cooking techniques.
- **Offer sauces and dressings to be served on the side.** Many patrons prefer controlling how much of the condiments they use for flavor. Give them the option by allowing sauces and dressings to be served on the side.
- **Offer more whole grains.** Whole grains add a hearty element to a meal and are more satisfying.
- **Provide children’s placemats or coloring pages with healthy messages.** This is a fun way to complement your healthy kid’s meals!