

Certified Healthy Restaurant Program Criteria

References: National Policy and Legal Analysis Network to Prevent Childhood Obesity & Change Lab Solutions: Putting Health on the Menu: A Toolkit for Creating Healthy Restaurant Programs (2012); United States Department of Agriculture Food Guide Recommendations (2010)

Demographic Information

Name of Restaurant* (Name to appear on Certificate):

Type of Venue*: Single Venue Local Chain National Chain Worksite Venue

License Number*: _____

Contact Information

Contact Name*:

Mailing Address*:

State*:

Zip code*:

E-mail Address*:

Phone Number*:

County (physical location) *:

Proprietor Contact Information

Name*:

E-mail Address*:

Phone Number:

Please check all that apply to your restaurant in each of the following categories:

1. Tobacco Control

- This venue is smoke-free. ****Required for Basic**
- This venue is tobacco-free (including vapor products). ****Required for Excellence**
- This venue is **not** smoke free.

2. Staff Training

If you check yes, please check all that apply. If you check N/A, please skip to section 3

- This venue has servers/wait staff
 - Yes
 - N/A this venue does not have servers/wait staff [If N/A skip to the next section]
- Trains servers to offer water when seating patrons.
- Trains servers to not offer bread or chips before meals, unless requested by patrons.
- Venue does not offer free refills of sugar-sweetened beverages (SSB), such as sodas, sweetened teas, coffee beverages (i.e. lattes).
- Trains servers to only mention healthy sides when taking orders.
- Train servers to tell patrons that to-go boxes are available if they are unable to finish their food or provide an “Easy To-Go” area, in which patrons can get their own to-go boxes.
- Venue does **not** offer any of the above options.

3. Regular Menu

NOTE: You must upload a copy of a menu. **Upload required for Excellence

- The regular menu offers optional standard meals that have a maximum of 750 calories.
- The standard meals contain a minimum of two servings of fruits and vegetables.
- Grains served on these or used in these meals are at least 51% whole grain or the first ingredient listed on the packaging is whole grain.
- Milk and yogurt used in these meals are low-fat or fat-free.
- Cheese used in these meals have no more than 7% of its calorie content from saturated fat.
- There are no more than 0.5 grams of artificial trans-fat in these standard meals.
- These standard meals contain no more than 30% of total calorie content that comes from fat.
- These meals contain no more than 750 mg of sodium.
- This venue does **not** offer any standard meals with any of the above options.

4. Side Dishes

NOTE: You must upload a copy of a menu. **Upload required for excellence

- The regular menu has options of side dishes that have a maximum of 250 calories.
- The sides offered are at least one of the following:
 - One serving of fruits and/or vegetables;
 - One serving of whole-grains;
 - One serving of fat-free or low-fat dairy.
- These side options contain no more than 30% of total calorie content that comes from fat.

- These side options contain no more than 7% of total calorie content that comes from saturated fat.
- These side options contain no more than 230 mg of sodium.
- This venue does **not** offer any side dishes with the any of above options.

5. Children's Menu

If you check yes, please check all that apply. If you check N/A, please skip to section 6.

NOTE: You must upload a copy of a menu. **upload required for Excellence

- This venue has a children's menu:
 - Yes
 - N/A: This venue does not have a children's menu. **[If N/A, skip to the next section]**
- The children's menu offers optional standard meals that have a maximum of 600 calories.
- These standard meals have a minimum of two servings of fruits and vegetables.
- Grains served on these or used in these meals are at least 51% whole grain or the first ingredient listed on the packaging is whole grain.
- Milk and yogurt used in these meals are low-fat or fat-free.
- Cheese used in these meals have no more than 7% of its calorie content from saturated fat.
- 10% or less of the meals calorie content comes from added sweeteners.
- There are no more than 0.5 grams of artificial trans-fats in these meals.
- These standard meals contain no more than 30% of total calorie content that comes from fat.
- These meals contain no more than 600 mg of sodium.
- This venue does **not** offer any children's meals with any of the above options.

6. Farm-to-Table Foods

If you check yes, please check all that apply. If you check N/A, please skip to section 7.

- This venue has access to locally grown foods, such as fruits, vegetables, and proteins, which are purchased and available for consumption:
 - Yes
 - N/A: This venue does not have access to locally grown foods. **[If N/A, skip to the next section]**
- These foods are purchased and available every meal.
- These foods are purchased and available biweekly.
- These foods are purchased and available weekly.
- These foods are purchased and available monthly.
- These foods are purchased and available less than monthly.

7. Venue Specialty Offers

NOTE: You must upload a copy of a menu. **Upload required for Excellence

- This venue has menu options for specialty diets (i.e. vegetarian, vegan, gluten-free, etc.).

- This venue clearly displays food allergen information on the menu (i.e. peanut, shellfish, soy, dairy, etc.).
- This venue serves drinks in tall, narrow glasses (no larger than 16 oz.).
- This venue offers healthier meals and/or side dishes at a lower cost than the less healthy meals and/or side dishes.
- This venue offers half portion options or smaller portions at a lower cost on the menu.
- This venue allows adults to order off the kid's menu.
- This venue offers at least two free healthy cooking classes per year for community members.
- This venue does **not** offer any of the above options.

8. Menu Labeling

- This venue has a symbols on its menu to where the healthier items are or has a specified section on the menu for the healthier items.*
- This venue uses an appropriate method of nutrition analysis for the menu, such as nutrient databases, cookbooks, etc.
- This venue provides nutrition information is available to consumers/patrons via print, internet, or in-store marketing, including menus.
- This venue ensures that no identified healthy entrees exceed the FDA permitted levels of total fat, saturated fat, or sodium.
- This venue features healthy menu items in print marketing (such as flyers or brochures) or in other marketing media (such as radio, television, etc.) at least monthly.
- This venue does **not** identify or label menu items for nutritional content.

9. Responsible Beverage Service Training

If you check yes, please check all that apply. If you check N/A, please skip to section 10.

- This venue serves low-point beer and/or alcoholic beverages.
 - Yes
 - N/A: This venue does not serve low-point beer and/or alcoholic beverages. **[If N/A, skip to the next section]**
- We have provided our serving staff with the ODMHSAS RBS training.
 - Yes
 - No

10. Employee Wellness

- The staff are offered health insurance.
- The staff are offered opportunities for breaks when working a shift of four hours or more.
- The staff are provided healthy meals and/or side dishes at a lower cost than less healthy meals and/or side dishes.
- This venue does **not** offer any of the above options to their staff.

*The symbol used should be a generic symbol identifying healthy items, such as a star. A heart is typically associated with “heart-healthy,” therefore, using that symbol is not recommended.

To qualify for Certified Healthy, restaurants that apply **must** be Smokefree.

To qualify for Excellence status, restaurants that apply **must** be Tobacco free, which includes vapor products, **and** provide documentation (through pictures of venue displaying tobacco-free signage or policy from venue, which would also include signage and enforcement of policy).

Restaurants applying for Certified Healthy cannot have any unresolved priority violations.