



LiveWell
JOHNSON COUNTY
Restaurant Program



LiveWell Restaurant Program

PARTNER AGREEMENT CHECKLIST

To partner with the LiveWell Restaurant Program, you will need to complete the checklist below. You can complete the checklist during your initial meeting with Karen Hanson, or return the checklist (include any additional pages you may need to complete your answers), and a copy of your menu to Karen via email, fax, or mail:

Email: karen.hanson@jocogov.org
Phone: 913-477-8114
Fax: 913-477-8053

Mail: Johnson County Department of Health and Environment
 Attn: Karen Hanson, RDN, LD
 11875 S. Sunset Drive, Suite 300
 Olathe, KS 66061

Requirement	Description	<input type="checkbox"/>
 Offer menu items that meet the established standards If you need assistance to meet this guideline, please indicate the type of help needed: _____ Recipe Development _____ Recipe Modification _____ Other Karen Hanson, registered dietitian, will contact you to discuss recipe analysis* for up to 10 menu items. *Provided at no charge to determine if the recipe meets the standards.	Entrée standards: <ul style="list-style-type: none"> • 750 calories or less • 25 grams of fat or less • 8 grams of saturated fat or less • 600 mg sodium or less Appetizer, side dish and dessert standards: <ul style="list-style-type: none"> • 250 calories or less • 8 grams of fat or less • 3 grams of saturated fat or less • 400 mg sodium or less List menu items that meet the above guidelines: _____ _____	<input type="checkbox"/>
 Provide water	Chilled water is offered to each customer Each table is asked if they want water, or water cups are offered to each guest.	<input type="checkbox"/>



Promotion of healthy menu options

Provide copy of menu(s) with highlighted healthier items, or examples of how you plan to promote healthy items



Note:

The LiveWell Restaurant Program will provide promotional materials based on your restaurant's needs. Options include:

- Table tents and coasters identifying participation in program
- Interactive children's menus
- Stickers/labeling on menus indicating healthy menu item
- LiveWell window cling noting participation
- Wearable buttons for servers



Educate managers, chefs, cooks, servers and hosts on healthier options.

Education should include:



What percentage of your staff has been trained on promotion of healthier options?

What type of staff has been trained? (Managers, chefs, servers, hosts, etc.)

- Staff has a general understanding of the terms low sodium, reduced fat, and healthy
- Staff mentions healthy substitutes for some menu items (Example: Educates the guest that they could order the vegetable side dish without the sauce).
- Staff offers to-go boxes (Some patrons may want a full-sized portion of their meal, even if a reduced-size option is available. Give them the choice when ordering to box-up half and save it for another meal).
- Staff knows the two or three lighter entrees that get the most compliments

Pick two of the following requirements:



Offer healthier portion size options

List the menu items that are offered in reduced-size portions



Offer reduced-size portions that are at least 1/3 smaller than the full-size items. These items are offered in addition to the full-size versions.



Allow substitution of non-fried vegetables or fruit at no extra cost

Non-fried vegetables and fruits with minimal added fat, salt and sugar available as a substitute for higher fat, salt and sugar items (e.g., fries or chips) at no extra cost.

List the non-fried vegetables and fruit side items that are offered at no extra cost



Include non-fried vegetable or fruit as the default side item on the children's menu

- Non-fried vegetable or fruit with minimal added fat, salt and sugar as the default side item instead of higher fat, salt and sugar items (e.g., fries or chips).
- Provide copy of children's menu.

List the non-fried vegetables and fruit side items that are the default side item on the children's menu



Healthier default children's beverage

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Offer:

- Nonfat or 1 percent milk, 100% juice or water as the default beverage on the children's menu
- Provide copy of children's menu



Does your restaurant actively participate in either *Healthy Dining Finder* or *Carrot Gold*?

If yes:

Which program do you participate in?

When did you start participating?

