

LIVEWELL RESTAURANT PROGRAM

The purpose of the LiveWell Restaurant Program is to partner with many different types of restaurants to ensure residents can find healthy options when dining out.

The program provides free technical assistance from our registered dietitian, who is available to meet with you to tailor the program to your restaurant's specific needs.

The LiveWell Restaurant Program helps consumers identify restaurants that offer healthier menu options. The number of meals eaten outside the home continues to rise. Residents are increasingly looking for healthier options, including lower calorie, lower sodium and lower fat menu options. Giving consumers healthier food and beverage choices is good for your business. A 2013 study published by The Hudson Institute found restaurants that increased their healthier food and beverage options saw an increase in same store sales growth and increased customer traffic.



LiveWell Restaurant Program

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LiveWell
JOHNSON COUNTY
Restaurant Program

PROGRAM BENEFITS






The LiveWell Restaurant Program provides services to help you offer customers healthy options. The program is free and includes a wide variety of services, such as:

- Recipe analysis for up to 10 percent of your current menu (analysis will meet the Menu Labeling Law requirements)
- Recipe modification and/or development to increase healthy options
- Staff training taught by the LiveWell Registered Dietitian (low sodium, heart healthy, lower fat)
- Signage and menus that may include:
 - LiveWell Window Cling noting participation
 - Table Tents highlighting healthy menu items, participation in the program, etc.
 - Coasters identifying participation in the program
 - Wearable buttons for servers encouraging customers to ask about healthy dishes
 - Interactive children's place mats with wellness messages
 - www.livewelljohnsoncountyks.org promotion with links to your website
 - Potential promotion of program through chambers of commerce
 - Media coverage to encourage customers to look for the LiveWell logo at your restaurant

PARTNERSHIP REQUIREMENTS

-  Offer menu items that meet LiveWell's nutritional standards.
-  Provide water to every table or ask each customer if they want water.
-  Highlight healthier menu options on signage in the restaurant (like table tents), highlighted on the menu or a separate healthy items menu.
-  Educate managers, chefs, cooks, servers and hosts.

Optional Activities:

-  Offer reduced portion size options.
-  Offer non-fried vegetables or fruit at no extra cost.
-  Offer non-fried vegetable or fruit as the side item on the children's menu.
-  Offer milk, 100% juice or water as children's beverage.
-  Current participation in either Healthy Dining Finder or Carrot Gold?

GETTING STARTED

Contact LiveWell's Karen Hanson to get started at karen.hanson@jocogov.org

Review the Partnership Requirements and start thinking about how your restaurant could participate.

WHO CAN PARTICIPATE?

LiveWell welcomes all restaurants looking to enhance their healthy menu items. Our partners are as diverse as they come—fast casual, fine dining, local and corporate—with a variety of cuisines and locations. Multi-location restaurants are welcome.





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