

EAT HEALTHY SOUTHWEST LOUISIANA APPLICATION

Increasing Access to Healthy Eating!

Date: _____

Restaurant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Restaurant Contact: Name _____

Title _____

Phone Number: _____ Email: _____

The Eat Healthy Southwest Louisiana Restaurant agrees to focus on increasing the amount of fruits, vegetables, whole grains, low-fat dairy and lean proteins served, in addition to decreasing consumption of calorie sweetened beverages. A participating restaurant agrees to actively work with an **Eat Healthy Southwest Louisiana Dietitian** to improve menu choices and the healthy environment of their restaurant.

In return, Eat Healthy SWLA Partners will receive:

- Dietitian consultations to review and identify menu options that meet the Eat Healthy Nutritional Guidelines as well as assist you in modifying and creating more healthful dishes.
- Recognition on the Partnership for a Healthier Southwest Louisiana website and Eat Healthy SWLA social media outlets. Opportunities to participate in Eat Healthy SWLA events and publicity.
- Eat Healthy partner materials to display at your restaurant (Eat Healthy SWLA sign, window cling, icon for printing, stickers for menus, table tents, buttons, kids' activity pages, and access to others on *healthierswla.com*).
- Training for your wait staff to educate them about the Eat Healthy SWLA program.

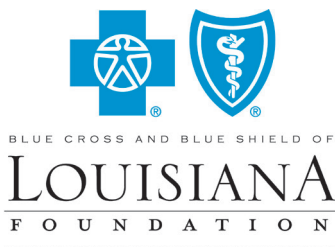
Restaurant Owner's Signature: _____

Printed Name: _____

Please return this form:

- Electronically via email to healthy@swlahec.com.
- By fax to (337) 478-0124.
- By mail to **Eat Healthy Southwest Louisiana, ATTN: Janice Ackley**
196 Williamsburg, Lake Charles, LA 70605
- Email your logo to healthy@swlahec.com at your earliest convenience.

MADE POSSIBLE BY





HEALTHY RESTAURANT INITIATIVE

Eat Healthy SWLA partners are encouraged to **offer more healthful menu options to kids and adults** and **actively support environmental and community efforts to help fight obesity in Southwest Louisiana**. Participating restaurants designate Eat Healthy SWLA entrées, and side dishes on their menu. The restaurants also receive a dietitian consultation and a summary report with healthful recommendations.

EAT HEALTHY SWLA MENU ITEMS

Entree or Entree Salad

- Less than 600 calories
- Less than 800 mg sodium
- Less than 10% of calories from animal-based saturated fat
- 0 g trans fat
- A lean protein
- Include a fruit or vegetable
- No deep fried items

Appetizer, Soup, Salad or Dessert

- Less than 300 calories
- Less than 400 mg sodium
- Less than 10% of calories from animal-based saturated fat
- 0 g trans fat
- No deep fried items

Look for our Eat Healthy SWLA icon  on select menu items.

ENVIRONMENTAL AND COMMUNITY OPTIONS TO CONSIDER

Promote Activity

- Bike rack available within one block
- Sponsor a local sports team
- _____ (Other)

Community Support

- Purchase local food and supplies
- Donations to community kitchens and food banks
- Supports non-profit fundraisers
- _____ (Other)

Family Friendly

- Kids' menu has milk instead of soft drink at no extra charge
- Kid's meal contains a vegetable
- Healthy, educational activities for kids offered
- _____ (Other)

Healthy Environment

- Uses trans-fat free oil in fryer or no fryer
- Able to substitute healthier items at no charge
- Promote a "We'll pack half" policy to box ½ of dish before serving
- Offer more than one healthy appetizer or starter choices
- Serving size of appetizer listed in menu
- Use serving plates that are 9 to 10 inches in diameter
- Replace wide glasses with taller, narrower glasses
- Offer an option of smaller portions of selected entrees
- Offer a tasting size or tasting platter for desserts
- Highlight or promote healthy meals or side dishes and include calorie information
- Fruit or low fat dessert options
- No white or refined starch, or offer whole grain and whole wheat options
- Offer 1% or skim milk as default dairy options (added to coffee or as a beverage)
- Put no bread or chips on the tables unless requested
- Train servers to first offer water when seating customers
- Offer salad, fruit or steamed vegetables as a substitution for French fries/chips
- Offer fat free salad dressings
- As a designated Eat Healthy restaurant, proudly display window cling/sign and table tents at restaurant
- Use less added sugar (eg. honey, agave, sugar, etc.)
- No salt on table
- _____ (Other)

Eat Healthy Southwest Louisiana is a healthy restaurant initiative developed by the Partnership for a Healthier Southwest Louisiana and the Dare to be Healthy Challenge Grant, made possible by Blue Cross and Blue Shield of Louisiana Foundation.