

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.

BE SURE YOU HAVE:

- Completed ALL questions in the application
- Submit **ONLY** online (Do NOT submit via fax or mail)
- Correct mailing addresses, email
- Complete name of restaurant
- Checked all items that apply to your restaurant

NOTE

- Please read future e-mails related to Certified Healthy Restaurants
- Do not forget to print a copy of **EACH PAGE** of your application (using you web browser's print button) Remember that Certification must be renewed annually.

Thank you for your participation!

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