

PART 2 Encouraged practices to create a healthier restaurant environment

BEVERAGES / Supply a selection of healthier choices and a size option of 12 ounces or less. Healthier beverages include plain low-fat (1%) milk, nonfat milk, unflavored milk alternatives, water, and beverages that do not contain added sugar, artificial sweeteners or sugar substitutes.

SIDES / Provide a variety of non-fried fruits and vegetables with minimal added fat, salt and sugar. List these first or as the default option.

PLATES / Serve meals on plates 10 inches or smaller. Smaller plates help people recognize the quantity of food they are eating. They make portion sizes look more appealing and customers may feel more satisfied with the quantity of food.

EXTRAS / Bring chips or bread before a meal only if requested. Customers often fill up on these items if placed on the table. This can help keep food costs down too.

SODIUM / Use low sodium products and provide low or no sodium seasonings on the table. Enhance flavors with fresh herbs, seasoning blends, or cooking techniques.

CONDIMENTS / Offer to serve sauces and dressings on the side. Many customers prefer to have control over how much is used.

WHOLE GRAINS / Use more whole grains, which add a hearty, satisfying element to a meal.

ACTIVITY SHEETS / Provide children's placemats or coloring pages with healthy messages. This is a fun way to complement your healthy kid's meals!



Clark County Public Health
1601 E Fourth Plain Blvd / Vancouver, WA 98661
360.397.8000 / www.clark.wa.gov/public-health

For other formats, contact the Clark County ADA Office
Voice: 564.397.2322 / Relay: 711 or 800.833.6388
Fax: 564.397.6165 / Email: ADA@clark.wa.gov



Neighborhood
Restaurant

HEALTHY KIDS NEIGHBORHOOD RESTAURANT



PROGRAM APPLICATION

A partnership between Clark County Public Health and local restaurants to promote healthier meal choices in the community



HEALTHY KIDS NEIGHBORHOOD RESTAURANT PROGRAM APPLICATION



Date _____

Restaurant name _____

Owner or program contact name _____

Address _____

PART 1 Minimum program requirements

Agreements

- Our restaurant agrees to implement the core program elements. I will allow Clark County Public Health staff to conduct a welcome visit, analyze my menu and certify final approval into the program.
- By completing this application, I confirm that the information being submitted is accurate and complete
- I also understand that the submitting this application does not ensure Healthy Neighborhood Restaurant verification

Food safety check if compliant

- Our establishment is compliant with local Public Health Food Code Standards during the last year and has at least 1 year of inspections without re-inspections

Healthy kid's menus if available

- Children's menus offer the healthiest side options as the default**
- A healthier beverage option is available*
- A minimum serving of ½ cup of fruit or vegetable
- Non-fried main dishes for at least half of all main dish options
- Combination meals include healthier beverage options when the beverage is included*

_____ or _____

- Plan to offer a healthy Kid's Menu. Please describe your plans and/or need for assistance:

**Healthier beverage options: plain low-fat (1%) milk, non-fat milk, a non-dairy milk alternative such as soy, water*

***Healthier side options: non-fried vegetable, fruit without added sugar, a dairy product such as cottage cheese*

Submit by email healthy.here.now@clark.wa.gov