



# Nomination Packet

## Welcome to HealthyKansas HealthyRestaurant — the restaurant recognition program!

HealthyRestaurant is an award program offered through the HealthyKansas governor's initiative. A HealthyRestaurant designation signifies a restaurant that offers healthy food options, food safety and a tobacco-free environment.

Making healthier food choices, reducing our exposure to environmental tobacco smoke and eating food that has been handled properly will reduce our risk of chronic disease such as heart disease and cancer as well as the incidence of food borne illness. By promoting restaurants with healthier choices, we aim to encourage people to select restaurants that enable them to make healthier food choices when they eat out.

### How Do I Nominate a HealthyRestaurant?

Designating a HealthyRestaurant takes collaboration between state and local partners. Using the materials provided in this packet, restaurants may nominate themselves or may be nominated by consumers or community organizations. Community-wide and individual nominations are equally welcome.

If you are a consumer or community member planning to nominate a restaurant or restaurants, your role will include contacting the restaurant(s) and encouraging them participate in a nomination and assisting restaurant operators with completing the assessment.

Once you've completed the nomination, submit it by email, fax, or post to HealthyKansas at:

HealthyKansas  
c/o Kansas Department of Healthy & Environment  
1000 SW Jackson Street, Ste. 540  
Topeka, KS 66612

Or fax to: 785/296-6231

Or email to: [healthykansas@kdheks.gov](mailto:healthykansas@kdheks.gov)  
Attention: HealthyRestaurant Nomination

### How Do I Complete the Nomination Form?

Work with the restaurant operator to complete the nomination survey and verify the results. The assessment covers the three HealthyRestaurant standards:

- **Nutrition:** Nutrition requires a variety of food choices, including grain products, vegetables, fruit, and entrees prepared with lower fat cooking methods. Using the checklist, review the items that should be available at the restaurant, either on the menu or by request.

- **Food Safety:** Practicing food safety means food is stored, handled and prepared properly at the right temperature, and that all utensils, equipment and surfaces are kept clean. These practices help to minimize the risk of food borne illness.

Restaurants must have passed their most recent restaurant inspection without re-inspection, temperature or hand washing violations, or administrative actions in the past 12 months. Also, the restaurant must not have been affiliated with a food borne illness outbreak in the past 12 months as determined by the KDHE Office of Epidemiology. Restaurant operators can self-report their most recent inspection results; we'll also confirm the history prior to making an award.

- **Tobacco-free Environment:** HealthyRestaurants are 100% tobacco-free establishments. The non-smoking requirement is assessed on site, looking for no-smoking signage, written policies or other evidence that smoking is not allowed in the restaurant or adjoining outdoor eating areas.

### **What Happens Next?**

We will vet the nomination, including the restaurant's inspection history from the previous year, and will contact you with the results. The local health department in partnership with the Kansas Department of Health & Environment and other local partners will make the award and help coordinate media attention.

Questions? Contact HealthyKansas at 785/296-8045 or [healthykansas@kdheks.gov](mailto:healthykansas@kdheks.gov).



## Nomination

### Restaurant Information:

Establishment: \_\_\_\_\_

Address: \_\_\_\_\_

Website: \_\_\_\_\_

Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Nominated by: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Are you a part of a chain?      Yes      No

Do you offer a children's menu?      Yes      No

Do you offer a breakfast menu?      Yes      No

*\*The above information is requested for information purposes only. It will not be used to evaluate the establishment for a HealthyRestaurant designation.*

### Participant Consent:

I consent to being nominated for the HealthyKansas HealthyRestaurant award. I verify that all of the information provided in this nomination is truthful and accurate. Should any of this information change (i.e. menu, restaurant inspection, tobacco-free environment) that would preclude my establishment from honoring the standards of a designated HealthyRestaurant, I agree to notify the HealthyRestaurant program and remove signage from my establishment that indicates HealthyRestaurant status.

Signature: \_\_\_\_\_

## Restaurant Assessment Survey

Please check any options the restaurant offers for its patrons.

For the following criteria, **ADD** 1 point for each true statement:

- Offers fresh, frozen or canned fruit and/or 100% fruit juice on menu
- Offers steamed or fresh cut vegetables on menu
- Offers fat-free, vinaigrette, or low fat dressings and/or sauces
- Menu includes at least one entrée prepared in a lower-fat method (baked, steamed, poached, broiled, roasted, or barbecued)
- Menu includes whole-grain products (cereal, bread, pasta, etc.)
- Menu offers smaller servings of entrées or will reduce portion upon request
- Will serve sauces, gravies, and dressings on the side upon request
- Offers lower-fat or sugar-free dessert options on menu
- Will modify cooking preparation for health requests (see *Definitions*)
- Will provide a substitute for fried side dishes (e.g. side salad, vegetables, pasta salad, baked beans, etc.)

For the following criteria, **SUBTRACT** 1 point for each:

- If milk is offered, does NOT offer a lower-fat milk option (1%, ½%, Skim)
- If a children's menu/meals is offered, does NOT provide:
  - Lower-fat milks substituted for the included beverage *OR*
  - Substitute fruits or vegetables for fried potato products

**TOTAL POINTS:** \_\_\_\_\_

*Minimum of 8 points required to be eligible for a HealthyRestaurant award*

Please check which of the following statements is true for the restaurant:

- Passed our most recent KDHE restaurant inspection without re-inspection, violations, or administrative actions, and have not been connected to a food borne illness outbreak in the last 12 months
- Offer a 100% tobacco-free facility

When you have completed the survey, please submit it to:

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FAX: 785/296-6231

EMAIL: [healthykansas@kdheks.gov](mailto:healthykansas@kdheks.gov)

## Nutrition Definitions

**100% fruit juice:** 100% fruit juice is defined as juice without added ingredients. Includes fruit or 100% fruit juice (canned, frozen, or fresh) as a menu choice. Fruit topping on another dessert (on ice cream, yogurt, etc) is not considered meeting the intent of the criteria.

**Steamed vegetables:** Includes steamed vegetables as a menu choice. May use fresh or frozen vegetables in steaming process

**Substitute for French fries/chips:** Baked, low fat chips, a salad, or fruits and vegetables (other than potatoes) may be substituted for the fried potato products normally offered with the entrée/meal. The offering of a substitute is indicated either on the menu or signage in restaurant.

**Low fat dressing:** “Low fat dressings” are defined by the Food and Drug Administration as containing no more than 3 grams of fat per serving. For salad dressings, a serving is considered to be 1 ounce. Note: *Dressings labeled as “light” or “reduced fat” may not always meet the above criteria. Labels must be reviewed.*

**Low fat milk:** “Low fat milk” is defined by the Food and Drug Administration as containing no more than 3 grams of fat per serving. For milk, 1 cup is considered a serving. 2% milk contains 5 grams of fat per serving and does not meet the criteria.

**Low fat cooking method:** Baking, steaming, poaching, broiled, roasted, or barbecued are considered lower-fat cooking methods. Use of little or no fat in cooking preparation is encouraged.

**Whole-grain products:** “Whole-grain” is defined by the Food and Drug Administration, as foods containing at least 51% whole grain by weight of the product. Whole grain should be the first ingredient on the food label of the product.

**Accommodation for smaller appetites:** Can include smaller servings of regular entrée offering, splitting entrees between two or more patrons, or providing carry out containers at any time during the meal when requested for the entree.

**Lower-fat or sugar-free dessert options:** “Low fat” is defined by the Food and Drug Administration, as containing less than 3 grams of fat per serving. Sugar free desserts contain no added sugar, honey, fructose, or syrups. Artificial sweeteners may be used in sugar free products.

**Modified cooking preparations health requests:** Modification can include any of the following: leave out seasonings (MSG, salt, onion, etc); remove or modify food ingredients (no fat added, remove dressings or spreads, no breading, etc.); change in cooking methods (baked versus fried, prepare any meat, fish, poultry or eggs without significant fat added); visible fat from meat and skin from poultry removed before cooking; omit cheese and croutons from salads/soups.