



## Healthy Place Program

**For Consumers:** The Healthy Place Program will help consumers make healthier choices by denoting restaurants who offer options based on the criteria set out. Our goal is to make being healthy a little easier for the residents and visitors of Sioux Falls. We understand that life is busy and eating out is part of that however; that doesn't mean it can't be a healthy part.

**For Business:** The Healthy Place Program makes sense. Parents and children are eating out more than ever. Over the past 20 years, the percentage of daily calories consumed outside the home has nearly doubled (healthyeatingresearch.org). This program can help to enhance business image in our community. Being recognized as a Healthy Place shows that you offer healthy options to patrons and that you care about them and your community.

### Criteria:

*Please check all that apply.*

#### Section 1: Tobacco

- This venue is smoke-free both indoors and outdoors. (1 Point)
- This venue is completely tobacco-free both indoors and outdoors (this includes vaping and e-cigarettes). (2 Points)

#### Section 2: Staff Training

- This venue trains servers and/or staff to provide water when seating patrons. (1 Point)
- This venue trains servers to mention healthy sides first when taking orders. (2 Points)
- This venue trains servers to tell patrons that to-go boxes are available if they are unable to finish their meal. (1 Point)
- This venue offers food allergen training to employees. (2 Points)
- Staff are trained in Responsible Beverage Service. (2 Points)

#### Section 3: Menu

- The menu offers at least two meals that have a maximum of 750 calories. (2 Points)\* (More points awarded for more options, on the discretion of Live Well staff.)
- This venue offers whole-grain options. (1 Point) **Please check the label of your grain products to ensure that whole wheat or whole grain is listed as the first ingredient.**
- The menu offers meal options that contain no more than 30% fat. (2 Points)\*
- The menu offers meals that contain no more than 750mg of sodium. (2 Points)\*
  - The menu offers unsalted options. (1 Point)
- The menu uses descriptive wording for healthy options. (2 Points)

#### Section 4: Side Dishes

- The menu offers at least two side dish options that have a maximum of 250 calories. (2 Points)\* (More points awarded for more options, on the discretion of Live Well Staff.)
- The menu offers side dish options of the following (1 Point Each):
  - Fruit
  - Vegetables (Not including fried)
  - Whole grain
- The menu offers side dish options that contain no more than 30% fat. (2 Points)\*
- The menu offers side options that contain no more than 230mg of sodium. (2 Points)\*
  - The menu offers unsalted options. (1 Point)

#### Section 5: Children's Menu

If your venue does not offer a children's menu please skip this section. It will not count against your total score.

- The children's menu offers at least one meal that has a maximum of 600 calories. (2 Points)\*
- The children's menu offers meals that contain fruits and/or vegetables as part of the entrée. (1 Point)
- Fruits and/or vegetables are the default side in children's menus at this venue. (2 Points)
- The children's menu offers whole-grain options. (1 Point) **Please check the label of your grain products to ensure that whole wheat or whole grain is listed as the first ingredient.**
- Milk and yogurt offered to children at this venue is low-fat or fat-free. (1 Point)
- The default beverage for children is milk, water or 100% juice. (1 Point)
- The children's menu offers meal options that contain no more than 30% fat. (2 Points)\*
- The children's menu offers options that contain no more than 600mg sodium. (2 Points)\*
  - The children's menu offers unsalted options. (1 Point)

#### Section 6: Local Foods

- This venue uses locally grown foods such as fruits, vegetables, protein, grains and dairy. (2 Points) **Local is defined as anything within South Dakota or within 100 miles of the Sioux Falls MSA.**
- This venue offers seasonal options. (1 Point)

#### Section 7: Other Features

- This venue offers special options for diets such as vegetarian, vegan, gluten free etc. (1 Point)
- This venue has food allergen information available to patrons. (1 Point)
- This venue does not offer free refills on sugar-sweetened beverages. (2 Points)
- This venue offers a baked option for some meals instead of or in addition to a fried option. (1 Point)
- This venue offers healthier meals and/or side dish options at a lower cost than the less healthy meals and/or side dish options. (2 Points)

- This venue offers half-portion options or smaller portions at a lower cost on the menu. (2 Points)
- This venue allows adults to order off the kid's menu. (1 Point)
- This venue allows patrons to split a meal at no charge. (1 Point)
- This venue donates left over food to local food banks, shelters etc. (1 Point)
- This venue offers a special of the day that is healthier on some days of the week. (1 Point)
- This venue automatically serves dressing and sauces on the side in a 2 oz. container. (2 Points)

### **Section 8: Menu Labeling**

- This venue has symbols on its menu to help patrons find where the healthier items are or it has a specified section on the menu for the healthier items. (1 Point) **Live Well Sioux Falls can provide a symbol for restaurants to use.**
- This venue uses an appropriate method of nutrition analysis for the menu. (2 Points)\*

### **Section 9: Health and Wellbeing**

- This venue provides its employees with tobacco cessation kits if they are requested. (1 Point) **Quit-Kits or Freedom From Smoking sessions are available to have on-hand via the Sioux Empire Tobacco-Free Coalition (SET-FREE) they can be contacted by calling: 605-371-1000.**
- This venue has a valid food service license from The City of Sioux Falls Health Department. This point is mandatory, if you do not meet this specification you do not qualify as a healthy place.** (1 Point)
- A manager or owner at this venue have been CPR trained. (2 Points)
- This venue has an AED on-site. (1 Point)
- The AED on-site is registered with Pulse Point. (1 Point)
- This venue provides bike parking for patrons and employees to encourage healthy habits. (1 Point)

### **Section 10: Sustainability**

- Eliminate the use of plastic straws, water bottles and/or to-go containers. (2 Points)
- Offer discounts to customers who bring their own to-go containers, cups/mugs and/or reusable bags. (1 Point)
- Offer e-receipts (1 Point)
- Purchase paper products that contain recycled materials. (1 Point)
- Become a City of Sioux Falls Green Business or Green Leader. (2 Points)

\*Denotes an item that may require nutrition analysis. Please see resource guide for more information. If nutrition analysis is done, please supply a copy of your menu along with your application. Nutrition analysis can be done for free by SDSU dietetic interns, please contact Live Well Sioux Falls for more information.

When this document refers to vegetables it is not referring to any fried vegetable such as French fries, onion rings etc.

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I certify that the information provided above is correct to the best of my knowledge. I acknowledge that my certification can be revoked at any time if I am in violation of health codes or if the information provided is determined to be incorrect. I understand that I will have to reapply for certification three years from the date noted below, or risk this certification being revoked by Live Well Sioux Falls. I also understand that this is a voluntary certification program.

Restaurant: \_\_\_\_\_

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

Date: \_\_\_\_\_

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FOR USE BY LIVE WELL STAFF ONLY:

<b>SCORING</b>		
<b>Must receive 80% to be certified as a healthy restaurant through this program.</b>		
<b><u>Type of Menu:</u></b>	<b><u>Minimum Points Possible for Certification:</u></b>	<b><u>Total Points Possible:</u></b>
Restaurant With Children's Menu	64	80
Restaurant Without Children's Menu	53	67

Name of Staff: \_\_\_\_\_

Date Received: \_\_\_\_\_

Score Given: \_\_\_\_\_

Renewal Date (3 years): \_\_\_\_\_

I, Live Well Staff Member, certify that I have thoroughly read the above application (and additional information) and have assessed it correctly. The above restaurant and contacts have been notified of their certification status and they have been mailed a copy of this application along with program materials for their records and use.

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