

Healthy Place Resource Guide

Foundational Resources*

Putting Health on the Menu: A Toolkit for Creating Healthy Restaurant Programs	http://changelabsolutions.org/sites/default/files/Putting_Health_on_the_Menu_FINAL_%28CLS-20120530%29_20120120.pdf
Dietary Guidelines for Americans, 2015-2020 (USDA)	https://health.gov/dietaryguidelines/2015/guidelines/

***Foundational Resources apply to all criteria, and applicants should use these as guidance documents. Other resources are supplementary and may also be useful to applicants.**

Nutrition Analysis Resources

Dietitians	Locate a local dietitian that may be able to help you do nutrition analysis: https://www.eatright.org/find-an-expert
Software	USDA Approved Software: https://healthymeals.fns.usda.gov/menu-planning/nutrient-analysis-software-approved-usda/nutrient-analysis-software-approved-usda
Today's Dietitian	Article on Software Options: http://www.todaysdietitian.com/news/enews_09_09_03.shtml
SDSU Dietetic Interns	This is a FREE service. Contact Live Well Sioux Falls for more information at (605)-367-8031 or livewell@siouxfalls.org

Tobacco

This venue is smoke-free both indoors and outdoors.	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6015a2.htm
	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/protection/improve_health/
This venue is completely tobacco-free both indoors and outdoors (this includes vaping and e-cigarettes).	American Public Health Association (APHA): http://thenationshealth.aphapublications.org/content/43/5/1.2.full
	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/media/releases/2015/p0416-e-cigarette-use.html

Staff Training

This venue trains serves and/or staff to provide water when seating patrons.	The Centers for Disease Control Prevention (CDC):
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	http://www.cdc.gov/healthyweight/healthy_eating/drinks.html
This venue trains servers to mention healthy sides first when taking orders.	The Blue Zones Project: http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf
This venue trains servers to tell patrons that to-go boxes are available if they are unable to finish their meal.	The Blue Zones Project: http://bluezonesproject.s3.amazonaws.com/docs/certification/Certification_Overview.pdf
This venue offers food allergen training to employees.	FARE: https://www.foodallergy.org/education-awareness/fare-training/restaurant-workers
Staff are trained in Responsible Beverage Service.	Responsible Beverage Service Training: http://projectsafer.org/trainings
Menu	
The menu offers at least two meals that have a maximum of 750 calories.	See nutrition analysis resources.
The menu offers meals that contain fruits and/or vegetables as part of the entrée.	Choose My Plate: http://www.choosemyplate.gov/food-groups/vegetables.html Choose My Plate: http://www.choosemyplate.gov/food-groups/fruits.html
This venue offers whole-grain options. Please check the label of your grain products to ensure that whole wheat or whole grain is listed as the first ingredient.	Choose My Plate: http://www.choosemyplate.gov/food-groups/grains.html
The menu offers meal options that contain no more than 30% fat.	American Heart Association: http://www.heart.org/HEARTORG/HealthyLiving/FatsAndOils/MeettheFats/Meet-the-Fats_UCM_304495_Article.jsp#.WhiSUoWcGM8 See nutrition analysis resources.
The menu offers meal options that contain no more than 750mg of sodium and/or the menu offers unsalted options.	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/salt/food.htm
<ul style="list-style-type: none"> The menu offers unsalted options. 	See nutrition analysis resources.
The menu uses descriptive wording for healthy options.	Healthy Eating Advisory Service: http://heas.health.vic.gov.au/schools/promoting-healthy-foods-and-drinks/fun-and-descriptive-words-healthy-foods
Side Dishes	
The menu offers at least two side dish options that have a maximum of 250 calories.	Choose My Plate: http://www.choosemyplate.gov/food-groups/ See nutrition analysis resources.
The menu offers side dish options of the following:	

<ul style="list-style-type: none"> • Fruit 	Choose My Plate: http://www.choosemyplate.gov/food-groups/fruits.html
<ul style="list-style-type: none"> • Vegetable (Not including fried) 	Choose My Plate: http://www.choosemyplate.gov/food-groups/vegetables.html
<ul style="list-style-type: none"> • Whole Grain 	Choose My Plate: http://www.choosemyplate.gov/food-groups/grains.html
The menu offers side dish options that contain no more than 30% fat.	American Heart Association: http://www.heart.org/HEARTORG/HealthyLiving/FatsAndOils/MeettheFats/Meet-the-Fats_UCM_304495_Article.jsp#.WhiSUoWcGM8 See nutrition analysis resources.
The menu offers side options contain no more than 230mg of sodium and/or the menu offers unsalted options. <ul style="list-style-type: none"> • The menu offers unsalted options. 	The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/salt/food.htm See nutrition analysis resources.
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.	Choose My Plate: http://www.choosemyplate.gov/food-groups/ See nutrition analysis resources.
The children’s menu offers meals that contain fruits and/or vegetables as part of the entrée. Fruits and/or vegetables are the default side in children’s menus at this venue.	Choose My Plate: http://www.choosemyplate.gov/food-groups/vegetables.html Choose My Plate: http://www.choosemyplate.gov/food-groups/fruits.html
The children’s menu offers whole-grain options. Please check the label of your grain products to ensure that whole wheat or whole grain is listed as the first ingredient.	Choose My Plate: http://www.choosemyplate.gov/food-groups/grains.html
Milk and yogurt offered to children at this venue is low-fat or fat-free.	American Heart Association: http://www.heart.org/HEARTORG/HealthyLiving/FatsAndOils/MeettheFats/Meet-the-Fats_UCM_304495_Article.jsp#.WhiSUoWcGM8 Choose My Plate: http://www.choosemyplate.gov/food-groups/dairy.html

<p>The default beverage for children is milk, water or 100% juice.</p>	<p>American Beverage Association: https://www.ameribev.org/education-resources/blog/post/supporting-parents-choices/</p>
<p>The children’s menu offers options that contain no more than 30% fat.</p>	<p>American Heart Association: http://www.heart.org/HEARTORG/HealthyLiving/FatsAndOils/MeettheFats/Meet-the-Fats_UCM_304495_Article.jsp#.WhiSUoWcGM8</p> <p>See nutrition analysis resources.</p>
<p>The children’s menu offers options that contain no more than 600mg sodium and/or the menu offers unsalted options.</p> <ul style="list-style-type: none"> • The children’s menu offers unsalted options. 	<p>The Centers for Disease Control and Prevention (CDC): http://www.cdc.gov/salt/food.htm</p> <p>See nutrition analysis resources.</p>
<p>Local Foods</p>	
<p>This venue uses locally grown foods such as fruits, vegetables, protein grains and dairy. Local is defined as anything within South Dakota or within 100 miles of the Sioux Falls MSA.</p>	<p>Dakota Rural Action: https://www.dakotarural.org/</p>
<p>This venue offers seasonal options.</p>	<p>USDA Seasonal Produce Guide: https://snaped.fns.usda.gov/seasonal-produce-guide</p>
<p>Other Features</p>	
<p>This venue offers special options for diets such as vegetarian, vegan, gluten free etc.</p>	<p>People for the Ethical Treatment of Animals: http://www.peta.org/living/food/chain-restaurants/</p> <p>The Vegetarian Resource Group: https://www.vrg.org/restaurant/top_restaurant_chains.php</p> <p>Gluten Free Labeling (FDA): https://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm367654.htm</p>
<p>This venue has food allergen information available to patrons.</p>	<p>Food Allergy Research and Education: http://www.foodallergy.org/advocacy/restaurants</p> <p>Food Allergy Research and Education: http://www.foodallergy.org/about-food-allergies</p>
<p>This venue does not offer free refills on sugar-sweetened beverages.</p>	<p>The Centers for Disease Control and Prevention (CDC): https://www.cdc.gov/healthyweight/healthy_eating/drinks.html</p>

This venue offers a baked option for some meals instead of or in addition to a fried option.	What is fat? file:///C:/Users/C12760/Downloads/posthandout_session2%20(1).pdf
This venue offers healthier meals and/or side dish options at a lower cost than the less healthy meals and/or side dish options.	See foundational resources.
This venue offers half portion options or smaller portions at a lower cost on the menu.	See foundational resources.
This venue allows adults to order off the kid's menu.	See foundational resources.
This venue allows patrons to split a meal at no charge.	See foundational resources.
This venue donates left over food to local food banks, shelters etc.	Feeding South Dakota: http://feedingsouthdakota.org/how-to-help/donate-food There are many other options to donate food as well. Please call 211 for more information.
This venue offers a special of the day that is healthier on some days of the week.	This option should meet requirements as a healthier menu option.
This venue automatically serves dressing and sauces on the side in a 2 oz. container.	See foundational resources.

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 healthier items.	The Food and Drug Administration (FDA): http://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/LabelingNutrition/UCM423985.pdf Live Well can provide you a symbol/logo. Request it by emailing livewell@siouxfalls.org or calling 605-367-8031
This venue uses an appropriate method of nutrition analysis for the menu.	The Food and Drug Administration (FDA): http://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/LabelingNutrition/UCM423985.pdf See nutrition analysis resources.

Health and Wellbeing

This venue provides its employees with tobacco cessation kits or information if they are requested.	Cessation Resources for South Dakota: https://www.sdquitline.com/ http://healthconnectsd.org/ http://befreesd.com/ Sioux Empire Tobacco Free Coalition (SET-Free) 605-371-1000 Nationwide Resources:
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	<p>https://www.cancer.org/ http://www.heart.org/HEARTORG/ https://smokefree.gov/tools-tips/apps</p>
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.	Please contact the Sioux Falls Health Department with any questions you have at (605)-367-8760.
A manager or owner at this venue are CPR trained.	<p>American Heart Association: www.Heart.org</p> <p>City of Sioux Falls: http://www.siouxfalls.org/fire/professional-standards/cpr.</p> <p>American Red Cross: http://www.redcross.org/sd/sioux-falls.</p> <p>Heart Starters: http://www.heartstarters.org/.</p> <p>Sanford Health: http://www.sanfordhealth.org/MedicalServices/COE/Heart/ProgramsPartnerships/TakeHeartSouthDakota.</p> <p>Avera McKennan Corporate Health: Contact Lacey Seefeldt at (605)-322-3871 or Lacey.Seefeldt@avera.org</p>
This venue has an AED on-site.	<p>Sanford Health: Heidi Fodness, RN (605)-312-2150 or heidi.fodness@sanfordhealth.org</p> <p>Avera Heart Hospital: Becky Smith, PAD Coordinator (605)-977-7381 or becky.smith@avera.org</p>
The AED on-site is registered with Pulse Point.	Please notify Sioux Falls Fire Rescue that you have placed an AED and they will be able to register it with Pulse Point contact them at (605)-367-8092.
This venue provides bike parking for patrons and employees to encourage healthy habits.	If you are in need of a bike rack please contact the Live Well Sioux Falls office for more information at (605)-367-8286 or livewell@siouxfalls.org
Sustainability	

Eliminate the use of plastic straws, water bottles and/or to-go containers.	The Last Plastic Straw: https://thelastplasticstraw.org/
Offer discounts to customers who bring their own to-go containers, cups/mugs and/or reusable bags.	Green Education Foundation: http://www.greeneducationfoundation.org/nationalgreenweeksub/waste-reduction-tips/tips-to-use-less-plastic.html
Offer e-receipts.	Green Education Foundation: http://www.greeneducationfoundation.org/nationalgreenweeksub/waste-reduction-tips/tips-to-use-less-plastic.html
Purchase paper products that contain recycled materials.	Green Education Foundation: http://www.greeneducationfoundation.org/nationalgreenweeksub/waste-reduction-tips/tips-to-use-less-plastic.html
Become a City of Sioux Falls Green Business or Green Leader.	Contact Jessica Sexe at jsex@siouxfalls.org or (605)-367-8187.

The following can be contacted for additional assistance regarding any of the criteria:

Live Well Sioux Falls www.livewellsiouxfalls.org

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