Menu of Healthy Practices

Directions: All restaurants must implement required practices in the three categories listed below. There is at least one required practice from each category; other practices are optional.

Category	Healthy Practice	Notes and Examples
Availability and Access	Recipe and food prep modification **REQUIRED**	• Select **3** popular entrée items for nutritional analysis and modification. Recipes will be modified to meet the Rand Corp's restaurant performance standards for adult and child meals. • Modify general food preparation techniques such as substituting whole grain flour for white flour or using olive oil instead of oils containing trans fats.
	New healthy items	Examples include: • Adding a new healthy entrée, appetizer, dessert, or beverage • Adding a non-fried veggie or fresh fruit as a side dish
	Eliminate unhealthy items or make default items healthier	Examples include: • Soda no longer included in combo meals/kids meals • No free bread, chips or other starters • Serve non-fried veggies or fresh fruit as default side dish
Portion and Price	Healthy exchange option **REQUIRED**	Offer healthy side option at the same price as regular side items. For example: Sliced tomatoes can be substituted for hash browns at the same price
	Smaller portion sizes	Use smaller plates so that a smaller portion is given
	Pack half option	Carry out container provided at the beginning of the meal to encourage customers to pack half of their items to take home
Promotion	Menu listing and labeling **REQUIRED**	• Menu identifies healthy options (not nutrition information, just an icon that indicates a healthy option) • Menu items are listed so that healthy items are first (within each section) • Free water is listed as a beverage option on the menu
	Promotional signage **REQUIRED**	Display promotional signs that highlight healthy food options. For example: table tents, wall poster, chalkboard easel, menu inserts. (Promotional signage will be provided free of charge by program staff)