



## Healthy Howard Initiative *Healthy Restaurants*

**Thank you for your interest in becoming one of Howard County's *Healthy Restaurants!***  
This voluntary application packet is designed to give you an overview of the Healthy Howard Initiative and offer suggestions on how restaurants can provide a clean, safe, environment for residents while taking a proactive role in promoting healthy food choices

### **Benefits of becoming a Healthy Restaurant include:**

- A 2008-2009 Healthy Howard decal for display on the window of the establishment
- A listing in the "Healthy Howard Guide" which will be mailed to all County residents
- Establishment's link on the Healthy Howard web page at [www.hchealth.org](http://www.hchealth.org)
- A listing in local newspapers

### **What you need to do:**

1. Complete the one-page application
2. Sign the affidavit
3. Submit two detailed recipes of meals that you would like to be highlighted as "Healthy"

### **Please submit the above three pieces of information via email, fax, or regular mail to:**

Samantha O'Neil

- Email: [soneil@howardcountymd.gov](mailto:soneil@howardcountymd.gov)
- Fax: (410) 313-6303
- Mail: Howard County Health Department  
7178 Columbia Gateway Dr.  
Columbia, MD 21046



# Healthy Restaurant 2008-2009 Application

Name of Establishment \_\_\_\_\_

Type of Establishment (ex.: restaurant, food preparation, café, etc.) \_\_\_\_\_

Type of Food Served (ex.: Asian, American, Italian, Southwestern, French, Subs, other.) \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Alt. phone \_\_\_\_\_

Contact name \_\_\_\_\_ Contact email \_\_\_\_\_

Website address \_\_\_\_\_

## Healthy Restaurant Criteria

(please check appropriate box with "X")

**YES**                      **NO**

1. **\*Do all menu items containing partially hydrogenated oils contain fewer than 0.5 grams of trans fat per serving?**                                           

*(please attach a copy of menu and see page 4 for definitions)*

2. **Does the establishment offer 2 (or more) Healthy Menu Items (definitions on page 4)**                                           

*If yes, please note what healthy items are offered:*  
\_\_\_\_\_

4. **Are nutritional and caloric information available on menus or on separate sheets when customers ask?**                                           

5. **Is the establishment in compliance with the "Clean Indoor Air Act"?**                                           

6. **Have you had less than 4 non-critical environmental health violations and less than 1 critical violation in your last three inspections?**                                           

*\*HCHD recognizes that restaurants may be waiting for orders of trans fat free cooking oils. Please attach a record of when the cooking oil was purchased and a six month courtesy period will be granted.*



## Healthy Restaurant Healthy Menu Item

Below is a chart to enter the recipe for your additional healthy menu item. If this chart is not large enough please attach a separate page. Be sure to include **all** measurements for **all** ingredients in the dish.

	Recipe Name:	
<b>Ex. Ingredient:</b> apple	<b>Quantity:</b> 3	<b>Measurement:</b> cups
<b>Ingredient:</b>	<b>Quantity:</b>	<b>Measurement:</b>
<b>Ingredient:</b>	<b>Quantity:</b>	<b>Measurement:</b>
<b>Ingredient:</b>	<b>Quantity:</b>	<b>Measurement:</b>
<b>Ingredient:</b>	<b>Quantity:</b>	<b>Measurement:</b>
<b>Ingredient:</b>	<b>Quantity:</b>	<b>Measurement:</b>
<b>Ingredient:</b>	<b>Quantity:</b>	<b>Measurement:</b>

**REMEMBER, THE HEALTHY MENU ITEM MUST BE:**

<b>Nutrition Facts</b>	
Serving Size (658g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 460	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 9g	<b>14%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 1030mg	<b>43%</b>
<b>Total Carbohydrate</b> 57g	<b>19%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 26g	
<b>Protein</b> 43g	



**1.9% calories from sat. fat**

**17.4% calories from fat**

- **Under 750 calories**
- **Have 0g of artificial trans fat**
- **Up to 1050 mg of sodium**
- **Less than 10% of calories from saturated fat**
- **Less than 30% of calories from fat**



## Healthy Restaurant Affidavit 2008-2009

I understand that the Healthy Howard Initiative is designed to encourage the promotion and maintenance of healthy habits and lifestyles for all Howard County residents. I understand *Healthy Restaurants* encourages establishments to take proactive and voluntary measures to promote healthy eating and healthy foods.

I understand that this establishment must adhere to HCHD guidelines and follow the recommendations of the FDA and USDA. Although this is a voluntary program, I am also aware that HCHD Environmental Health inspectors may conduct a Healthy Howard inspection in addition to routine inspections.

In addition to the food guidelines, I understand that this establishment must adhere to **all criteria listed on the application form** in order to become a *Healthy Restaurant*.

I understand that *Healthy Restaurants* is voluntary and confirm that the information on this application is complete and accurate.

I understand that if this establishment is recognized as a *Healthy Restaurant*, the establishment will receive a decal logo for windows and menus; be listed on the Healthy Howard website; be mentioned in local newspapers, and be advertised at community centers and other private and public areas.

I have read the above information and completed the enclosed *Healthy Restaurant* application packet.

Date \_\_\_\_\_

Name \_\_\_\_\_

Establishment \_\_\_\_\_

Signature \_\_\_\_\_



*Healthy Restaurants must:*

1. Contain 0.5 or fewer grams of trans fat per serving on all menu items containing partially hydrogenated oils.
2. Offer 2 or more Healthy Menu Options
3. Provide nutritional and caloric information on menus and/or on separate sheets
4. Be in compliance with the “Clean Indoor Air Act”
5. Not have substantive violations as determined by the Bureau of Environmental Health

*Pages 6-7 of your application packet highlight explanations and definitions of Healthy Restaurant criteria.*

If you are unsure of the total nutritional content of your menu items, please remember the Howard County Health Department staff are here to help. Please send at least two thorough recipes that you would like to be highlighted as “healthy” with this application to Samantha O’Neil.

**Also, if the recipes include pre-packaged items, please provide labels.** Evaluations will be returned as soon as possible. Thank you for helping to make Howard County healthier!

## *Explanation of Healthy criteria*

☆ **Be trans fat-free.** If you store, use, or serve any food item containing partially hydrogenated vegetable oil, shortening or margarine, it must contain less than 0.5 grams of trans fat per serving. However, **when re-applying** for *Healthy Restaurant status* starting January 1, 2008, *no* food can contain trans fat. *This policy, adapted from New York City's ordinance, applies only to artificial trans fats.*

- Trans fat is a type of fat that raises the risk of heart disease. While some trans fat occurs naturally, most of it is **artificial**.
- **Artificial trans fat is manufactured through a chemical process. It is found in partially hydrogenated vegetable oil. Foods that contain artificial trans fat include margarines, shortenings, and fry oils, as well as some baked goods, mixes, and packaged foods.**

☆ **Offer 2 (or more) healthy menu options.**

Each Breakfast Entrée (if applicable) must: (Entrée includes any side dishes, but not the drink)

1. Include:

- A. Up to 750 calories
- B. Less than 30% of calories from fat
- C. Less than 10% of calories from saturated fat
- D. Up to 1050 mg of sodium

2. Include:

- A. Lean protein (e.g., eggs, white meat poultry, lean beef, tofu)
- B. Vegetables (e.g., mushroom or peppers in omelets) and/or
- C. Fresh fruit (e.g., parfaits with light yogurt, fruit salad)

3. NOT include:

- A. Deep-fried items

Each Lunch/Dinner Entrée Must: (Entrée includes any side dishes, but not the drink)

1. Include:

- A. Up to 750 calories
- B. Less than 30% of calories from fat
- C. Less than 10% of calories from saturated fat
- D. Up to 1050 mg of sodium

2. Include:

- A. Lean protein (e.g., white meat poultry, lean beef, pork, fish or other seafood, tofu, beans, eggs, and soy)
- B. At least 1 serving (1/2 cup) of non-starchy vegetables and/or fresh fruit
  - E.g., broccoli, spinach, cabbage, brussels sprouts, dark leafy greens, carrots, squash, peppers

3. NOT include:

- A. Deep-fried items

## Explanations Continued

### ☆ Pass Food and Hygiene Inspections

Restaurants will be evaluated based on the three most recent monitoring and environmental inspections. Please see **page seven** for a breakdown of substantive violations.

The Bureau of Environmental Health keeps updated inspection reports. If you are unsure of any outstanding violations, please contact Samantha O'Neil at 410-313-6295.

### ☆ Be Smoke-Free

• Effective June 1, 2007: Bars and Restaurants must comply with the "Clean Indoor Air Act." See the bill in its entirety: <http://www.howardcountymd.gov/Health/docs/HCSmokeFree.pdf>



.....

### Suggestions for a Healthy Menu

.....

The following suggestions are not required *Healthy Restaurant* criteria. However, we

encourage you to make use of these examples in designing a healthy menu.

**Examples of Healthy Choices:**

• **Make smaller portions available on request**

• **Availability of light salad dressing for salads**

• **Choices of whole grain items** including whole grain/wheat breads, pasta, bagels,

etc (at least 3 grams per serving)

• **Choice of Skim, 1%, or 2% milk**

• **Availability of vegetables** including broccoli, spinach, cabbage, brussels sprouts, romaine dark green lettuce, carrots, pumpkin, sweet potatoes, squash, peppers, legumes/beans

• **Availability of fresh fruit**

• **Availability of "special requests"**

• For additional resources regarding healthy foods:

\* [http://www.health.gov/Dietary Guidelines](http://www.health.gov/Dietary%20Guidelines)

\* <http://www.mypyramid.gov>

\* <http://www.usda.gov/wps/portal/usdahome>

\* <http://www.cfsan.fda.gov/~dms/wh-nutr.html>

