

COMMUNITY HEALTH PARTNER AWARD



October 2012

Dear Restaurant Owner / Manager:

The Community Foundation of Northwest Mississippi would like to introduce you to an opportunity that recognizes restaurants as *Community Health Partners*. The attached Community Health Partner Food Service Application is open to any restaurant: single venue, local chain, national chain, or worksite/convenience venue. It highlights areas that will show your commitment to offering healthy options and making your community a healthier place to live and work.

The applications are scored and, if the applicant meets the required score, the *Community Health Partner Award* (a window decal) is presented. At our first presentation (Buon Cibo in Hernando), we had television and newspaper coverage and we can provide the same as other presentations are made. We are dedicated to promoting healthy restaurants. If you are interested in submitting an application, just complete the attached form and return to the Community Foundation address as listed on the application. We will notify you of your score. Even if you do not meet the required score for the award, we want to offer you feedback and suggestions for improvement.

The *Community Health Partner Award* was established through a collaboration of a local nutritionist, community planner, the national Healthy Kids Healthy Communities program, and the Community Foundation. The Foundation adopted childhood obesity prevention in 2006 as a priority, and this recognition is one component of the program.

As you review the application you may have questions. Please feel free to contact our office; Peggy Linton [plinton@cfnm.org](mailto:plinton@cfnm.org) or Stacye Rawlings [assistant@cfnm.org](mailto:assistant@cfnm.org) with any questions or call 662.449.5002. We look forward to receiving your application!

Thank you,

*Peggy Linton*

Peggy Linton, Community Development Director  
Community Foundation of Northwest Mississippi





Name of Restaurant/FoodVenue: \_\_\_\_\_

Restaurant Category (circle one):

Single Venue

Local Chain

National Chain

Worksite/Convenience Venue

Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

City/Zip: \_\_\_\_\_

**COMMITMENT TO A SMOKE-FREE ENVIRONMENT FOR EMPLOYEES AND CUSTOMERS**

**1. Our restaurant is smoke-free**

Yes

No, we have a smoking room (Thank you for your interest, but you will not qualify as a Community Health Partner.)  
The American Society of Heating, Refrigerating, and Air-Conditioning Engineers (ASHRAE) states, "At present, the only means of eliminating health risks associated with indoor exposure is to ban all smoking activity." Therefore, a 100% smoke-free indoor environment is required to attain the Health Partner certification.

**COMMITMENT TO PORTION CONTROL AND HEALTHY FOOD PREPARATION**

**2. Our restaurant... (check all that apply)**

- Has a symbol on the menu to indicate healthier items and/or has a specified section on the menu for healthier items
- Has reduced portion size options on the menu
- Will box up half of meal for customers upon request
- Allows adults to order off the kid's menu
- Does not add salt in food preparation and/or offers low sodium items (≤900mg for meal, 480mg for individual item)
- Does not use artificial *trans* fat in food preparation and purchases only 0g *trans* fat commercial products
- Is willing to adjust some recipes to meet customer health requests, even if not listed on the menu

## COMMITMENT TO BALANCED NUTRITION FOR ADULTS AND CHILDREN

### 3. Our regular menu offers... (check all that apply)

- 2 or more whole grain products (e.g., brown rice, whole wheat pasta/breads, etc)
- 2 or more . cup servings of non-fried vegetables
- 2 or more. cup servings of fruit without added sugar (e.g., whole fruit, cut fruit, fruit cup, unsweetened applesauce)
- 3 or more beverages without added sugar (e.g., unsweetened tea, low-fat milk, 100% juice, etc, excluding water)
- 1 or more lean protein options (prepared using a lower-calorie cooking method, e.g., grilling, steaming, broiling, roasting, baking, poaching)
- 2 or more low-fat dairy products (e.g., low-fat cheese, yogurt, cottage cheese, sour cream, etc, excluding fluid milk)
- 1 or more lower-calorie or sugar-free dessert choices (≤250 calories per portion)

### 4. Our children's menu offers... (check all that apply)

- 1 or more whole grain products
- 1 or more . cup servings of non-fried vegetables
- 1 or more cup servings of fruit without added sugar (e.g., whole fruit, cut fruit, fruit cup, unsweetened applesauce)
- 2 or more beverages without added sugar (e.g., low-fat milk, 100% juice, unsweetened tea, etc, excluding water)
- 1 or more lean protein options (prepared using a lower calorie cooking method, e.g., grilling, steaming, broiling, roasting, baking, poaching)
- 1 or more low-fat dairy products (low-fat cheese, yogurt, cottage cheese, sour cream, etc, excluding fluid milk)
- 1 or more lower-calorie or sugar-free dessert choices (≤200 calories per portion)
- Not applicable (We do not have a children's menu)

## COMMITMENT TO NUTRITION AWARENESS

### 5. Nutrition information (calories per serving, minimum) is available... (check all that apply)

- On the menu
- At the restaurant, but somewhere other than the menu
- Online
- Only for some menu items

## COMMITMENT TO HEALTHY OPTIONS AND SUBSTITUTIONS

### 6. Upon request and *at no extra cost to the customer*, our restaurant provides... (check all that apply)

- Gravies, sauces and dressings served on the side
- A substitute for french fries if served as part of an entrée (fruit, salad, baked potato or other healthier alternative)
- Oil & vinegar, or reduced-calorie salad dressings
- Add-ons such as butter, sour cream or mayonnaise served on the side
- Reduced/half-size portions of regular menu items at dinner
- Option to share entrée

## COMMITMENT TO LOCAL FARMERS AND FRESH FOODS

### 7. Our restaurant purchases locally grown foods...

- Every order possible, using established and well-developed relationships with local farmers
- Frequently
- Sometimes
- Does not purchase locally grown foods at this time

## COMMITMENT TO A HEALTHY COMMUNITY

### 8. Our restaurant promotes health in the community by... (check all that apply)

Donating *healthy* food/drink to community events

Sponsoring community events that promote health

Volunteering for community events through demonstrations or service hours

Other \_\_\_\_\_

**COMMENTS:** Please provide any additional information for specific items or in general that would assist in the designation of your establishment as a healthy restaurant and Community Health Partner.

**Thank you for your interest in becoming a Community Health Partner!**

*Get A Life!* recommends that all restaurants and food vendors consider the following criteria as part of best practices for healthy families:

- **PRODUCE** – Offer a variety of fruit and vegetable options (unsweetened/non-fried)
- **PORTIONS** – Offer portion controlled options (half size, lunch portion, to-go boxes, etc)
- **KIDS MENU** - Offer healthy options that are both nutritious and kid-friendly (non-fried protein and vegetable, fruit offered, unsweetened beverage)
- **HEALTHY CHOICES** - Offer healthy substitutions or menu options at no extra cost (menu labeling, low fat, lean protein, whole grain, reduced calorie, etc)
- **LABELING** – Provide nutritional information for menu items
- **NON-SMOKING** – Offer families a smoke-free environment
- **LOCALLY GROWN** - Purchase locally grown foods and support local farmers/farmers markets
- **COMMUNITY** - Support *Get A Life!* and/or participate in community health events (donations, volunteer, sponsorships, etc)

**About *Get A Life!*** Get a Life is a childhood obesity prevention initiative of the Community Foundation of Northwest Mississippi. Our initial efforts are concentrated in eight counties of northwest Mississippi including Coahoma, Desoto, Marshall, Panola, Quitman, Tallahatchie, Tate and Tunica. Our goal is to educate and inspire our readers to commit to healthier lifestyles and to create a healthy future for the children of Mississippi.

**For questions or more information about *Get A Life!* and *Community Health Partners*, please contact us**



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