



Standards and Application Packet



The Florida Department of Health in Escambia County (DOH-Escambia) invites local restaurants to join our team of Healthy Choices Restaurants (HCR). This voluntary application package is designed to give you an overview of the HCR program and offer some insight on what it means to be a Healthy Choices Restaurant.

Benefits of participating as a Healthy Choices Restaurant:

- HCR marketing plan promotes participating restaurants through Gulf Coast Pedi-Cabs, Pensacola-area billboards, and DOH-Escambia's website
- Option to use HCR media kit in your restaurant and on your website
- DOH-Escambia staff promote HCR program and participating restaurants at community events
- HCR's registered dietitians provide nutritional analyses for selected menu items
- Improve your customers' dining experiences in a way that also impacts your community's health

To join the Healthy Choices Restaurant Program:

1. Sign the Memorandum of Understanding.
2. If you do not have a commercial nutritional analysis for your menu items, one of our registered dietitians will work with you to complete nutrient analyses for selected menu items.
3. Submit this information in person or via email or regular mail to:

Email: calee-lyn.chenault@flhealth.gov

Mail: DOH-Escambia
Attn: CHEN Division/HCR
1295 W. Fairfield Dr.
Pensacola, FL 32501

Questions:

Contact Calee Chenault at 850-595-6500 ext. 1813 or calee-lyn.chenault@flhealth.gov.





- 1. Healthy Choices Restaurants participants must provide a safe, sanitary, and healthy dining environment by:**
 - A. Maintaining acceptable food safety and sanitation ratings.

Food safety and sanitation inspection must have three or less critical violations. Violations that have been “corrected on-site” will not count against the restaurant’s qualification for the HCR program.

Restaurants will be evaluated based on their most recent food service inspection performed by the Florida Department of Business and Professional Regulations.

Food safety and sanitation inspection qualifications will be re-evaluated every two years to certify that participating restaurants remain in compliance with this standard.

If you are unsure of any outstanding violations, please contact the Florida Department of Business and Professional Regulations at 850-487-1395.
 - B. Not selling or actively promoting the use of tobacco products.
- 2. Healthy Choices Restaurants participants must offer healthy menu choices by:**
 - A. Designating two adult entrees (per meal service) to be highlighted as healthy choice meals. If you offer a children’s menu, you must also designate at least one children’s meal (per meal service) as a healthy choice meal. Meals promoted as “healthy choices” must be approved by our registered dietitian and must comply with the nutritional guidelines listed on page four
 - B. Allowing guests to request baked, grilled or steamed versions of fried menu items at no additional charge
 - C. Providing guests with a menu option of at least one fruit or vegetable side item that is less than 100 calories
- 3. Healthy Choices Restaurants participants must have wait-staff and host-staff wear lapel pins provided by the program.**
- 4. Healthy Choices Restaurants participants must educate wait-staff on the healthy choices available on menu or allow HCR staff to provide a short training at staff meetings.**





Menu Nutrient Analysis Guidelines

Adult menu choices

Designated breakfast meals must contain a lean protein and at least one fruit or vegetable. Additionally the meal must provide:

- A. Less than 650 total calories,
- B. Less than 800mg of sodium,
- C. Less than 30 percent of total calories from fat
- D. Less than 10 percent of total calories from saturated fat
- E. Less than 0.5 grams of trans fat

The breakfast meal may not include:

- A. Deep-fried items
- B. Potatoes or corn as main ingredient

Each lunch or dinner meal must contain a lean protein and at least one fruit or vegetable.

Additionally the meal must provide:

- A. Less than 750 total calories,
- B. Less than 800mg of sodium,
- C. Less than 30 percent of total calories from fat
- D. Less than 10 percent of total calories from saturated fat
- E. Less than 0.5 grams of trans fat

Lunch or dinner meals may not include:

- A. Deep-fried items
- B. Potatoes or corn as main ingredient

Children's Menu Choices

Each designated meal must include a lean protein and at least one fruit or vegetable.

Additionally the meal must provide:

- A. Less than 550 total calories,
- B. Less than 600mg of sodium,
- C. Less than 30 percent of total calories from fat
- D. Less than 10 percent of total calories from saturated fat
- E. Less than 0.5 grams of trans fat

Children's meals may not include:

- A. Deep-fried items
- B. Potatoes or corn as main ingredient

