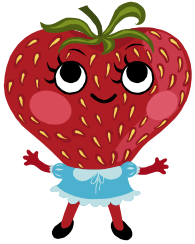


Smart Dining in the District Program Details



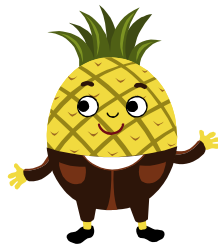
This initiative is a voluntary program that restaurants can adhere to and for which they will receive acknowledgement

and support for offering healthy food options on their menu.

Restaurants participating in this program will be listed in a *Smart Dining in the District* Guide. Over 2,000 Guides will be disseminated throughout the Central CT Health District.

The purpose of the *Smart Dining in the District* initiative is to:

- ◆ Raise awareness about and support the availability of healthy restaurant fare among district consumers.
- ◆ Increase the availability of healthy restaurant fare and healthy food preparation in the health district
- ◆ Increase access to healthy food options at restaurant establishments throughout the health district.



Project Contact Information

The *Smart Dining in the District* initiative is funded by the Central CT Health District and a grant from the CT Department of Public Health.

For More Information

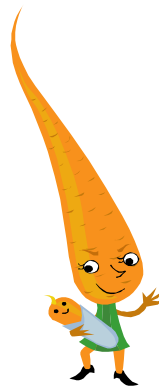
Please Contact:

Laura Morris, MPH

Community Health Coordinator

860-665-8571

lmorris@newingtonct.gov



505 Silas Deane Highway
Wethersfield, CT 06109

Phone: 860-721-2818
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SMART DINING IN THE DISTRICT

The Central CT Health District has developed a community based obesity intervention program targeting children ages 8 to 18 and their families.



**Application for Central Connecticut
Health District's SMART DINING IN
THE DISTRICT
Certification**

I agree that the SMART DINING Standards, as checked on the form below, will be incorporated into the restaurant's food preparation and/or service and that implementation of such standards shall be subject to inspection by CCHD. In recognition of these SMART DINING Standards, CCHD will forward a SMART DINING Certification. It is agreed that SMART DINING Certification is to be recognized and valid for display when 8 or more of the SMART DINING standards are in practice in the restaurant. SMART DINING Certification will not be transferred to new owners or management.

Name of Restaurant: _____

Phone: _____ Fax: _____

Email: _____

Street Address, City, State, Zip: _____

Name (Please Print): _____

Signature: _____

Date: _____



**SELECT A MINIMUM OF 8 STANDARDS THAT
YOUR RESTAURANT WILL COMPLY WITH:**

SMART DINING STANDARDS	Initial
1. Prompt customers to express their dietary restrictions and needs	
2. Display the available SMART DINING options and hints with the menu or on the table	
3. Develop and post a policy for those who prefer to share an item (no charge for extra plate)	
4. Price meals for reduced serving size	
5. Accommodate requests for "cooked without salt" or "no added salt" (including fats such as cream cheese or cream sauce and toppings)	
6. Design the menu to include details regarding heart healthy ingredients and preparation (the SMART DINING logo can be used to highlight the most heart-healthy items)	
7. Offer alternatives to butter, such as soft or light margarine, spray butter or olive oil	
8. Make low-fat sour cream available when baked potatoes are served	
9. Advise that gravies, sauces and dressings can be ordered "on the side"	
10. Advise that egg substitutes are available	
11. Offer fresh vegetables (baked potato, rice, vegetables, salad) as a substitute for chips or fries	
12. Offer ___ choices of vegetables and fruits. (fruit, 100% fruit or vegetable juice, baked, boiled, mashed or roasted potatoes, tomato sauce on pasta, stir-fried or pan fried vegetables, leafy green salad, other)	
13. Offer fruit dessert (fresh, canned or salad)	
14. Offer lower-fat milk dessert (yogurt, frozen yogurt, ice cream, or milk pudding)	
15. Offer ____ choices of whole grain products or source of fiber	
16. Offer 2%, 1% or skim milk if milk is served as a beverage	
17. Make a salt substitute available and not on menu or posted sign	

**SELECT A MINIMUM OF 8 STANDARDS THAT
YOUR RESTAURANT WILL COMPLY WITH:**

SMART DINING FOOD PREPARATION STANDARDS	Initial
1. Purchase lean meats, fish and poultry	
2. Trim visible fat from meats, fish and poultry before cooking	
3. Remove skin from chicken before cooking	
4. Use suggested vegetable oil (canola, corn, grape seed, olive oil, safflower, soy or sunflower) for frying and sautéing.	
5. Prepare meats, fish and poultry without added fat	
6. Prepare meats, fish and poultry without added salt	
7. Prepare vegetable side dishes without added fat	
8. Serve appropriate defined portion sizes	
9. Purchase "no added salt" ready-to-use ingredients	
10. Nutrition information about items, whenever possible	
11. Offer other cooking methods such as baked, boiled, broiled, grilled, microwave, roasted sautéed, steamed, stir-fried and toasted.	
SMART DINING STANDARDS FOR CHILDREN'S MENUS	Initial
1. Offer SMART DINING items (listed above) in child-size portions on the children's menu	
Total Number of Standards Accepted for Certification (minimum of 8 required)	