



Aim for A Healthy Community Restaurant Dining Program

Healthy Dining Program

In order to promote healthier nutrition among people who live or visit in Gillespie County, the **Aim for a Healthy Community Restaurant Dining Program** has established a voluntary designation for food establishments who wish to be known as offering choices of nutritious foods in a healthy environment.

This program is modeled after several programs across the nation that seek to improve health by increasing the availability of nutrition information to consumers and by expanding the range of choices offered by food vendors.

There is no requirement that any establishment participate in this program nor any penalty for not participating.

Why a Healthy Dining Program?

The need for a Healthy Dining Program in Gillespie County food establishments is based on the known information that the majority of meals are now consumed outside the home and, that, compared with the rest of Texas, a greater percentage of people in Gillespie County are overweight, and consume fewer than five servings of fruits and vegetables daily. Each of these factors contribute to the higher rates of heart disease and diabetes among Gillespie County residents.

Healthy Dining Program Criteria

The **Aim for a Healthy Community Restaurant Dining Program** recognizes that the latest nutrition guidelines have placed a greater emphasis on increasing fruits and vegetables in the diet, as well as on consuming a moderately low fat diet. The **Aim for a Healthy Community Restaurant Dining Program** criteria support healthful eating and are appropriate for the majority of the population, however, persons with allergies, chronic conditions requiring a therapeutic diet, or highly restricted nutrient intakes should see their physician and a registered dietician for an individualized nutrition plan and information about their individual nutritional needs.

In order to participate in the program, food establishments must submit an application that documents that the establishment:

1. Has no unresolved health code violations
2. Has an appropriate food health license
3. Enforces no-smoking laws within the establishment
4. Offers at least two choices of fruits and/or vegetables (other than potatoes)
5. Allows substitution of salad or other vegetables for fried potatoes (e.g. French fries)
6. Clearly designates at least one low-fat(3 g or less per 100 g and not more than 30% of calories from fat) and or low calorie (120 calories or less per 100 g) menu item
Note: **100 grams is about 3 ounces**
7. Offers 1% or skim milk when milk is offered as a beverage
8. Offers some dishes in a smaller portion size (e.g., half portion sizes)
9. Offers fat-free or low fat salad dressings
10. Offers transfat free oil in fryalators

Aim for a Healthy Community Restaurant Dining Program Application Process

Applicants must certify that if any of the conditions change, the designation will be forfeited.

Applications are available from the Gillespie County Health Division, 126 West Main. A designation will be provided within thirty days after the application is received.

Successful applicants will receive up to 4 , 6" X 6" stickers designating the facility as a Participating Partner in the Aim for a Healthy Community and an electronic file that can be used to place the symbol on menus or advertisements.

Unsuccessful applicants can appeal the decision by providing additional information and/or having a face to face meeting to resolve the decision.

Establishments that are designated as Participating Partners in Aim for a Healthy Community Restaurant Dining program will have the opportunity to be listed on the City of Fredericksburg web site, Hill Country Memorial Health System website, and also the Chamber of Commerce website. To ask questions about the program, call the Gillespie County Health Division at 997-7521, or e-mail at info@fbgtx.org.